

EWG's Dirty Dozen & Clean Fifteen Lists

Dirty Dozen

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet bell peppers
12. Potatoes

Clean Fifteen

1. Sweet Corn*
2. Avocados
3. Pineapples
4. Cabbage
5. Onions
6. Sweet peas, frozen
7. Papayas*
8. Asparagus
9. Mangos
10. Eggplant
11. Honeydew Melon
12. Kiwi
13. Cantaloupe
14. Cauliflowers
15. Grapefruit

**Buy organic varieties of these crops if you want to avoid genetically modified produce.*