



## **DIRTY DOZEN/CLEAN 15**

### ***Dirty Dozen foods to buy organic***

*All Berries  
Spinach/lettuces  
Nectarines  
Apples  
Peaches  
Pears  
Cherries  
Grapes  
Celery  
Tomatoes  
Sweet Bell Peppers  
Potatoes  
Asparagus*

### ***Clean 15 that don't have to be organic but washed well.***

*The Clean 15 list includes produce that is least likely to be contaminated by pesticides. Here's the Clean 15 List:*

*Sweet corn  
Avocados  
Pineapples  
Cabbage  
Onions  
Watermelon  
Papayas  
Mangos  
Eggplant  
Honeydew  
Kiwi  
Cantaloupe  
Grapefruit*

*Some sweet corn and papayas sold in the United States are GMOs, so choose organic to avoid GMO versions of these crops.*