

# THE DIRTY DOZEN

## PLUS THE CLEAN 15

DIRTY DOZEN (highest in pesticides):

- celery
- peaches
- strawberries
- apples
- blueberries (domestic)
- nectarines
- bell peppers
- spinach
- cherries
- kale/collard greens
- potatoes
- grapes (imported)



CLEAN 15 (lowest in pesticides):

- onions
- avocados
- sweet corn
- pineapple
- mangoes
- sweet peas
- asparagus
- kiwi
- cabbage
- eggplant
- sweet potato
- cantaloupe
- watermelon
- grapefruit
- honeydew melon