



Dirty Dozen + Clean Fifteen

DIRTY DOZEN

1. Strawberries
2. Spinach
3. Kale, Collard & Mustard Greens
4. Nectarines
5. Apples
6. Grapes
7. Bell & Hot Pepper
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

CLEAN FIFTEEN

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (frozen)
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet Potato

IHP Quick Tip

"We know that finding clean organic foods isn't always easy, so what we've done is list the most important foods to choose organic (The Dirty Dozen). Those foods should either be eaten organic or refrained from eating due to their high pesticide content. The Clean Fifteen can be eaten conventionally grown if no organic option is viable."



*Also, keep in mind that the majority of all soy, corn, canola, and sugar beets are genetically modified "foods." A small amount of salmon, papaya and summer squash sold in the United States is produced from genetically modified organisms as well. Buy organic varieties of these crops if you want to avoid genetically modified produce. (*Updated information for 2022)Resources from ewg.org - for more information visit: <https://www.ewg.org/foodnews/dirty-dozen.php>