



## The **DIRTY** Dozen Food List

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

Where Does the Data Come From  
The data for these food lists comes from the United States Department of Agriculture Pesticide Data Program.

## The **CLEAN** 15 Food List

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|---------------|-----------------|
| 1. Onion      | 9. Eggplant     |
| 2. Avocado    | 10. Papaya      |
| 3. Sweet Corn | 11. Watermelon  |
| 4. Pineapple  | 12. Broccoli    |
| 5. Asparagus  | 13. Cauliflower |
| 6. Sweet Peas | 14. Cantaloupes |
| 7. Kiwi       | 15. Mushrooms   |
| 8. Cabbage    |                 |

The Environmental Working Group also suggests another reason to look to buy the Clean 15 foods when they are organically grown is because: Small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.  
Environmental Working Group

