



THE DIRTY DOZEN & THE CLEAN FIFTEEN (US)

DIRTY DOZEN

1. Apples
2. Celery
3. Cherry Tomatoes
4. Cucumbers
5. Grapes
6. Chillies/Hot Peppers
7. Nectarines (imported)
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet bell peppers (red capsicums)
13. Kale
14. Summer Squash (zucchini)

For more tips and ideas about how to reduce your exposure to pesticides click [here](#)

CLEAN FIFTEEN

1. Asparagus
2. Avocado
3. Cabbage
4. Cantaloupe (rockmelon)
5. Sweet Corn
6. Eggplant
7. Grapefruit
8. Kiwi Fruit
9. Mangos
10. Mushrooms
11. Onions
12. Papayas (red paw paw)
13. Pineapples
14. Sweet peas (frozen)
15. Sweet potatoes

SOURCE:

US Dirty Dozen and Clean 15 Lists
<http://www.ewg.org/foodnews/summary.phpUS>

