














## The Clean 15

On a budget, choose these conventionally.  
(Listed from lowest pesticide content.)

1. Onions	
2. Sweet Corn	
3. Pineapple	
4. Avocado	
5. Asparagus	
6. Sweet Peas	
7. Mangoes	
8. Eggplant	
9. Cantaloupe	
10. Kiwi	
11. Cabbage	
12. Watermelon	
13. Sweet Potatoes	
14. Grapefruit	
15. Mushrooms	

## The Dirty Dozen

Always buy these organic.  
(Listed from highest pesticide content.)

1. Apples	
2. Celery	
3. Strawberries	
4. Peaches	
5. Spinach	
6. Nectarines	
7. Grapes	
8. Sweet Bell Peppers	
9. Potatoes	
10. Blueberries	
11. Lettuce	
12. Kale/Collard Greens	

Source: Environmental Working Group 2011