



# Shopper's Guide to the Dirty Dozen & the Clean Fifteen Foods

**Dirty Dozen**  
Highest in Pesticides  
- Buy Organic

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Spinach
- Sweet Bell Peppers
- Imported Nectarines
- Cucumbers
- Cherry Tomatoes
- Imported Snap Peas
- Potatoes

**Clean Fifteen**  
Lowest in Pesticides- Ok  
to Buy Conventional

- Avocados
- Sweet Corn
- Pineapples
- Cabbage
- Frozen Sweet Peas
- Onions
- Asparagus
- Mangoes
- Papaya
- Kiwi
- Eggplant
- Grapefruit
- Cantaloupe
- Cauliflower
- Sweet Potatoes