

Introduction

'The Shopper's Guide to Pesticides in Produce', published by the Environmental Working Group, helps consumers determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic. From what I can gather the EWG reviews their 'Dirty Dozen' and 'Clean Fifteen' annually. If, like me, you really want to buy everything organic but your wallet just can't take the hit then you'll find the guide valuable. It helps you make informed decisions on what to buy organic and gives you peace of mind that is some produce is really ok to buy in its conventional form.

Source: Laura @ Feast Wisely

<https://feastwisely.com/2014/04/01/14-vegetables-fruit-to-buy-organic/>

The 2013 'Clean Fifteen'

1. Asparagus
2. Avocado
3. Cabbage
4. Cantaloupe
5. Sweet corn
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangos
10. Mushrooms
11. Onions
12. Papayas
13. Pineapples
14. Sweet peas
15. Sweet potatoes

As the EWG makes clear you can reduce your exposure to pesticides by avoiding the most contaminated fruits and vegetables and choosing a diet rich in the 'clean fifteen'. It's really that simple.

Dirty Dozen and the Clean 15



Source: <http://www.realfoodgirlunmodified.com/>

The 2013 'dirty dozen'

1. Apples
2. Celery
3. Cherry tomatoes
4. Sweet bell peppers
5. Capsicum
6. Peaches
7. Strawberries
8. Nectarines
9. Grapes
10. Spinach
11. Cucumbers
12. Potatoes
13. Zucchini
14. Kale & collard greens

No doubt you've noticed this dozen is actually 14. That's because in 2013 items 13 and 14 were added.

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 Page 1 of 2.

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A word of caution

Do note that these lists are based on American produce and conditions. If you live in Australia, or otherwise outside of the US, then don't take this information as gospel – but rather as a useful guide.

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Page 2 of 2.

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