

THE DIRTY DOZEN & CLEAN 15

There is a lot of buzz about organic and non-organic foods right now. If you are constantly confused about which foods to eat organically and which you can save a little money on and eat conventionally, this chart might help you. The “dirty dozen” is the list of 12 produce items (which for 2013 has been expanded) you should always buy and eat organically because of the high pesticide count. The “clean 15” are foods you can save your money on and buy non organically because the pesticide count is so much lower. Eating organic produce does not always have to be expensive especially when you buy produce in season. Check your local farmer’s market for certified organic growers. Not only will you get the organic, low pesticide produce but it will also be fresh and local!

DIRTY DOZEN +

- Sweet Bell Peppers
- Collard Greens and Kale*
- Summer Squash and Zucchini*
- Nectarines (imported)
- Apples
- Celery
- Cherries
- Tomatoes
- Cucumbers
- Grapes
- Hot Peppers
- Peaches
- Potatoes
- Spinach
- Strawberries

CLEAN 15

- Pineapple
- Sweet Peas (frozen)
- Sweet Potatoes
- Asparagus
- Avocado
- Cabbage
- Cantaloupe
- Papayas
- Corn
- Eggplant
- Grapefruit
- Kiwi
- Mango
- Mushrooms
- Onions



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