



The Environmental Working Group has once again listed strawberries and spinach at the top of its annual Dirty Dozen list. The EWG bases its list, which is not peer-reviewed, on annual reports from the U.S. Department of Agriculture's Pesticide Data Program.

In recent years, health professionals like registered dietitians have been stepping up to defend all fruits and vegetables — organic and conventional. Even the EWG's own expert, quoted in the organization's news release, says **the benefits of eating produce outweigh any risk from pesticide exposure.**

## THE DIRTY DOZEN

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

## THE CLEAN FIFTEEN

1. Avocados
2. Sweet corn
3. Pineapples
4. Sweet peas (frozen)
5. Onions
6. Papayas
7. Eggplants
8. Asparagus
9. Kiwis
10. Cabbage
11. Cauliflower
12. Cantaloupes
13. Broccoli
14. Mushrooms
15. Honeydew

The Dirty Dozen foods are recommended that you eat organically.  
The Clean Fifteen foods are recommended to eat either organically or standard.