



DIRTY DOZEN

Buy these organic whenever possible.

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes

CLEAN FIFTEEN

Conventional is okay to purchase.

- Avocados
- Sweet Corn*
- Pineapples
- Onions
- Papayas*
- Sweet Peas (frozen)
- Eggplants
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melons
- Kiwi



* Per the EWG, a small amount of sweet corn, papaya and summer squash sold in the United States is produced from Genetically Engineered (GE) seed stock. Buy organic varieties of these crops if you want to avoid Genetically Engineered produce.