



Which Foods are the Most Important to Buy Organic?

The Environmental Working Group (www.ewg.org) makes a list every year of “The Dirty Dozen”, which contains the produce most highly contaminated with pesticides. These can be exceptionally toxic to the nervous system. In contrast, the EWG’s list of “The Clean 15” outlines the least contaminated produce.

Eating any fruits and vegetables is much better than not eating them at all. Be sure to wash all produce thoroughly.

The Dirty Dozen

(best to buy organic)

strawberries
spinach
nectarines
apples
peaches
pears
cherries
grapes
celery
tomatoes
sweet bell peppers
potatoes

The Clean Fifteen

(buy non-organic)

sweet corn*
avocados
pineapples
cabbage
onions
frozen sweet peas
papaya*
asparagus
mangoes
eggplant
honeydew melon
kiwis
cantaloupe
cauliflower
grapefruit

* A small amount of sweet corn, papaya, and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.