

The Dirty Dozen and Clean 15 for 2016

Based on the Environmental Working Group's 2016 Report.

THE DIRTY DOZEN



1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Sweet Bell Peppers
11. Cherry Tomatoes
12. Cucumbers
- + Hot Peppers
- + Kale & Collard Greens

These are the fruits and vegetables with the highest concentration of pesticides and toxic chemicals even after washing.

THE CLEAN FIFTEEN



1. Avocados
2. Sweet Corn*
3. Pineapples
4. Cabbage
5. Sweet Peas (frozen)
6. Onions
7. Asparagus
8. Mangos
9. Papayas*
10. Kiwi
11. Egg Plant
12. Honeydew Melon
13. Grapefruit
14. Cantaloupe
15. Cauliflower

*Conventional crops of these can be genetically modified, especially corn. Check before buying.