

EWG Clean 15 & Dirty Dozen


Use this wallet-sized resource to prioritize your budget on your next trip to the grocery store! (Or take a picture and "favorite" it for easy access)

Clean 15 foods are OK to buy non-organic as they have low pesticide load. **Dirty Dozen** foods are full of pesticides so if you can't find them as organic, it's probably best to skip them.



EWG'S 2021
DIRTY 12TM

1. Strawberries	7. Cherries
2. Spinach	8. Peaches
3. Kale, collard & mustard greens	9. Pears
4. Nectarines	10. Bell & hot peppers
5. Apples	11. Celery
6. Grapes	12. Tomatoes



EWG'S 2021
CLEAN 15TM

1. Avocados	9. Broccoli
2. Sweet corn	10. Cabbage
3. Pineapple	11. Kiwi
4. Onions	12. Cauliflower
5. Papaya	13. Mushrooms
6. Sweet peas (frozen)	14. Honeydew melon
7. Eggplant	15. Cantaloupe
8. Asparagus	

