



## The Dirty Dozen

Apples  
Celery  
Cherry tomatoes  
Cucumbers  
Grapes  
Hot peppers  
Nectarines  
Peaches  
Potatoes  
Spinach  
Strawberries  
Sweet Bell Peppers  
+  
Collard Greens  
Kale  
Summer Squash



## The Clean Fifteen

Asparagus  
Avocados  
Cabbage  
Cantaloupe  
Sweet Corn  
Eggplant  
Grapefruit  
Kiwi  
Mangoes  
Mushrooms  
Onions  
Papayas  
Pineapples  
Sweet peas  
Sweet potatoes

The Dirty Dozen and The Clean Fifteen help determine which conventionally grown produce items have the most and the least amount of pesticide residue. By avoiding the 12 most contaminated produce items you can reduce your pesticide intake.