

The Dirty Dozen

According to a report released by the President's Cancer Panel, this group of twelve vegetables and fruits are known to absorb and retain high quantities of agricultural pesticides, even after being washed. When buying the fruits and vegetables on this list, go for the organically grown variety.

- celery
- peaches
- strawberries
- apples
- domestic blueberries
- nectarines
- sweet bell peppers
- spinach, kale and collard greens
- cherries
- potatoes
- imported grapes
- lettuce



The Clean Fifteen

According to a report released by the President's Cancer Panel, this group of fifteen vegetables and fruits are known to retain no or insignificant trace amounts of agricultural pesticides after being washed. Whether organically grown or not, these fruits and vegetables are safe to consume without exposing your body to pesticides.

- onions
- avocados
- sweet corn
- pineapples
- mango
- sweet peas
- asparagus
- kiwi fruit
- cabbage
- eggplant
- cantaloupe
- watermelon
- grapefruit
- sweet potatoes
- sweet onions

