

## Guide to Buying Organic

### **Dirty Dozen (PLUS) (Top to buy organic)**

1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Bell Peppers
11. Cherry Tomatoes
12. Cucumbers

### **Clean 15 (Lowest in Pesticides)**

1. Avocados
2. Corn
3. Pineapples
4. Cabbage
5. Sweet Peas (Frozen)
6. Onions
7. Asparagus
8. Mangoes
9. Papayas
10. Kiwi
11. Eggplant
12. Honeydew
13. Grapefruit
14. Cantaloupe
15. Cauliflower

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References:

EWG's 2016 Guide to Pesticide in Produce. (2015). Retrieved October 7, 2015 from Environmental Working Group:  
[www.ewg.org](http://www.ewg.org)