



EWG's 2021 Dirty Dozen™

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

When buying these fruits and vegetables, try your best to choose organic.

EWG's 2021 Clean 15™

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

***When buying these fruits and vegetables, it's okay to buy conventional. However, the majority of conventional corn is genetically modified, so you may want to add it to your organic list.**