

## **EWG.org The Environmental Working Group**

### **2023 List**

#### **The Dirty Dozen - only eat organic**

1. Strawberries
2. Spinach
3. Kale, Collards, Mustard Greens
4. Peaches
5. Pears
6. Nectarines
7. Apples
8. Grapes
9. Bell and Hot Peppers
10. Cherries
11. Blueberries
12. Green Beans

#### **The Clean 15 - have the lowest level of pesticides**

1. Avocadoes
2. Sweet Corn on the cob
3. Pineapple
4. Onions
5. Papaya
6. Frozen sweet peas
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potatoes
14. Watermelon
15. Carrots