

ORGANIC SHOPPER'S GUIDE

DIRTY DOZEN

(buy organic)

1. STRAWBERRIES
2. SPINACH
3. NECTARINES
4. APPLES
5. GRAPES
6. PEACHES
7. CHERRIES
8. PEARS
9. TOMATOES
10. CELERY
11. POTATOES
12. BELL PEPPERS

CLEAN FIFTEEN

(buy conventional)

1. AVOCADOES
2. SWEET CORN
3. PINEAPPLES
4. CABBAGES
5. ONIONS
6. PEAS (FROZEN)
7. PAPAYAS
8. ASPARAGUS
9. MANGOES
10. EGGPLANTS
11. HONEYDEWS
12. KIWIS
13. CANTALOUPE
14. CAULIFLOWER
15. BROCCOLI

Source: ewg.org