

Pesticides in Produce



Ideally you want to buy all your produce organic. If you are not able to buy all items organic there are certain items that have more pesticides in than others and should be eaten organic.

The Dirty Dozen:

Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Pears
Grapes (imported)
Spinach
Lettuce
Potatoes

Cleanest 12:

Onions
Avocado
Sweet Corn (frozen)
Pineapples
Mango
Asparagus
Sweet Peas (frozen)
Kiwi Fruit
Bananas
Cabbage
Broccoli
Papaya