

Are organics REALLY worth it?

Learn about The Clean 15 and The Dirty Dozen to help you decide

The Clean 15

Less need to buy organic as these fruits and veggies were found to have **the least risk** of pesticide contamination.



Avocados



Sweet corn



Pineapple



Cabbage



Sweet peas-frozen



Onions



Asparagus



Mangos



Papayas



Kiwi



Eggplant



Honeydew



Grapefruit



Cantaloupe



Cauliflower

The Dirty Dozen

Consider buying organic as these fruits and veggies were found to have **the most risk** of contamination.



Strawberries



Apples



Nectarines



Peaches



Celery



Grapes



Cherries



Spinach



Tomatoes



Sweet bell peppers



Cherry tomatoes



Cucumbers

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healthy set go.
by Allina Health