

RÊVE HEALTH

Clean Fifteen & Dirty Dozen Lists



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What are the Clean Fifteen & Dirty Dozen lists?

Every year the Environmental Working Group, a nonprofit organization focusing on environmental toxicity education, releases the Clean Fifteen and Dirty Dozen lists.

The Clean Fifteen list represents the top fifteen produce items that have the least amount of pesticide residue. If you're budgeting, you can purchase these items conventionally (non-organic).

The Dirty Dozen list represents the top twelve produce items that have the most amount of pesticide residue. These items should be purchased organic if possible to avoid higher pesticide levels.

Clean Fifteen

1. Avocados
2. Sweetcorn
3. Onions
4. Pineapple
5. Papaya
6. Frozen sweet peas
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangos
13. Sweet potatoes
14. Watermelon
15. Carrots

Dirty Dozen

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