When it comes to produce, there’s often the dilemma most shoppers face –

**ORGANIC OR CONVENTIONAL?**

The Environmental Working Group, a nonprofit organization, crafts an annual “dirty dozen” and “clean fifteen” list, showing consumers what fruits and vegetables are usually laden with the most pesticides.

**DIRTY DOZEN**

Fruits and vegetables that have high levels of pesticide residue on them include:

- strawberries
- spinach
- kale
- nectarines
- apples
- grapes
- peaches
- cherries
- pears
- celery
- potatoes

**CLEAN FIFTEEN**

Fruits and vegetables that have low levels of pesticide residue on them include:

- avocados
- sweet corn
- pineapples
- sweet peas (frozen)
- onions
- papayas
- eggplants
- asparagus
- kiwis
- cabbage
- cauliflower
- cantaloupes
- broccoli
- mushrooms
- honeydew

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