

DIRTY DOZEN & CLEAN 15

EWG's 2023 Shopper's Guide
to Pesticides in Produce

DIRTY DOZEN

STRAWBERRIES
SPINACH
KALE/COLLARD/MUSTARD GREENS
PEACHES
PEARS
NECTARINES
APPLES
GRAPES
BELL & HOT PEPPERS
CHERRIES
BLUEBERRIES
GREEN BEANS

CLEAN 15

AVOCADOS
SWEETCORN
PINEAPPLE
ONIONS
PAPAYA
FROZEN PEAS
AUBERGINE
ASPARAGUS
BROCCOLI
CABBAGE
KIWI
CAULIFLOWER
MUSHROOMS
HONEYDEW MELON
CANTELOUPE MELON

The list changes yearly so it's a good idea to print it out and stick on your fridge door or add to your phone notes ready for the food shop.

For full details head to ewg.org/foodnews/