The EWG (environmental working group) cleverly calls the 12 fruits and vegetables listed below the **"dirty dozen"** due to their high levels of pesticides, when compared to other produce. If possible, purchase the following organic produce.

1. Apples 7. Grapes
2. Celery 8. Sweet Bell Peppers
3. Strawberries 9. Potatoes
4. Peaches 10. Blueberries
5. Spinach 11. Lettuce
6. Nectarines 12. Kale/Collard Greens

**The clean 15**
This next group of 15 produce are known by the EWG as the "clean 15". They are the lowest in toxic pesticides, so if you're going to buy non-organic produce, these would be the ones to buy.

1. Onions
2. Sweet corn 9. Cantaloupe
3. Pineapples 10. Kiwi
4. Avocado 11. Cabbage
5. Asparagus 12. Watermelon
6. Sweet peas 13. Sweet Potatoes
7. Mangoes 14. Grapefruit
8. Eggplant 15. Mushrooms

Consuming foods from the clean 15 will lower your pesticide exposure a whopping 92% when compared with the dirty dozen. By choosing five fruits and vegetables a day from the clean 15 list you'll consume fewer than two [pesticides](http://www.naturalnews.com/pesticides.html) per day, whereas consuming five fruits and vegetables a day from the dirty dozen will cause you to ingest as many as 14 different pesticides every day.

Learn more: <http://www.naturalnews.com/036947_fresh_produce_pesticides_chemical_residue.html#ixzz24nX2Y1dX>