

The Dirty Dozen and Clean Fifteen

Which fruits and vegetables are most important to buy organic?

The Dirty Dozen

Apples	Pears
Celery	Potatoes
Cherries	Spinach
Grapes	Strawberries
Nectarines	Sweet Bell Peppers
Peaches	Tomatoes

The Clean Fifteen

Asparagus	Honeydew Melon
Avocado	Kiwi
Cabbage	Mango
Cantaloupe	Onion
Cauliflower	Papaya
Eggplant	Pineapple
Frozen Sweet Peas	Sweet Corn
Grapefruit	

The **Environmental Working Group** analyzes pesticide residue testing data from the USDA and the FDA to develop an annual list of the 12 fruits and vegetables that are most likely to be contaminated with pesticide residues. That's the **dirty dozen** in the chart above. They also have a list of the "**clean fifteen**," which are the foods that are *least* likely to be contaminated.

New scientific evidence shows a possible trend toward the following **benefits of organic foods**:

- **Higher antioxidant concentrations:** Organic crops contain between 18 and 69% more antioxidants than conventional crops. Increased intake of antioxidants has been linked to a reduced risk of chronic disease.
- **Fewer toxins:** Conventional crops contain higher levels of the toxic metal cadmium, and are four times more likely to contain detectable pesticide residues than organic crops.
- **More omega-3s:** Organic meat, milk, and dairy products contain higher concentrations of omega-3 fatty acids that are linked to decreased risk of cardiovascular disease.

Since there is only a small amount of research on humans, there is still uncertainty about these effects.