

# Clean Eating Produce Guide

## EWG Dirty Dozen & Clean Fifteen (2026)

Dirty Dozen (Buy Organic)	Clean Fifteen (Lower Pesticides)
1. Apples	1. Asparagus
2. Blackberries	2. Avocados
3. Blueberries	3. Bananas
4. Cherries	4. Cabbage
5. Grapes	5. Carrots
6. Kale, Collard & Mustard Greens	6. Cauliflower
7. Nectarines	7. Kiwi
8. Peaches	8. Mangoes
9. Pears	9. Mushrooms
10. Potatoes	10. Onions
11. Spinach	11. Papaya
12. Strawberries	12. Pineapple
	13. Sweet corn
	14. Sweet peas (frozen)
	15. Watermelon

## How to Shop: Organic vs Conventional

Prioritize organic for the Dirty Dozen to reduce pesticide exposure. The Clean Fifteen are generally safer to buy conventional. If budget is limited, focus on organic berries, leafy greens, and thin-skinned fruits. Always wash produce thoroughly.