



The Dirty Dozen Food List

Strawberries

Spinach

Kale

Nectarines

Apples

Grapes

Peaches

Cherries

Pears

Tomatoes

Celery

Potatoes

Always buy Organic

The Clean 15 Food List

Avocado

Sweet Corn

Pineapple

Onion

Papaya

Sweet Peas Frozen

Eggplant

Asparagus

Cauliflower

Cantaloupes

Broccoli

Mushrooms

Cabbage

Honeydew Melon

Kiwi

Ok to buy regular

Where Does the Data Come From

- The data for these food lists comes from the United States Department of Agriculture Pesticide Data Program.
- The pesticide data program reports what it has discovered when monitoring pesticide residue levels on agricultural commodities commonly consumed by infants and children.

<https://blog.givingassistant.org/dirty-dozen-clean-15-list/>