The Dirty Dozen Plus 2 and the Clean Fifteen 2014

The foods on the Dirty Dozen should always be bought organic, if possible, due to the high pesticide load they have. Avoid genetically modified foods (GMOs) always! Buy from organic grocers, like Whole Foods, or locally from farmers markets. Locally grown fruits and vegetables are best! You can ask the grower at farmers markets if their products are organic and non-GMO. Conventional supermarkets (Ralphs, Vons, etc) are getting on the organic bandwagon. However, their organic products are usually inferior to Whole Foods. But they are better than conventionally grown foods. Whole Foods usually labels their products non GMO. In my opinion, the quality at Sprouts is not as good as Whole Foods or farmers markets.

Dirty Dozen Plus 2 (must be organic)

1. Apples
2. Celery
3. Cherry Tomatoes
4. Cucumbers
5. Grapes
6. Hot Peppers
7. Nectarines (imported)
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet Bell Peppers
13. Kale/Collard Greens
14. Summer Squash

Clean Fifteen: If you can’t find organic, these are safe to eat conventionally. But go organic when possible! Some of the foods on this list tend to be GMOs so watch out. Field corn and nearly all papayas from Hawaii are GMOs. Some varieties of sweet corn, tomatoes and zucchini are also GMOs. Again, shop at farmers markets or Whole Foods for your healthiest and safest choices.

Clean Fifteen (can be conventionally grown)

1. Asparagus
2. Avocados
3. Cabbage
4. Cantaloupe
5. Sweet corn (not to be confused with GMO canned corn)
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangos
10. Mushrooms
11. Onions
12. Papayas (can often be GMO)
13. Pineapples
14. Sweet peas
15. Sweet potatoes

This information came from The Environmental Working Group. For more information visit www.ewg.org.