

The 'Dirty Dozen' & 'Clean Fifteen' 2021

When you are trying to "eat for health" and avoid unnecessary toxins and overall unwanted 'nasties' in your diet, it's good to know which foods have higher/lower pesticide residues.

Every year, the Environmental Working Group (www.ewg.org) outlines the fruit and veg with the MOST pesticides (aka 'The Dirty Dozen'), and the LEAST (aka 'The Clean Fifteen').

These lists are helpful when it comes to helping you decide which fruit and veg to prioritise for buying organic, and which you can safely budget on and opt for non-organic.

THE DIRTY DOZEN

1. Strawberries
2. Spinach
3. Kale, collard and
mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

THE CLEAN FIFTEEN

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew Melon
15. Cantaloupes