

EWG's dirty dozen & clean fifteen 2021

Buying organic produce can help decrease your exposure to herbicides and pesticides. Consulting the 2021 Dirty Dozen and Clean Fifteen list can help you make healthier choices when choosing your produce. This list, released annually by the Environmental Working Group (EWG), identifies fruits and vegetables with the highest and lowest pesticide residue.

EWG's dirty dozen

Buy organic

		
Strawberries Spinach Kale, collard, and mustard greens	Nectarines Apples Grapes Cherries Peaches	Pears Bell and hot peppers Celery Tomatoes

EWG's clean fifteen

Buy conventional or organic

		
Avocados Sweet corn Pineapple Onions Papaya	Sweet peas Eggplant Asparagus Broccoli Cabbage	Kiwi Cauliflower Mushrooms Honeydew melon Cantaloupe

✂ Cut me out and stick me on the fridge!



References

1. Cohen, M. (2007). Environmental toxins and health--the health impact of pesticides. *Australian Family Physician*, 36(12), 1002-1004.
2. EWG Science Team. (2021). EWG's 2021 shopper's guide to pesticides in produce™. Environmental Working Group. <https://www.ewg.org/foodnews/summary.php>



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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.
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