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What is the Dirty Dozen and Why Should I Care?

The "Dirty Dozen" refers to a list of fruits and vegetables that are commonly found to have **higher pesticide residues** when *conventionally* grown.

The list is compiled and updated annually by the [Environmental Working Group \(EWG\)](http://EnvironmentalWorkingGroup.org), a non-profit organization dedicated to environmental health research and advocacy.



The Dirty Dozen highlights the produce items that, if conventionally grown, may have a higher likelihood of pesticide exposure.

I personally won't eat these items unless they're organic (with rare exceptions).

As of June 12, 2023, the most recent Dirty Dozen list includes the following fruits and vegetables:

1. Strawberries
2. Spinach
3. Kale/Collard and greens/Mustard greens
4. Peaches
5. Pears
6. Nectarines
7. Apples
8. Grapes
9. Bell and hot Peppers
10. Cherries
11. Blueberries
12. Green Beans



It's important to note that this list does not imply that these fruits and vegetables should be avoided entirely. Instead, it emphasizes the benefits of choosing **organic** options whenever possible for these particular items, as organic farming practices typically restrict the use of synthetic pesticides.

The Dirty Dozen list serves as a tool to raise awareness about pesticide residues and encourage consumers to make informed choices about their produce selections, prioritizing organic options for the specific items on the list.

BONUS: Know the Clean 15™

The [Clean 15™](#) are the 15 items which had the *lowest* amounts of pesticide residues, according to EWG's analysis of the most recent USDA data:

- Carrots 🥕
- Watermelon 🍉
- Sweet Potatoes 🍠
- Mangoes 🥭
- Mushrooms 🍄
- Cabbage 🥬
- Kiwi 🥝
- Honeydew melon 🍈
- Asparagus
- Sweet peas (frozen)
- **Papaya**
- Onions 🧅
- Pineapple 🍍
- **Sweet corn** 🌽
- Avocados 🥑

The EWG mentions, “A small amount of sweet corn, papaya, and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.”



If you're interested in healing or a plant-based diet, it's likely that you're **not** interested in consuming pesticides. **This list will help!**

But if you aren't perfect, don't sweat it too much. The important thing is adding more fruits and veggies to your daily intake.

This list changes every year - I will keep it updated. Enjoy your produce! 🌱 ❤️