

Dirty Dozen / Clean 15

The Dirty Dozen comprises a list of vegetables and fruits that are exposed to the greatest number of pesticides, and therefore hold a higher pesticide residue. The Clean 15 reflects those that have least pesticide treatment and residue.

These listings have been formed by Environmental Working Group (EWG) in America^[1]. However, Australian research has also been conducted on a selection of crops with similar findings^[2]. The non-organic farming practices in Australia tend to have similarities to those in America.

Below are the two lists. The Dirty Dozen are listed in order from highest pesticide residue to lowest. The Clean 15 are listed from lowest pesticide residue to highest.

Dirty Dozen + 3	Clean 15
Apples	Avocado
Strawberries	Sweet Corn
Pears	Pineapple
Grapes	Cabbage
Lettuce	Sweet Peas
Nectarines	Onions
Peaches	Mangoes
Tomatoes	Papayas
Celery	Kiwi Fruit
Cherries	Eggplant
Spinach	Honeydew Melon
Cucumber	Grapefruit
Capsicums	Rockmelon
Blueberries	Cauliflower
Potatoes	Mushrooms

Research suggests that pesticide residue load may have implications on conditions including children's brain development, ADHD, adult brain and nervous system function, Parkinson's disease, autoimmune conditions, thyroid disorders and some cancers^[2].

It is recommended to purchase organically grown varieties of those in the Dirty Dozen or fresh from a farmer's market.

Always remember to wash your produce well before eating!

References and Further Information:

- <https://www.ewg.org/foodnews/list.php>
- http://www.foe.org.au/sites/default/files/TheDoseMakesThePoisonFeb2012_0.pdf