



“The Dirty Dozen”

A list of 12 types of produce that are most likely to have pesticide still hanging on them. These are the items to focus on buying organic.

Peaches
Apples
Bell peppers
Celery
Nectarines
Strawberries
Cherries
Pears
Grapes
Spinach
Lettuce
Potatoes

The following is another list of foods that generally have the least amount of pesticide residues, therefore you may not want to buy organic...

Papayas
Broccoli
Cabbage
Bananas
Kiwi Fruit
Frozen Peas
Asparagus
Mango
Pineapple
Frozen corn
Avocado
Onion

Rule of thumb would be:

The THINNER the skin the more important it is to buy organic.

The THICKER the skin the least important it is to buy organic.