



## DIRTY PRODUCE & CLEAN PRODUCE

ARE YOU ON A BUDGET AND NEED TO PRIORITIZE YOUR ORGANIC PURCHASES? OR WOULD YOU SIMPLY LIKE TO KNOW WHICH TYPES OF PRODUCE HAVE THE HIGHEST PESTICIDE RESIDUES—AND WHICH DO NOT?

<b>DIRTY (#1 = MOST PESTICIDES) BUY ORGANIC</b>
1. APPLES
2. CELERY
3. SWEET BELL PEPPERS
4. PEACHES
5. STRAWBERRIES
6. NECTARINES (IMPORTED)
7. GRAPES (IMPORTED)
8. SPINACH
9. LETTUCE
10. CUCUMBERS
11. BLUEBERRIES (DOMESTIC)
12. POTATOES
13. GREEN BEANS
14. KALE/GREENS

<b>CLEAN (#1 = LOWEST PESTICIDES)</b>
1. ONIONS
2. PINEAPPLES
3. AVOCADO
4. CABBAGE
5. SWEET PEAS
6. ASPARAGUS
7. MANGO
8. EGGPLANT
9. KIWI
10. CANTALOUPE (DOMESTIC)
11. SWEET POTATOES
12. GRAPEFRUIT
13. WATERMELON
14. MUSHROOMS

According to the Environmental Working Group (EWG)—an organization of scientists, researchers and policymakers—certain types of organic produce can reduce the amount of dangerous toxins you consume by as much as 80% per day.

Using data from the United States Department of Agriculture on the amount of pesticide residue found in non-organic fruits and vegetables (after they had been washed), the EWG compiled two helpful lists for consumers.

The fruits and vegetables listed on EWG's "Dirty Dozen" list, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67 chemicals. The fruits and veggies on the "Dirty" list should always be purchased organic.

The "Clean" list of fruits and veggies are the ones you can count on having less pesticide residue. Ideally, if you can buy everything organic, you will, since genetic modification is still in question, but if you are on a budget, "Clean" is a safer bet.

Commodity crop corn used for animal feed and biofuels is almost all produced with genetically modified seeds, as is some sweet corn sold for human consumption. Since GM sweet corn is not labeled as such in U.S. stores, EWG advises those who have concerns about GMOs to buy organic sweet corn.

### PLU

Use the PLU to help you when you shop. PLUs for conventionally grown produce are usually a four-digit number, currently in the 3000–4999 range. If an item is organic, you will see a five-digit number beginning with the number "9." If it is genetically modified, you will see a five-digit number beginning with the number "8." Help yourself remember the code with the little rhyme "9 is fine."

### KEEP THESE LISTS IN YOUR WALLET

Print out this page and cut out these lists—keep them in your wallet to reference as you shop.

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