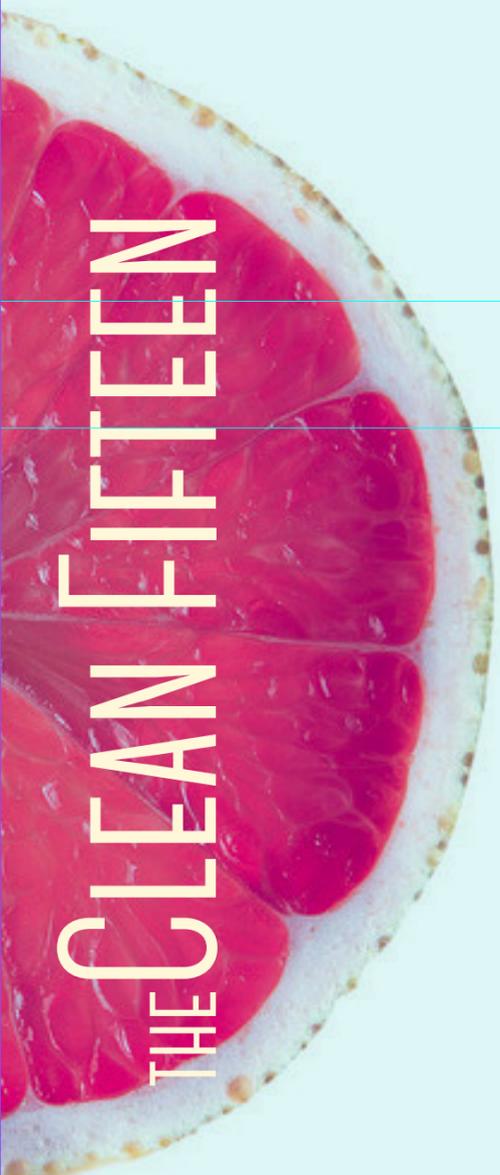
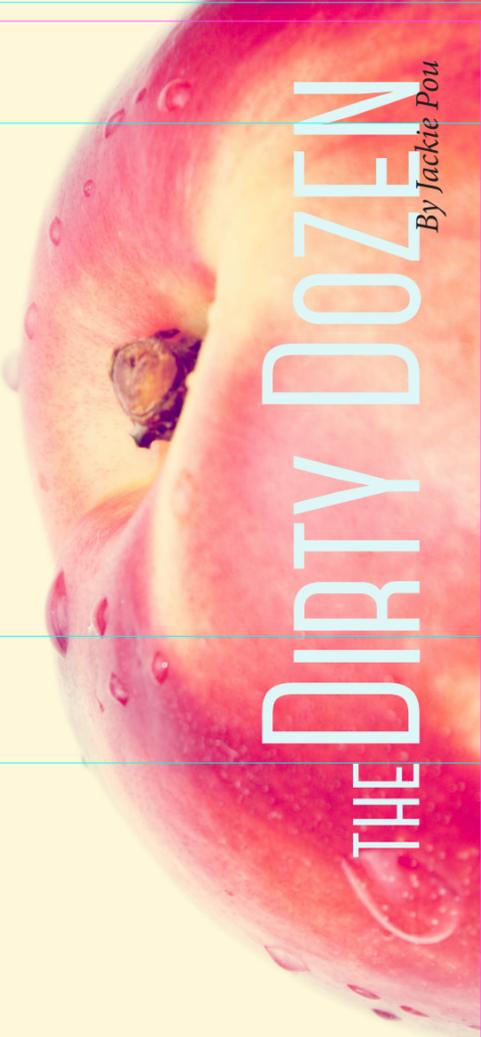
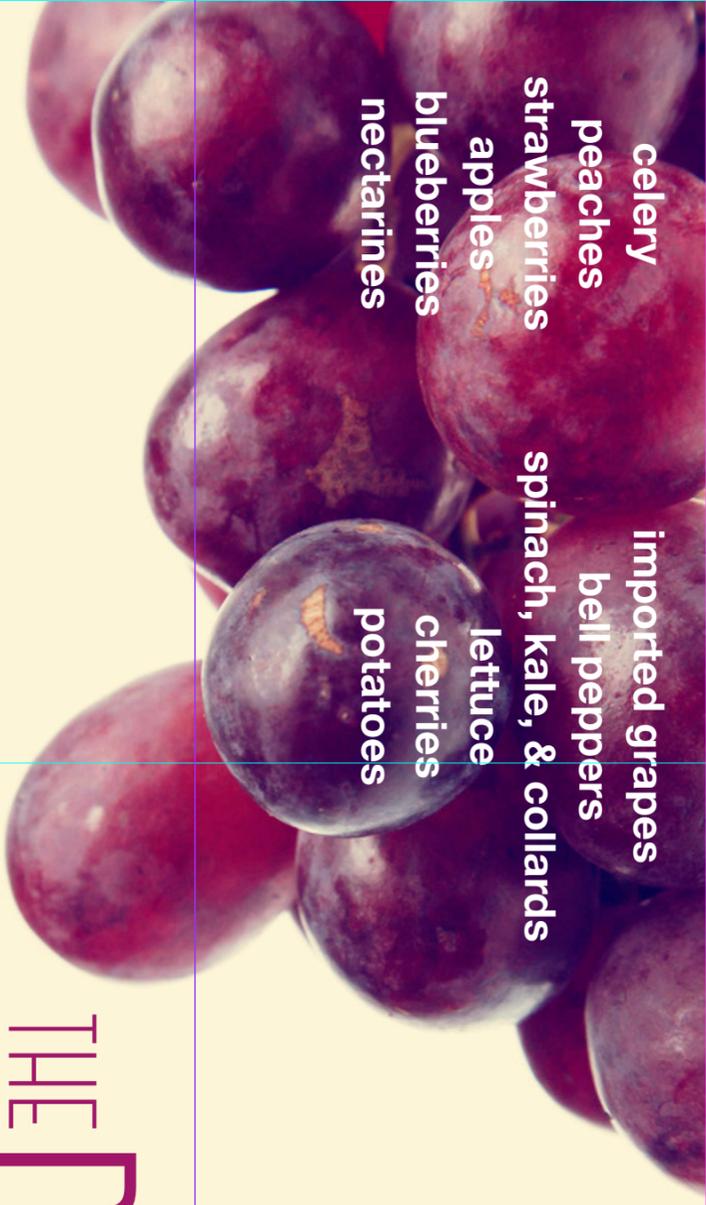


By Jackie Pou
**NEZOO
DIRTY DOZEN**



**NEZOO
DIRTY DOZEN**

- celery
- peaches
- strawberries
- apples
- blueberries
- nectarines
- imported grapes
- bell peppers
- spinach, kale, & collards
- lettuce
- cherries
- potatoes



**THE
DIRTY
DOZEN**



Environmental Working Group
1436 U St NW #100
Washington, DC 20009

THE CLEAN FIFTEEN AND DIRTY DOZEN
by Jackie Pou

A new report issued by the President's Cancer Panel recommends eating produce without pesticides to reduce your risk of getting cancer and other diseases. Certain types of organic produce can reduce the amount of toxins you consume on a daily basis by as much as 80 percent.

"The Dirty Dozen" and "The Clean 15," were compiled 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 full list contains 49 types of produce, rated on a scale of least to most pesticide residue. You can check out the full list from on the Environmental Working Group's website at www.foodnews.org.



**THE
CLEAN
FIFTEEN**



- onions
- avocados
- sweet corn
- pineapple
- mango
- sweet peas
- asparagus
- kiwi
- cabbage
- eggplant
- cantaloupe
- watermelon
- grapefruit
- sweet potatoes
- sweet onions





spinach, kale & collard greens



nectarines



sweet bell peppers

THE DIRTY DOZEN



domestic blueberries



cherries



celery



peaches

The “Dirty Dozen” fruits and vegetables, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. For produce on the “dirty” list, you should definitely go organic — unless you relish the idea of consuming a chemical cocktail.



apples



imported grapes



strawberries



lettuce



potatoes



kiwi



asparagus



avocado



cabbage



onions

THE CLEAN FIFTEEN



eggplant



cantaloupe



sweet potatoes



watermelon

When tested, the fruits and vegetables of the “Clean 15” bore little to no traces of pesticides. While buying organic is always your best bet to avoid harmful chemicals, these produce picks are safe to consume in non-organic form.



sweet peas



sweet corn



grapefruit



pineapple



sweet onions



mango

A close-up photograph of a slice of grapefruit, showing its vibrant red segments and white pith. The slice is set against a light blue background. The text 'THE CLEAN FIFTEEN' is overlaid in a white, sans-serif font, with 'THE' in a smaller size to the left of 'CLEAN FIFTEEN'.

THE CLEAN FIFTEEN

A close-up photograph of a whole red apple with several water droplets on its surface. The apple is set against a light yellow background. The text 'THE DIRTY DOZEN' is overlaid in a white, sans-serif font, with 'THE' in a smaller size to the left of 'DIRTY DOZEN'.

THE DIRTY DOZEN



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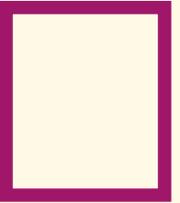
THE CLEAN FIFTEEN AND DIRTY DOZEN

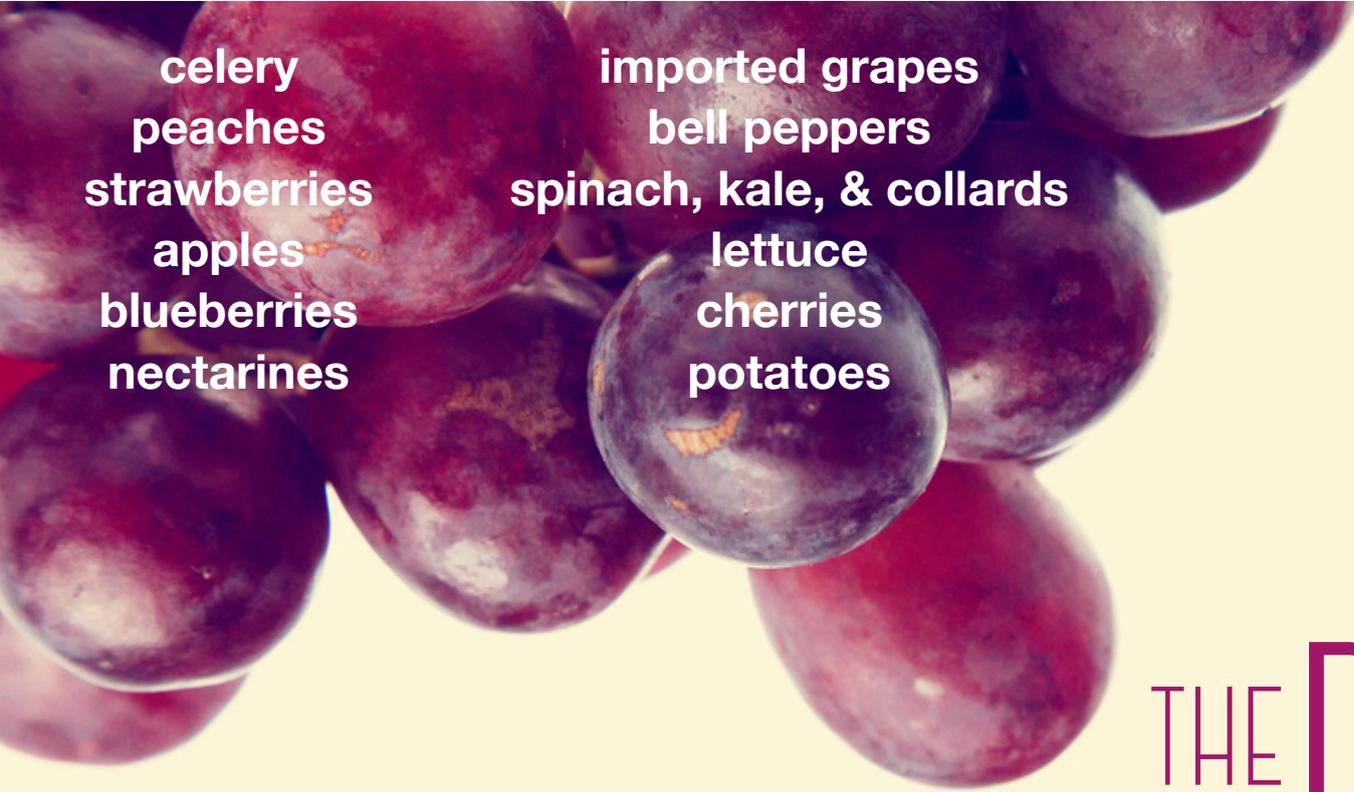
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celery
peaches
strawberries
apples
blueberries
nectarines

imported grapes
bell peppers
spinach, kale, & collards
lettuce
cherries
potatoes

THE DIRTY DOZEN

THE CLEAN FIFTEEN



onions
avocados
sweet corn
pineapple
mango
sweet peas
asparagus
kiwi

cabbage
eggplant
cantaloupe
watermelon
grapefruit
sweet potatoes
sweet onions



spinach, kale & collard greens



nectarines



sweet bell peppers

THE DIRTY DOZEN

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domestic blueberries



cherries



celery



peaches



apples



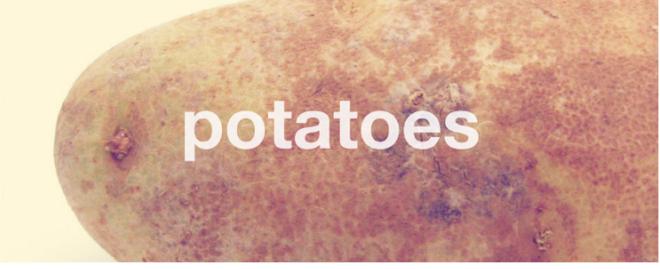
imported grapes



strawberries



lettuce



potatoes



kiwi



asparagus



avocado



cabbage



onions

THE CLEAN FIFTEEN

When tested, the fruits and vegetables of the “Clean 15” bore little to no traces of pesticides. While buying organic is always your best bet to avoid harmful chemicals, these produce picks are safe to consume in non-organic form.



eggplant



cantaloupe



sweet potatoes



watermelon



sweet peas



sweet corn



grapefruit



pineapple

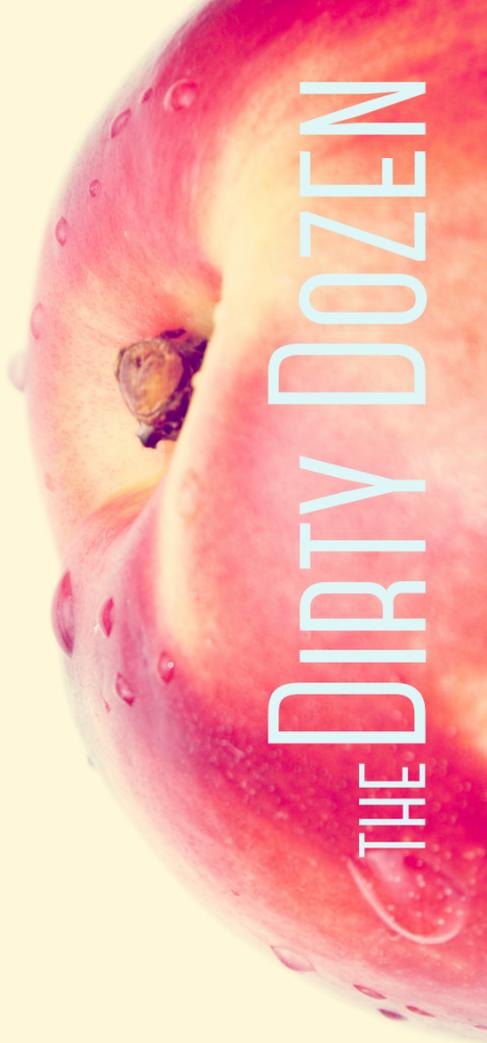


sweet onions



mango

NEZOD DIRTY



THE CLEAN



celery
peaches
strawberries
apples
blueberries
nectarines

imported grapes
bell peppers
spinach, kale, & collards

lettuce
cherries
potatoes

THE DIRTY DOZEN



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THE CLEAN FIFTEEN



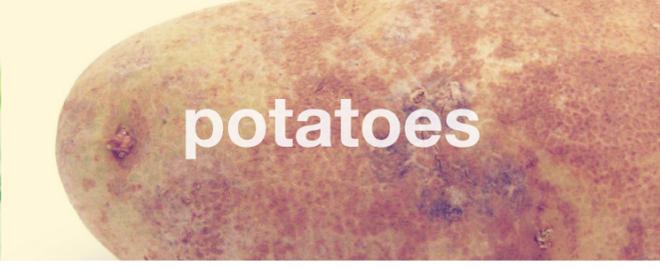
onions
avocados
sweet corn
pineapple
mango
sweet peas
asparagus
kiwi

cabbage
eggplant
cantaloupe
watermelon
grapefruit
sweet potatoes
sweet onions



THE DIRTY DOZEN

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THE CLEAN FIFTEEN

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