

The fruits and vegetables on "The Dirty Dozen" list 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. "The Dirty Dozen" list includes:

The Dirty Dozen:

peaches



strawberries



apples



domestic
blueberries



nectarines



cherries



celery



lettuce



sweet bell peppers



potatoes



imported grapes



spinach/kale/collard greens

The Clean 15:

onions



sweet corn



sweet peas



asparagus



eggplant



cabbage



sweet potatoes



avocados



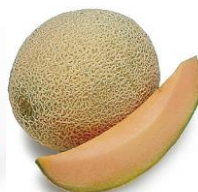
kiwi fruit



mangoes



cantaloupe



watermelon



pineapple



grapefruit

