**2020 DIRTY DOZEN CLEAN 15 LIST**

**Dirty Dozen:** avoid unless organic

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

**Clean 15:** ok to eat non-organic (organic is preferable); peel, wash hands and skins of produce

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (Frozen)
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupes
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew Melon
15. Kiwi