

EWG's dirty dozen & clean fifteen 2022

Buying organic produce can help decrease your exposure to herbicides and pesticides. Consulting the 2022 Dirty Dozen and Clean Fifteen list can help you make healthier choices when choosing your produce. This list, released annually by the Environmental Working Group (EWG), identifies fruits and vegetables with the highest and lowest pesticide residue.

EWG's dirty dozen

Buy organic

 <p>Strawberries Spinach Kale, collard, and mustard greens</p>	 <p>Nectarines Apples Grapes Cherries Peaches</p>	 <p>Pears Bell and hot peppers Celery Tomatoes</p>
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EWG's clean fifteen

Buy conventional or organic

 <p>Avocados Sweet corn Pineapple Onions Papaya</p>	 <p>Sweet peas Asparagus Honeydew melon Kiwi Cabbage</p>	 <p>Mushrooms Cantaloupe Mangoes Watermelon Sweet potatoes</p>
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✂ Cut me out and stick me on the fridge!



References

1. Cohen, M. (2007). Environmental toxins and health—the health impact of pesticides. *Australian Family Physician*, 36(12), 1002–1004.
2. EWG Science Team. (2022). EWG's 2022 shopper's guide to pesticides in produce™. Environmental Working Group. <https://www.ewg.org/foodnews/summary.php>



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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.
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