

THE HEALTH FORMULA

The 2018 Dirty Dozen and Clean Fifteen

The Dirty Dozen	The Clean Fifteen
<ol style="list-style-type: none">1. Strawberries2. Spinach3. Nectarines4. Apples5. Grapes6. Peaches7. Cherries8. Pears9. Tomatoes10. Celery11. Potatoes12. Sweet Peppers & Hot Peppers	<ol style="list-style-type: none">1. Avocados2. Sweet Corn3. Pineapples4. Sweet Peas (Frozen)5. Onions6. Papayas7. Eggplants8. Asparagus9. Kiwis10. Cabbages11. Cauliflower12. Cantaloupes13. Broccoli14. Mushrooms15. Honeydew Melons

* Courtest of the Environmental Working Group ewg.org