



A Quaint Life

SHOPPING ORGANIC

# DIRTY DOZEN & THE CLEAN 15

A LIST OF THE HIGHEST  
AND LOWEST OFFENDERS  
TESTED FOR PESTICIDE  
CONTAMINATION

AN EASY GO TO LIST FOR SHOPPING ORGANIC WHENEVER  
POSSIBLE

# THE CLEAN 15

THE CLEAN LIST REFERS TO FOODS THAT ARE KNOWN TO  
BE THE LEAST CONTAMINATED WITH PESTICIDES

Avocado  
Sweet Corn  
Pineapple  
Onion  
Papaya  
Sweet Peas  
Eggplant  
Asparagus  
Cauliflower  
Cantaloupes  
Broccoli  
Mushrooms  
Cabbage  
Honeydew Melon  
Kiwi

# THE DIRTY DOZEN

A LIST OF THE 12 HIGHEST KNOWN  
PESTICIDE CONTAMINATED FOODS

Strawberries

Spinach

Nectarines

Apples

Peaches

Pears

Cherries

Grapes

Celery

Tomatoes

Sweet bell peppers

Potatoes