

# Your Guide to Healthy Produce



The “Dirty Dozen” are the conventionally-grown fruits and vegetables that were shown to have the highest concentration of pesticides.

The health effects of these chemicals are not known for sure.

Choosing organic versions of the “Dirty Dozen” vegetables and fruit will help you avoid some of these pesticides.

Note that the fruits and vegetables on the “Dirty Dozen” list have *thinner* exteriors.



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The “Clean Fifteen” are the fruits and vegetables with the lowest amount of pesticides.

Since organic produce is often<sup>1</sup> more expensive than non-organic, you can buy conventionally-raised items on the “Clean 15” list and avoid high levels of pesticides.

By shopping wisely, you can reduce the amount of pesticides/toxins you consume and save money.

Unlike the “Dirty 12,” the produce on the “Clean 15” list has *thicker* exteriors or outer layers that are not typically eaten.

## IS ORGANIC HEALTHIER?

It's possible. One study found that organic crops contain higher antioxidant nutrients than their nonorganic counterparts and 4x less pesticides.<sup>1</sup> If your goal is to avoid pesticides, buying organic produce is the way to go.

## NOTE ON CORN

Corn is often genetically modified (GMO). While corn may rate well in terms of having low pesticide residue, it is likely GMO corn if it is not organic. Some of the potential concerns that genetically-modified food may be associated with are antibiotic resistance, gene modification, development of allergies, and hormonal and immune problems.<sup>2</sup>

### References:

<sup>1</sup> Ann Intern Med. 2012 Sep 4;157(5):348-66.

<sup>2</sup><http://www.consumerreports.org/cro/news/2015/03/cost-of-organic-food/index.htm> (accessed 7/27/16)

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