

[The Dirty Dozen](#) and Clean 15 is a shopper's guide to **high pesticide versus low pesticide fruits and vegetables**. Basically, the "dirty dozen" details some of the most highly sprayed crops, whereas the "clean 15" are less likely to be sprayed due to various reasons.

The infographic is divided into two main sections: 'DIRTY DOZEN Buy organic' on the left and 'CLEAN 15 Organic unnecessary' on the right. Each section contains 12 items with corresponding illustrations. The 'Dirty Dozen' items are: Apples, Spinach, Strawberries, Kiwi, Peaches, Bell & Hot Peppers, Kale, Collard, & Mustard Greens, Broccoli, Grapes, Cherries, Pears, Celery, Tomatoes, and Nectarines. The 'Clean 15' items are: Onions, Pineapple, Corn, Peas, Papaya, Avocados, Asparagus, Cauliflower, Honeydew Melon, Cabbage, Cantaloupe, and Eggplant. The background is a gradient of green and purple.

Category	Item
Dirty Dozen	Apples
Dirty Dozen	Spinach
Dirty Dozen	Strawberries
Dirty Dozen	Kiwi
Dirty Dozen	Peaches
Dirty Dozen	Bell & Hot Peppers
Dirty Dozen	Kale, Collard, & Mustard Greens
Dirty Dozen	Broccoli
Dirty Dozen	Grapes
Dirty Dozen	Cherries
Dirty Dozen	Pears
Dirty Dozen	Celery
Dirty Dozen	Tomatoes
Dirty Dozen	Nectarines
Clean 15	Onions
Clean 15	Pineapple
Clean 15	Corn
Clean 15	Peas
Clean 15	Papaya
Clean 15	Avocados
Clean 15	Asparagus
Clean 15	Cauliflower
Clean 15	Honeydew Melon
Clean 15	Cabbage
Clean 15	Cantaloupe
Clean 15	Eggplant
Clean 15	Mushrooms

**DIRTY DOZEN**  
Buy organic

**CLEAN 15**  
Organic unnecessary

*Clean Food*<sup>®</sup>  
CRUSH