

# 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



Strawberries  
Spinach  
Kale, collard,  
and mustard  
greens



Nectarines  
Apples  
Grapes  
Cherries  
Peaches



Pears  
Bell and  
hot peppers  
Celery  
Tomatoes

## EWG's clean fifteen

Buy conventional or organic



Avocados  
Sweet corn  
Pineapple  
Onions  
Papaya



Sweet peas  
Asparagus  
Honeydew melon  
Kiwi  
Cabbage



Mushrooms  
Cantaloupe  
Mangoes  
Watermelon  
Sweet potatoes

✂ 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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