



# Clean 15 & Dirty Dozen

At Foundations Wellness, we want to help you make informed choices about the produce you eat. Understanding which fruits and vegetables carry higher pesticide residues, and which are safer conventionally grown, can help protect your health without making organic purchases overwhelming or unaffordable.

## What is the “Clean 15” & “Dirty Dozen”?

The **Clean 15** are the 15 types of produce with the *lowest pesticide residue*, according to the Environmental Working Group's analysis of the most recent USDA data. For those who don't buy all organic, these are the foods you can feel confident eating even when grown conventionally.

The **Dirty Dozen** are the 12 types of produce with the *highest pesticide residue*. Even if your access to organic produce is limited, you should prioritize buying organic if it is on the Dirty Dozen list.

## Why Does it Matter?

The goal is to **reduce exposure to pesticides, herbicides, and insecticides** (*specifically glyphosate*) used in conventional farming. While these chemicals may be legally approved in the U.S., they are often banned in other countries due to their potential health risks.

## Can You “Wash Off” Pesticides?

There is no method proven to completely remove pesticides, but some approaches can reduce residue:

- Do not wash produce until you are ready to use it.
- For organic produce, rinse under running water for about 20 seconds.
- Leafy greens and herbs should be dried completely before refrigeration. Wrap in paper towels and store in a container to prevent spoilage.

## Clean 15

*(lowest pesticide residue):*

These are typically alright to eat, even when grown conventionally.

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Frozen sweet peas
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupe

## Dirty Dozen

*(highest pesticide residue):*

These are best purchased organically when possible.

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

## What Are “Anti-Nutrients”?

Grains, legumes, nuts, and seeds contain anti-nutrients such as phytates and enzyme inhibitors, which can block mineral absorption (calcium, zinc, iron, magnesium, copper, and selenium). These compounds can be neutralized through soaking, sprouting, or fermenting, making the minerals more available to your body.

## Getting Started & Support

Our team specializes in nutrition, gut health, and practical ways to make whole foods part of your everyday life. We can help you design meal prep strategies that fit your lifestyle while supporting gut health, energy, and overall well-being.

If you'd like personalized support, [schedule an appointment](#) to begin building a nutrition plan that works for you.



***Need support on your healing journey?***

Call (513) 657-4109 or head to [foundationswellnesscare.com](https://foundationswellnesscare.com)

