



Dirty Dozen & Clean Fifteen

For the most part organic food is better, but did you know that you don't have to buy everything organic? Here's how it works:

Each year the Environmental Working Group (EWG) compiles a list of 12 fruits and vegetables that must be bought organic due to the pesticide load they have, as well as a list of clean 15 fruits & veggies which have the smallest amount of pesticide exposure.

Pesticides have been linked to all sorts of cancer and mental retardation, especially in children.

Must be bought Organic (dirty dozen)	Ok to buy conventional (clean fifteen)
Strawberries	Sweet corn
Spinach	Avocados
Nectarines	Pineapple
Apples	Cabbage
Peaches	Onions
Pears	Sweet Peas
Cherries	Papayas

Grapes	Asparagus
Celery	Mangoes
Tomatoes	Eggplant
Sweet bell peppers	Honeydew
Potatoes	Kiwi
	Cantaloupe
	Cauliflower
	Grapefruit

Fruits & Vegetables that have a thick peel usually will be safe to buy non-organic, but when the peel is thin it is safest to buy organic.

Coding system for Fruits & Vegetables

These codes are also known as PLU numbers (Product Look-Up Numbers).

The first number gives you useful information, if you know the code...

I remember the code on fruit and veggies using a simple rhyme...

9 is fine. Organic. 😊

All others, like 3 or 4, are neither GMO or organic. They are conventionally grown. This means the growers could have applied poisons to the food, including pesticides, herbicides, and synthetic fertilizer. But the food itself is not genetically modified.



Note: We used to think that the number 8 represents GMO, however it is very rare to find the number 8 on a sticker and that's because retailers have realised that people avoid buying GMO. Therefore you can't rely on the stickers in order to identify if something is GMO or not. Your best bet would be to buy food that is labeled non-GMO.