



## The Dirty Dozen Plus

Eating fresh produce is the best way to obtain the nutrients that support optimum health, but the pesticides used on many crops remain a major health concern. By choosing organic foods, you can reap the health benefits of fruits and vegetables without exposing yourself and your family to potentially harmful chemicals. Pesticides present real health risks, particularly to children and those with health concerns. The toxicity most commonly associated with pesticides in animal studies include disruptions in the normal functioning of the nervous and endocrine systems, and in increased risk of cancer.

The following "Dirty Dozen **Plus**" had the highest pesticide load, making them the most important to buy organic versions - or to grow them organically yourself:

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Spinach
- Sweet Bell Peppers
- Nectarines
- Cucumbers
- Potatoes
- Cherry tomatoes
- Hot peppers

Plus these which contain organophosphate insecticides, which EWG (Environmental Working Group) characterizes as "highly toxic" and of special concern:

- Kale/collard greens
- Summer squash