The dirty dozen pertains to the most common fruits and vegetables most likely to contain harmful herbicides and pesticides. These are the fruits and vegetables you will most likely want to purchase as organic.

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
The clean fifteen pertains to fruits and vegetables that are often raised without the additions of harmful herbicides and pesticides and are considered safe to purchase from a conventional market.

Avocado  Pineapple  Sweet Corn
Frozen Peas  Onions  Papayas
Eggplant  Asparagus  Kiwi
Cabbage  Cauliflower  Broccoli
Cantaloupe  Mushrooms  Honeydew Melon