



The 'Dirty Dozen' fruits and vegetables contain the highest levels of pesticides so they are worth investing in organic varieties. The "Clean Fifteen" list, on the other hand, is made up of fruits and vegetables containing the smallest amount of pesticide residue.

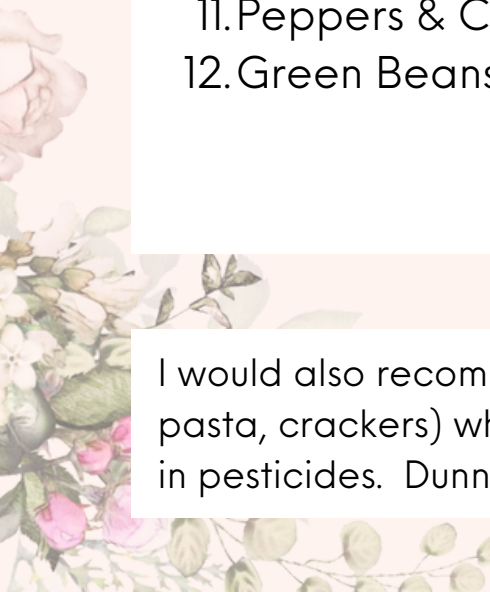
Higher consumption of high-pesticide residue fruits and vegetables is associated with lower probabilities of pregnancy and live birth rates amongst couples undergoing fertility treatment. PMC5814112

Dirty Dozen

1. Strawberries
2. Blueberries
3. Kale & Spinach
4. Prepacked Salad
5. Apples
6. Pears
7. Peaches & Nectarines
8. Citrus Fruits
9. Cherries
10. Grapes
11. Peppers & Chillies
12. Green Beans

Clean 15

1. Avocados
2. Sweetcorn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushroom
12. Mangoes
13. Sweet Potato
14. Watermelon
15. Carrots

A decorative floral illustration in the bottom left corner featuring pink and white flowers with green foliage.

I would also recommend buying organic oats and wheat products (bread, pasta, crackers) when possible as both of these grains are heavily sprayed in pesticides. Dunnes do a really nice organic sourdough.