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The “Dirty Dozen” is a list containing fruits and vegetables with the highest amount of pesticide residue. The “Dirty Dozen” list includes: peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears.

The “Clean Fifteen” list, on the other hand, is made up of fruits and vegetables containing the smallest amount of pesticide residue. This list includes: onion, avocado, sweet corn, pineapple, mango, asparagus, sweet peas, kiwi, cabbage, eggplant, papaya, watermelon, broccoli, tomato and sweet potato.

But if your favorite fruit or veggie falls on the “Dirty Dozen” list, don’t worry; the Nutrition guidebook says you can still eat it –by just putting a little extra effort into preparing it. A Product Spray or Produce Wash can be used to help remove pesticides. These can be found in your grocery store, or you can make your own (recipes below). Even if your favorite foods fall on the “Clean 15” list, it never hurts to wash produce—all produce.

Produce Wash Recipe

1/2 cup white vinegar

3 tablespoons salt

Stir until salt is dissolved. Pour into sink full of water. Soak produce for 15 to 20 minutes. Rinse in cool water and pat dry.

Product Spray Recipe

1 tablespoon lemon juice

2 tablespoons baking soda

1 cup water

Spray produce; allow produce to sit for two to five minutes. Scrub produce, rinse and pat dry.

For more information on nutrition and staying well, visit the American Cancer Society at www.cancer.org.