

**HESH GOLDSTEIN, MSNUTRI**  
“Health Talk” Moderator, K-108 Radio  
P.O. Box 240783  
Honolulu, Hawaii 96824-0783  
(808) 258-1177 / Fx (808) 848-8640  
[www.healthtalkhawaii.com](http://www.healthtalkhawaii.com)  
[heshgoldstein@gmail.com](mailto:heshgoldstein@gmail.com)

**The Dirty Dozen and The Clean 15**  
By: Hesh Goldstein

Before anyone gets any bizarre ideas, this article is not about any movie or detergent. It is about the worst and the best of non-organic produce that contains pesticides.

The Environmental Group, which is a non-profit company that focuses on public health, went through about 100,000 produce pesticide reports from the USDA and the Fraud and Drug Administration to determine what non-organic fruits and vegetables have the highest and lowest amounts of toxic chemicals in them.

The ones labeled “The Dirty Dozen” contained 47 to 67 pesticides per serving. They were considered the most susceptible because they had soft skins that lent itself to be more readily absorbable. “The Clean 15” had stronger skins that provided a better defense against pesticides. Bear in mind that eating the organic fruit and vegetable version of “The Dirty Dozen” will reduce your exposure to pesticides up to 80%.

Understand also that the pesticide tests that were done after power-washing the produce, indicating that all washing does is to remove dirt and potentially harmful bacteria. It does nothing with regard to the pesticides. Peeling may help to some degree but take into consideration that the pesticides are in the water, meaning that they can be inside the produce because of the soil. Also, peeling takes away nutrients as most are found right below the skin.

“The Dirty Dozen” (alphabetically)

Apples  
Bell Peppers (sweet)  
Blueberries (domestic)  
Celery  
Cherries  
Grapes (imported)  
Lettuce  
Nectarines  
Peaches  
Potatoes  
Strawberries  
Spinich, kale and collard greens

“The Clean 15”

Asparagus

Avocados  
Cantalope  
Cabbage  
Corn (sweet)  
Eggplant  
Grapefruit  
Kiwi Fruit  
Mango  
Onions  
Onions (sweet)  
Peas (sweet)  
Pineapples  
Potatoes (sweet)  
Watermelon

A pesticide is a synthetic, toxic chemical that is sprayed on crops to prevent ( a euphamism for KILL) pests, diseases and weeds from affecting the crops. The EPA, the FDA, and the USDA sets limits on the “killing limits” to be used and “ensures” that those limits will be safe for you and me.

Despite the government saying that the limits they set will be safe , do you really belive that a chemical that “kills” will be safe for you to ingest as it accumulates in your body over a lifetime? And what about your child who's brain goes through extrordinay development? Do you really believe that their brains are not most vulnerable to pesticides in food?

It's better to be safe than sorry. To the extent that you can afford to do so, you should buy as much organic produce as possible. According to Dr. Phillip Landrigan, Chairman of the Dept. of Preventative Medicine at the Mount Sinai School of Medicine in New York, studies have shown that people who eat mostly organic foods reduce 95% of the pesticides in their bodies in two weeks.

One more thing: eating organic dead bodies does not insulate you from enormous amounts of filth.

Aloha!