



You matter to us

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## The EWG's Clean 15 & Dirty Dozen

This month Thomson & Bancks' Head of Medical Negligence, Lucy Sherry looks at the EWG's Dirty Dozen and Clean 15 in our latest "You Matter to Us" blog post offering.

The Environmental Working Group is an American 4\* non-profit rated charity whose mission is to save us from eating toxic pesticides in our food and live healthier lives.

They compile an annual list of seemingly healthy foods we should avoid at the current time, unless we buy organic. Those that do not need to be bought from organic producers at this time, they name as the "Clean 15". They do far more than that of course, for instance, exposing poor farming practices and the condition of an area's water or soil quality but we can only focus here upon their most famous work.

**The "Dirty Dozen"; foods which consumers should only buy if organic during 2017:**

1. Strawberries
2. Spinach
3. Nectarines
4. Apples; One of the biggest offenders on this year's Dirty Dozen list, apple samples tested positive for at least one pesticide residue in 99% of cases.
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet Bell Peppers
12. Potatoes



**Conversely, those fruit and vegetables you do not need to worry about buying non-organic during 2017 are named as the “Clean 15”:**

1. Sweet Corn
2. Avocados; consistently on the Clean 15 list; reason being, their thick skin blocks out pesticides. Out of 15 fruit and vegetables, avocado samples returned with only one pesticide and the lowest percentage of occurrence — one percent of imiprothrin.
3. Pineapples
4. Cabbage
5. Onions
6. Sweet Peas Frozen
7. Papayas
8. Asparagus
9. Mangos
10. Aubergines
11. Honeydew Melons
12. Kiwi
13. Cantaloupe
14. Cauliflower
15. Grapefruits

As well as containing less pesticides, those on the Clean 15 list, offer options to consumers who are looking for less expensive, healthier options, listing produce that can be purchased without being organic. However, the produce listed on the Dirty Dozen list, should be purchased organic to ensure the least amount of pesticides are present.

The list changes annually, so it is worth checking on the EWG website for an up-to-date list of contaminated fruit and vegetables, as well as information about other farming and health issues.

[See Lucy Sherry's full profile](#)

[Visit our Medical Negligence page](#)

[Read the previous 'You Matter To Us' blog post on Going Sugar Free for Lent here](#)



*Click here to see Lucy's full profile*

## Lucy Sherry

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Lucy Sherry, Solicitor-Advocate; Head of Medical Negligence specialises in medical negligence litigation, previously representing the NHS Litigation Authority and one of the GP Unions. Lucy now works with injured individuals and bereaved families to achieve compensation for adverse outcomes. Lucy has a passion for learning and sharing her knowledge, regularly delivering medico-legal training to lawyers, attending many hours of medical lectures each year to keep abreast of changes in treatments, and gaining an insight into new health and medical findings to share with Thomson & Bancks' clients and visitors to this blog.

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### Because **You Matter To Us**...

Thomson & Bancks' Head of Medical Negligence, Lucy Sherry will be sharing insight into health and medical awareness, new industry findings and research in a brand new section of our website, the 'Because You Matter To Us' Blog.