



















THE CLEAN 18

These are the produce that absorb the fewest pesticides, starting with the least absorbent:

V E G G I E S • F R U I T	 sweetcorn	 leeks	 aubergine
	 onion	 chillis	 potatoes
	 peppers	 celery	 spinach
	 starfruit	 plums	 exotic fruit
	 kiwis	 bananas	 raspberries
	 blueberries	 blackberries	 melon