

Clean Fifteen

Avocados
Pineapples
Cabbage
Onions
Asparagus
Mangos
Papayas
Kiwi
Honeydew Melon
Grapefruit
Cantaloupe
Cauliflower
Sweet Peas Frozen
Sweet Potatoes
Sweet Corn
Eggplant

Dirty Dozen

Strawberries
Apples
Nectarines
Peaches
Celery
Grapes
Cherries
Spinach
Sweet bell peppers
Cucumbers
Kale/Collard greens
Hot Peppers
Tomatoes
Cherry Tomatoes

Diuretic

Asparagus
Beets
Blueberries
Brussel sprouts
Cabbage
Celery
Cucumbers
Garlic
Green tea
Horseradish
Lemons
Leafy greens
Onions
Parsley
Peaches
Pineapples
Pears
Radishes
Watermelon
Tomatoes
Eggplant

Nightshades

Bell/Sweet Peppers
Potatoes (not Sweet)
Tomatoes
Eggplant
Hot Peppers
Paprika
Red Chile Flakes
Cayenne

The clean and dirty lists are from Environmental Working Group's website, ewg.org. Visit them to get the most current list or more about what is in your food.