



LIVER EDUCATION ADVOCATES

2026 Dirty Dozen & Clean Fifteen: A Simple Guide for Liver-Friendly Eating

Each year, the **Environmental Working Group (EWG)**, a nonprofit organization focused on consumer health and environmental transparency releases two lists: the **Dirty Dozen** and the **Clean Fifteen**. These lists highlight which fruits and vegetables tend to have the highest or lowest pesticide residues when grown conventionally. They are not medical guidelines, but many patients find them helpful when deciding when organic options may be worth considering.

For people living with liver disease, the goal is not to create fear around produce. Fruits and vegetables organic or conventional remain some of the most protective foods for metabolic and liver health. These lists simply help patients make informed choices that fit their budget and comfort level.

2026 Dirty Dozen

These conventionally grown foods tend to show higher pesticide residues:

- Spinach
- Kale, collard, and mustard greens
- Strawberries
- Grapes
- Nectarines
- Peaches
- Cherries
- Apples

- Blackberries
- Pears
- Potatoes
- Blueberries

If organic fits your budget, this is where it may matter most but conventional options are still healthy and nutrient-dense.

2026 Clean Fifteen

These fruits and vegetables typically have the *lowest* pesticide residues, even when grown conventionally:

- Pineapple
- Sweet corn (fresh or frozen)
- Avocados
- Papaya
- Onion
- Sweet peas (frozen)
- Asparagus
- Cabbage
- Cauliflower
- Watermelon
- Mangoes
- Bananas
- Carrots
- Mushrooms
- Kiwi

Patients who prefer to buy organic selectively can feel confident choosing conventional versions of these items.

What This Means for Liver Patients

- **No need to avoid any produce.** The benefits of fruits and vegetables far outweigh concerns about pesticide residues.
- **Organic is optional.** Choose it when it fits your budget or values.
- **Washing helps.** Rinsing under running water or soaking in a baking-soda solution can reduce surface residues.
- **Frozen is a great choice.** Affordable, long-lasting, and often lower in residues.
- **Variety supports liver health.** A colorful mix of produce boosts fiber, antioxidants, and metabolic benefits.

Bottom Line

The Dirty Dozen and Clean Fifteen are tools not rules. They can help patients make choices that feel safer and more aligned with their goals, but the most important message remains:

Eating more fruits and vegetables is one of the strongest steps people can take to support metabolic and liver health.