



CHALLENGE:

Focus on eating the CLEAN FIFTEEN fruits and vegetables while reducing or choosing organic versions of the DIRTY DOZEN.

Each year, the Environmental Working Group comes out with a list of the 12 fruits and vegetables with the highest pesticide residues as well as the 15 fruits and vegetables with the lowest amounts of pesticides detected. While consuming more fruits and vegetables is always a good idea, reducing exposure to pesticides can benefit our long-term health.

Dirty Dozen and Clean Fifteen

DIRTY DOZEN

APPLES ♦ CELERY ♦ CHERRIES ♦ GRAPES ♦ NECTARINES ♦ PEACHES ♦ PEARS
POTATOES ♦ SPINACH ♦ STRAWBERRIES ♦ SWEET BELL PEPPERS ♦ TOMATOES

CLEAN FIFTEEN

ASPARAGUS ♦ AVOCADOS ♦ CABBAGE ♦ CAULIFLOWER ♦ EGGPLANT
GRAPEFRUIT ♦ HONEYDEW ♦ KIWI ♦ MANGOES ♦ ONIONS ♦ PAPAYAS
PINEAPPLES ♦ SWEET CORN ♦ SWEET PEAS ♦ SWEET POTATOES

How many fruits and vegetables should I be eating?

According to the 2015 U.S. dietary guidelines, adults should consume 2-4 cups of vegetables and 1.5–2.5 cups of fruit each day. Fruits and vegetables contain a variety of vitamins, minerals, enzymes, and phytonutrients that are necessary for healthy body function. The antioxidants found in fruits and vegetables are protective against cancer and other diseases regardless of how they were farmed.

Is organic really important?

Organically grown produce has been certified that it has been produced without the use of synthetic chemicals or fertilizers, genetic engineering, radiation, or sewage sludge. While organically grown produce has not been found to have significantly higher nutrient content across the board, it does have significantly lower pesticide residue. A study by Cynthia Curl of the University of Washington found that people who report they “often or always” buy organic produce had significantly less organophosphate insecticides in their urine samples, even though they reported eating 70 percent more servings of fruits and vegetables per day than adults reporting they “rarely or never” purchase organic produce. Several long-term observational studies have indicated that organophosphate insecticides may impair children’s brain development.

While choosing organic produce can lower our risks of pesticide-related diseases, the health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Eating conventionally grown produce is far better than skipping fruits and vegetables altogether. Just be sure to wash ALL produce prior to eating.

What makes a fruit or vegetable nutritious?

The nutritional value of fruits and vegetables is dependent upon the genetics of the individual species, the soil the plant is grown in, weather conditions during that time, time between harvest and consumption, and how that fruit or vegetable is prepared. If you want to get the most benefit from your produce, try to eat the freshest food possible and avoid boiling or over-cooking your vegetables. Farmers markets are often a great source for produce as the food is locally grown, recently harvested, and many small farms practice organic farming methods but aren’t certified organic, keeping the prices lower.

Serving suggestions for the CLEAN FIFTEEN:

Asparagus - Sauté or roast with olive oil, salt, and Parmesan cheese

Avocado - Slice and add to salads and sandwiches, or stuff with chicken salad, hummus, or cottage cheese and eat with a spoon

Cabbage - Add to tacos, make a coleslaw or shredded cabbage salad

Cantaloupe - Serve with cottage cheese or cashew cream, mix into a fruit salad

Cauliflower - Roast with lemons and capers, puree instead of mashed potatoes, steam and pass through a ricer for “cauliflower rice”

Eggplant - Add roasted to rice, salads, and soups, use sliced for “eggplant lasagna”

Grapefruit, Kiwi, Mangoes, Papayas, Pineapples - Add to fruit salads and smoothies

Onions - Sauté for sauces, soups, stews

Sweet Corn - Cut off cobb and add to salads, soups

Sweet Peas - Add to fried rice, puree for a bright green mash

Sweet Potatoes - Roast and serve with chicken, eggs, or add to a grain salad

Name _____

Month Completed _____

Harker School Wellness Program / **Dirty Dozen & Clean Fifteen Challenge**

Track the number of servings of produce you eat each day. Aim for 2-4 cups of vegetables and 1.5-2.5 cups of fruit daily. Record your servings as either the Clean Fifteen (CF) or Dirty Dozen (DD) trying to consume mostly produce in the Clean Fifteen category. Submit completed log to HR to earn 10 wellness points. (100 points max in this category)

Week 1

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____
Day 5 _____
Day 6 _____
Day 7 _____

Week 3

Day 15 _____
Day 16 _____
Day 17 _____
Day 18 _____
Day 19 _____
Day 20 _____
Day 21 _____

Week 2

Day 8 _____
Day 9 _____
Day 10 _____
Day 11 _____
Day 12 _____
Day 13 _____
Day 14 _____

Week 4

Day 22 _____
Day 23 _____
Day 24 _____
Day 25 _____
Day 26 _____
Day 27 _____
Day 28 _____

Signature _____ Date _____

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness discount. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

To receive credit, this form must be submitted to HR within 30 days of completion and no later than December 5, 2019.