

Dirty Dozen™

Of the 47 items included in EWG's analysis, these 12 fruits and vegetables were most contaminated with pesticides:

1. **SPINACH**
2. **KALE, COLLARD, AND MUSTARD GREENS**
3. **STRAWBERRIES**
4. **GRAPES**
5. **NECTARINES**
6. **PEACHES**
7. **CHERRIES**
8. **APPLES**
9. **BLACKBERRIES**
10. **PEARS**
11. **POTATOES**
12. **BLUEBERRIES**

Clean Fifteen™

These 15 items had the lowest amounts of pesticide residues, according to EWG's analysis of the most recent USDA data:

1. **PINEAPPLES**
2. **SWEET CORN, FRESH AND FROZEN**
3. **AVOCADOS**
4. **PAPAYA**
5. **ONIONS**
6. **SWEET PEAS, FROZEN**
7. **ASPARAGUS**
8. **CABBAGE**
9. **CAULIFLOWER**
10. **WATERMELON**
11. **MANGOS**
12. **BANANAS**
13. **CARROTS**
14. **MUSHROOMS**
15. **KIWI**

Reduce your exposure to pesticides:

- Wash all your produce
- Eat a variety of foods, from a variety of sources
- Trim and peel foods
- Cook your food
- Buy certified organic
- Grow your own food
- When buying conventionally grown produce, purchase from the Clean Fifteen™ list
- Talk to local farmers and growers, learn about how their produce is grown



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