

# DIRTY DOZEN (+1) AND CLEAN 15

"Eating plenty of fruits and vegetables is essential no matter how they're grown, but for the items with the heaviest pesticide loads, we urge shoppers to buy organic"

Sonya Lunder, EWG senior analyst, in a news release

## Most Pesticide Residue

1. STRAWBERRIES
2. SPINACH
3. NECTARINES
4. APPLES
5. PEACHES
6. CELERY
7. GRAPES
8. PEARS
9. CHERRIES
10. TOMATOES
11. SWEET BELL PEPPERS
12. POTATOES

+1 HOT PEPPERS

## Least Pesticide Residue

1. SWEET CORN\*
2. AVOCADOS
3. PINEAPPLES
4. CABBAGE
5. ONIONS
6. FROZEN SWEET PEAS
7. PAPAYAS\*
8. ASPARAGUS
9. MANGOES
10. EGGPLANT
11. HONEYDEW
12. KIWIFRUIT
13. CANTALOUPE
14. CAULIFLOWER
15. GRAPEFRUIT



"\*A small amount of sweet corn, papaya and summer squash sold in the US is produced from GMO seedstock. Buy organic varieties of these crops if you want to avoid GMO produce."

Adapted from [ewg.org/foodnews](http://ewg.org/foodnews)