

The Environmental Working Group's 2019 Dirty Dozen List

The Fruits and Veggies With The Most Pesticide Residues



1. Strawberries



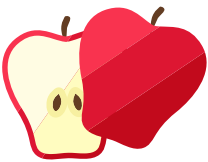
2. Spinach



3. Kale



4. Nectarines



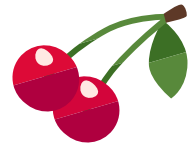
5. Apples



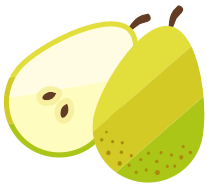
6. Grapes



7. Peaches



8. Cherries



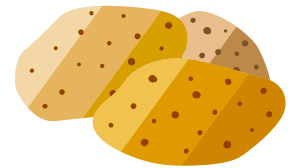
9. Pears



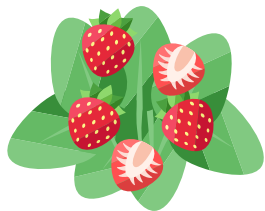
10. Tomatoes



11. Celery



12. Potatoes



Strawberries and spinach were the worst offenders for the third straight year

18

Multiple samples of kale showed 18 different pesticides!

The Environmental Working Group's 2019 Clean Fifteen List

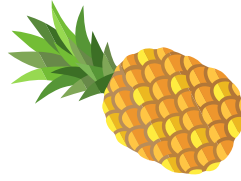
The Fruits and Veggies With The Least Pesticide Residues



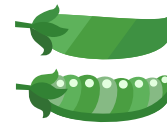
1. Avocados



2. Sweet Corn*



3. Pineapples



4. Sweet peas,
frozen



5. Onions



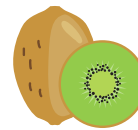
6. Papayas*



7. Eggplant



8. Asparagus



9. Kiwi



10. Cabbage



11. Cauliflower



12. Cantaloupe



13. Broccoli



14. Mushrooms



15. Honeydew Melon



* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.



Less than 1% of avocados and 2% of sweet corn showed any detectable pesticides.



More than 70% of Clean Fifteen fruit and vegetable samples had no pesticide residues!

AlgaeCal

Source: <https://www.ewg.org>