

THE 'DIRTY DOZEN' & THE 'CLEAN FIFTEEN'

2017 - ENVIRONMENTAL WORKING GROUP



THE DIRTY

The 12 fruits & veggies with the most pesticide residues. Buy these organic.

STRAWBERRIES
SPINACH
NECTARINES
APPLES
PEACHES
PEARS

CHERRIES
GRAPES
CELERY
TOMATOES
SWEET BELL PEPPERS
POTATOES

THE CLEAN

The 15 fruits & veggies least likely to contain pesticide residues. These do not need to be organic.

SWEET CORN
AVOCADO
PINEAPPLE
CABBAGE
ONIONS
SWEET PEAS
PAPAYA
ASPARAGUS

MANGOES
EGGPLANT
HONEYDEW
KIWI
CANTALOUPE
CAULIFLOWER
GRAPEFRUIT

SOURCE: EWG's 2017 Shopper's Guide to Pesticides in Produce™ www.ewg.org/foodnews/summary.php



HEALTHY
Level Up