

DIRTY DOZEN & CLEAN FIFTEEN

This handy guide helps you avoid the Dirty Dozen, the non-organic fruits and vegetables that are highest in pesticide residues – and choose non-organic items from the Clean Fifteen List.

EWG'S 2018 SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE™



FACT SHEET

THE DIRTY DOZEN

These foods tested positive for a number of different pesticide residues and contained higher concentrations of pesticides than other produce.

KEY FINDINGS

- More than 98 percent of samples of strawberries, spinach, peaches, nectarines, cherries and apples tested positive for residue of at least one pesticide.
- A single sample of strawberries showed 20 different pesticides.
- Spinach samples had, on average, 1.8 times as much pesticide residue by weight than any other crop.

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FACT SHEET THE CLEAN FIFTEEN

Relatively few pesticides were detected on these foods, and tests found low total concentrations of pesticide residues.

KEY FINDINGS

- Avocados and sweet corn were the cleanest. Less than 1 percent of samples showed any detectable pesticides.
- More than 80 percent of pineapples, papayas, asparagus, onions and cabbages had no pesticide residues.
- No single fruit sample from the Clean Fifteen tested positive for more than four pesticides.
- Multiple pesticide residues are extremely rare on Clean Fifteen vegetables. Only 5 percent of Clean Fifteen vegetable samples had two or more pesticides.

Note: All information and facts were taken from the EWG's 2018 Shopper's Guide to Pesticides in Produce™. For references and further reading please go to <https://www.ewg.org/>.

DIRTY DOZEN

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



CLEAN FIFTEEN



- AVOCADOS
- SWEET CORN
- PINEAPPLES
- CABBAGES
- ONIONS
- SWEET PEAS FROZEN
- PAPAYAS
- ASPARAGUS
- MANGOES
- EGGPLANT
- HONEYDEW MELONS
- KIWIS
- CANTALOUPE
- CAULIFLOWER
- BROCOLLI