



## DIRTY DOZEN:

The following foods contain the most pesticide residue according to the U.S. Department of Agriculture's Pesticide Data Program report. Consider buying the following produce as organic:

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

## CLEAN 15

The following foods are less likely to contain 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

\* This list is based on the Environmental Working Group's release of the 2017 edition of the Shopper's Guide to Pesticides in Produce, also known as the "Dirty Dozen" and the "Clean 15."