



SHOPPER'S GUIDE TO PESTICIDES

DIRTY DOZEN

Buy These Organic

CLEAN 15

Lowest in Pesticides

- WORST
- 1 Peach
 - 2 Apple
 - 3 Bell Pepper
 - 4 Celery
 - 5 Nectarine
 - 6 Strawberries
 - 7 Cherries
 - 8 Kale
 - 9 Lettuce
 - 10 Grapes (Imported)
 - 11 Carrot
 - 12 Pear

- BEST
- 1 Onion
 - 2 Avocado
 - 3 Sweet Corn
 - 4 Pineapple
 - 5 Mango
 - 6 Asparagus
 - 7 Sweet Peas
 - 8 Kiwi
 - 9 Cabbage
 - 10 Eggplant
 - 11 Papaya
 - 12 Watermelon
 - 13 Broccoli
 - 14 Tomato
 - 15 Sweet Potato

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Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

What's the Difference?

EWG research has found that people who eat the 12 most contaminated fruits and vegetables consume an average of 10 pesticides a day. Those who eat the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

Will Washing and Peeling Help?

Nearly all the studies used to create these lists assume that people rinse or peel fresh produce. Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.

How Was This Guide Developed?

EWG analysts have developed the Guide based on data from nearly 87,000 tests for pesticide residues in produce conducted between 2000 and 2007 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at our dedicated website, www.foodnews.org.

Learn More at FoodNews.org

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FoodNews: Shopper's Guide to Pesticides

The Full List: 47 Fruits & Veggies

RANK	FRUIT OR VEGGIE	SCORE
1 (worst)	Peach	100 (highest pesticide load)
2	Apple	93
3	Sweet Bell Pepper	83
4	Celery	82
5	Nectarine	81
6	Strawberries	80
7	Cherries	73
8	Kale	69
9	Lettuce	67
10	Grapes - Imported	66
11	Carrot	63
12	Pear	63
13	Collard Greens	60
14	Spinach	58
15	Potato	56
16	Green Beans	53
17	Summer Squash	53
18	Pepper	51
19	Cucumber	50
20	Raspberries	46
21	Grapes - Domestic	44
22	Plum	44
23	Orange	44
24	Cauliflower	39
25	Tangerine	37
26	Mushrooms	36
27	Banana	34
28	Winter Squash	34
29	Cantaloupe	33
30	Cranberries	33

31	Honeydew Melon	30
32	Grapefruit	29
33	Sweet Potato	29
34	Tomato	29
35	Broccoli	28
36	Watermelon	26
37	Papaya	20
38	Eggplant	20
39	Cabbage	17
40	Kiwi	13
41	Sweet Peas - Frozen	10
42	Asparagus	10
43	Mango	9
44	Pineapple	7
45	Sweet Corn - Frozen	2
46	Avocado	1
47 (best)	Onion	1 (lowest pesticide load)

Note: We ranked a total of 47 different fruits and vegetables but grapes are listed twice because we looked at both domestic and imported samples.