

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.



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