

Dirty Dozen and Clean Fifteen - 2023

Dirty Dozen – Buy organic if possible

1. **Strawberries**
2. **Spinach**
3. **Kale, collard and mustard greens**
4. **Peaches**
5. **Pears**
6. **Nectarines**
7. **Apples**
8. **Grapes**
9. **Bell and hot peppers**
10. **Cherries**
11. **Blueberries**
12. **Green beans**

Clean Fifteen – Low pesticide residue foods

These 15 items had the lowest amounts of pesticide residues, according to EWG's analysis of the most recent USDA data.

1. **Avocados**
2. **Sweet corn**
3. **Pineapple**
4. **Onions**
5. **Papaya**
6. **Sweet peas (frozen)**
7. **Asparagus**
8. **Honeydew melon**
9. **Kiwi**
10. **Cabbage**
11. **Mushrooms**
12. **Mangoes**
13. **Sweet Potatoes**
14. **Watermelon**
15. **Carrots**

Environmental Working Group:

<https://www.ewg.org/foodnews/summary.php>

[EWG's 2023 Shopper's Guide to Pesticides in Produce | Clean Fifteen](#)