

# The Environmental Working Group's 2018 Dirty Dozen List

The Top Fruits And Veggies That Have The Most Pesticides



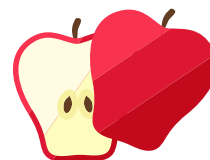
1. Strawberries



2. Spinach



3. Nectarines



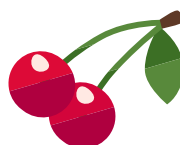
4. Apples



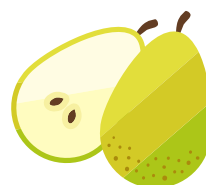
5. Grapes



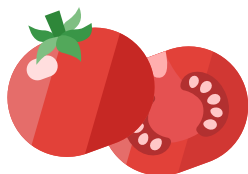
6. Peaches



7. Cherries



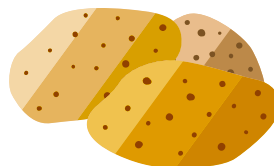
8. Pears



9. Tomatoes



10. Celery



11. Potatoes



12. Sweet bell peppers



**Strawberries, spinach, and nectarines** were the worst offenders for the second year in a row

**22**

A single sample of strawberries showed 22 different pesticides.

**97%**

97 percent of spinach samples contained pesticide residues.

AlgaëCal

Source: <https://www.ewg.org>

# The Environmental Working Group's 2018 Clean Fifteen List

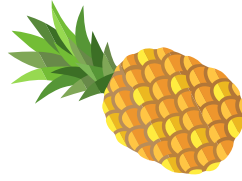
The Top Fruits And Veggies That Have The Fewest Pesticides



1. Avocados



2. Sweet Corn\*



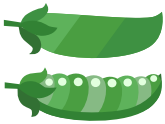
3. Pineapples



4. Cabbage



5. Onions



6. Sweet peas, frozen



7. Papayas\*



8. Asparagus



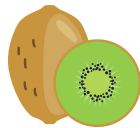
9. Mangos



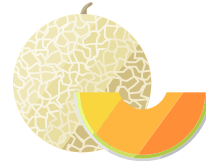
10. Eggplant



11. Honeydew Melon



12. Kiwi



13. Cantaloupe



14. Cauliflower



15. Broccoli



\* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.



Less than 1% of avocados and 2% of sweet corn showed any detectable pesticides.



More than 80 percent of pineapples, papayas, asparagus, onions and cabbage had no pesticide residues.

AlgaeCal

Source: <https://www.ewg.org>