

*The Environmental
Working Group's 2019*

Dirty Dozen

The fruits and veggies with
the most pesticide residues

- 1 **Strawberries**
- 2 **Spinach**
- 3 **Kale**
- 4 **Nectarines**
- 5 **Apples**
- 6 **Grapes**
- 7 **Peaches**
- 8 **Cherries**
- 9 **Pears**
- 10 **Tomatoes**
- 11 **Celery**
- 12 **Potatoes**

*The Environmental
Working Group's 2019*

Clean Fifteen

The fruits and veggies with
the least pesticide residues

- 1 **Avocados**
- 2 **Sweet corn**
- 3 **Pineapples**
- 4 **Sweet peas, frozen**
- 5 **Onions**
- 6 **Papayas**
- 7 **Eggplant**
- 8 **Asparagus**
- 9 **Kiwi**
- 10 **Cabbage**
- 11 **Cauliflower**
- 12 **Cantaloupe**
- 13 **Broccoli**
- 14 **Mushroom**
- 15 **Honeydew melons**