

The Environmental Working Group's 2017 Dirty Dozen List

The Top Fruits And Veggies That Have The Most Pesticides



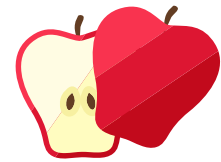
1. Strawberries



2. Spinach



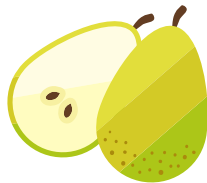
3. Nectarines



4. Apples



5. Peaches



6. Pears



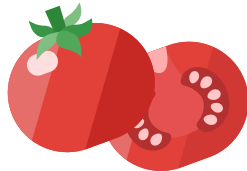
7. Cherries



8. Grapes



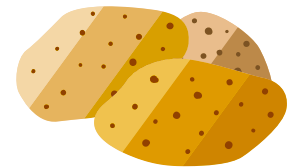
9. Celery



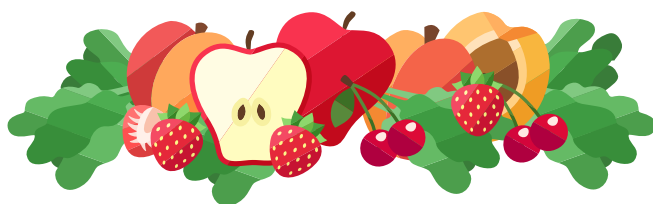
10. Tomatoes



11. Sweet bell peppers



12. Potatoes



More than 98 percent of samples of strawberries, spinach, peaches, nectarines, cherries and apples tested positive for residue of at least one pesticide.

20

A single sample of strawberries showed 20 different pesticides.

2x

Spinach samples had, on average, twice as much pesticide residue by weight than any other crop.

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

The Environmental Working Group's 2017 Clean Fifteen List

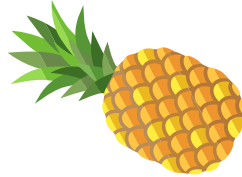
The Top Fruits And Veggies That Have The Fewest Pesticides



1. Sweet Corn*



2. Avocados



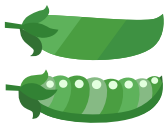
3. Pineapples



4. Cabbage



5. Onions



6. Sweet peas frozen



7. Papayas*



8. Asparagus



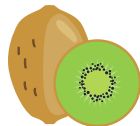
9. Mangos



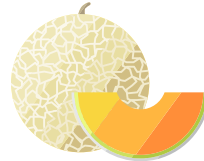
10. Eggplant



11. Honeydew Melon



12. Kiwi



13. Cantaloupe



14. Cauliflower



15. Grapefruit



* 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.



Only 1% of avocados and sweet corn showed any detectable pesticides.



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

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