

# The Environmental Working Group's 2021 Dirty Dozen List

The fruit and veggies with the most pesticide residues

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1. Strawberries



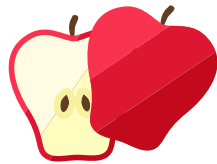
2. Spinach



3. Kale, Collard &  
Mustard Greens



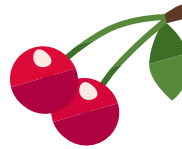
4. Nectarines



5. Apples



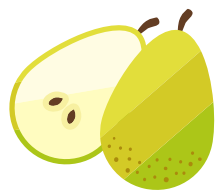
6. Grapes



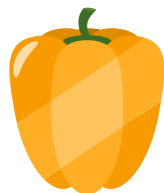
7. Cherries



8. Peaches



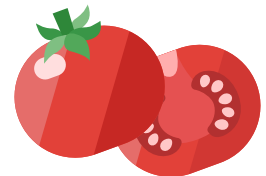
9. Pears



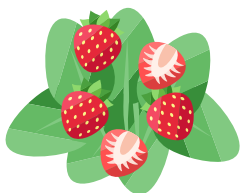
10. Bell & Hot  
Peppers



11. Celery



12. Tomatoes



**Strawberries and Spinach** were the worst offenders for a fifth straight year.



A single sample of kale, collard & mustard greens had up to 20 different pesticide residues.

# The Environmental Working Group's 2021 Clean Fifteen List

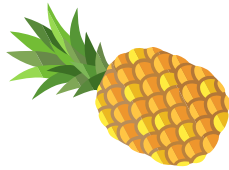
The fruit and veggies with the least pesticide residues



1. Avocados



2. Sweet Corn



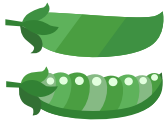
3. Pineapples



4. Onions



5. Papayas



6. Sweet peas  
(frozen)



7. Eggplants



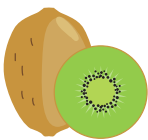
8. Asparagus



9. Broccoli



10. Cabbage



11. Kiwis



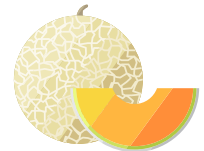
12. Cauliflowers



13. Mushrooms



14. Honeydew  
Melon



15. Cantaloupes



\* 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 2% of avocados and sweet corn samples showed any detectable pesticides.



Almost 70% of Clean Fifteen samples had no pesticide residues.