

*The Environmental  
Working Group's 2018*

## **Dirty Dozen**

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**

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## **Clean Fifteen**

The Top Fruits And Veggies  
That Have The Fewest Pesticides

- 1 **Avocados**
- 2 **Sweet Corn\***
- 3 **Pineapples**
- 4 **Cabbage**
- 5 **Onions**
- 6 **Frozen Sweet Peas**
- 7 **Papayas\***
- 8 **Asparagus**
- 9 **Mangos**
- 10 **Eggplant**
- 11 **Honeydew**
- 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.

**AlgaeCal**

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