


MOST & LEAST CONTAMINATED PRODUCE

Many people can't afford to buy all organic all the time. But you don't have to buy all organic produce to reduce your risk for chemical contamination. This list from the Environmental Working Group tells you which fruits and vegetables contain the most chemicals and which ones are least contaminated. Use it when shopping to help make the best choices for you and your family – even if you can't buy entirely organic foods.

12 MOST CONTAMINATED DIRTY DOZEN PLUS™



- APPLES
- CELERY
- CHERRY TOMATOES
- CUCUMBERS
- GRAPES
- HOT PEPPERS
- NECTARINES (IMPORTED)
- PEACHES
- POTATOES
- SPINACH
- STRAWBERRIES
- SWEET BELL PEPPERS
- KALE / COLLARD GREENS +
- SUMMER SQUASH +

15 LEAST CONTAMINATED CLEAN 15™



- ASPARAGUS
- AVOCADOS
- CABBAGE
- CANTALOUPE
- SWEET CORN
- EGGPLANT
- GRAPEFRUIT
- KIWI
- MANGOS
- MUSHROOMS
- ONIONS
- PAPAYAS
- PINEAPPLES
- SWEET PEAS (FROZEN)
- SWEET POTATOES

EWG's Shopper's Guide to Pesticides in Produce. Environmental Working Group www.ewg.org/foodnews/