

Environmental Working Group

EWG's Shopper's Guide to Pesticides in Produce

| Dirty Dozen Buy these organic | Clean 15 Lowest in Pesticide |
|--|---|
| 1  Apples | 1  Onions |
| 2  Celery | 2  Sweet Corn |
| 3  Strawberries | 3  Pineapples |
| 4  Peaches | 4  Avocado |
| 5  Spinach | 5  Asparagus |
| 6  Nectarines – imported | 6  Sweet peas |
| 7  Grapes – imported | 7  Mangoes |
| 8  Sweet bell peppers | 8  Eggplant |
| 9  Potatoes | 9  Cantaloupe - domestic |
| 10  Blueberries – domestic | 10  Kiwi |
| 11  Lettuce | 11  Cabbage |
| 12  Kale/collard greens | 12  Watermelon |
| | 13  Sweet potatoes |
| | 14  Grapefruit |
| | 15  Mushrooms |

The mission of the Environmental Working Group (EWG) is to use the power of public information to protect public health and the environment. EWG is a 501(c)(3) non-profit organization, founded in 1993 by Ken Cook and Richard Wiles. www.ewg.org