



Dirty Dozen

These have the most likelihood of having high pesticide residue:

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes
13. Hot Peppers

<https://www.ewg.org/foodnews/dirty-dozen.php>

Clean Fifteen

These have the least likelihood of containing pesticide residue.

1. Avocados
2. Sweet Corn
3. Pineapples
4. Onion
5. Papaya
6. Sweet Peas Frozen
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew Melon
15. Kiwi