


SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE

Eat your fruits and vegetables! The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Use Environmental Working Group's Shopper's Guide to Pesticides to reduce your exposures as much as possible, but *eating conventionally-grown produce is far better than not eating fruits and vegetables at all*. This will help you determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic. You can lower your pesticide intake substantially by prioritizing to buy organic versions of the Dirty Dozen.

DIRTY DOZEN Buy these organic		CLEAN 15 Lowest in Pesticide	
1	 APPLE	1	 ONIONS
2	 CELERY	2	 SWEET CORN
3	 STRAWBERRIES	3	 PINEAPPLE
4	 PEACHES	4	 AVOCADO
5	 SPINACH	5	 ASPARAGUS
6	 NECTARINES (imported)	6	 SWEET PEAS
7	 GRAPES (imported)	7	 MANGOES
8	 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

Source: Environmental Working Group, at <http://www.ewg.org/foodnews/summary/> Accessed 6.13.11