

## ENVIRONMENTAL WORKING GROUP'S SHOPPER'S GUIDE TO PESTICIDES™













The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Use this guide to reduce your exposures as much as possible, but eating conventionally-grown produce is far better than not eating fruits and vegetables at all.

### DIRTY DOZEN PLUS *listed below from worst to best*

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|--|--|--|---|
| 1 APPLES                    | 2 STRAWBERRIES                | 3 GRAPES                   | 4 CELERY                       |
| 5 PEACHES                   | 6 SPINACH                     | 7 SWEET BELL PEPPERS      | 8 NECTARINES<br>IMPORTED       |
| 9 CUCUMBERS                 | 10 POTATOES                   | 11 CHERRY TOMATOES        | 12 HOT PEPPERS                 |
| 13 BLUEBERRIES<br>DOMESTIC  | 14 LETTUCE                    | 15 SNAP PEAS<br>IMPORTED  | 16 KALE /<br>COLLARD GREENS +  |
| 17 CHERRIES                | 18 NECTARINES<br>DOMESTIC    | 19 PEARS                  | 20 PLUMS                      |
| 21 RASPBERRIES            | 22 BLUEBERRIES<br>IMPORTED  | 23 CARROTS              | 24 GREEN BEANS               |
| 25 TANGERINES             | 26 SUMMER SQUASH +          | 27 BROCCOLI             | 28 WINTER SQUASH             |
| 29 GREEN ONIONS           | 30 SNAP PEAS<br>DOMESTIC    | 31 ORANGES              | 32 TOMATOES                  |
| 33 HONEYDEW MELON         | 34 CAULIFLOWER              | 35 BANANAS              | 36 WATERMELON                |

### CLEAN FIFTEEN LIST *foods least likely to be tainted with pesticides*

EWG recommends buying organic whenever possible. Not only is it smart to reduce your exposure to pesticides, but buying organic sends a message that you support environmentally friendly farming practices that minimize soil erosion, safeguard workers and protect water quality and wildlife. *However, they know that organics are not accessible or affordable for everyone, so they created the Shopper's Guide™ to help consumers make the healthiest choices given their circumstances.*

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|---|---|---|--|
| 1 ASPARAGUS    | 2 AVOCADOS               | 3 CABBAGE          | 4 CANTALOUPE  |
| 5 SWEET CORN   | 6 EGGPLANT               | 7 GRAPEFRUIT       | 8 KIWI        |
| 9 MANGOS       | 10 MUSHROOMS             | 11 ONIONS           | 12 PAPAYAS    |
| 13 PINEAPPLES  | 14 SWEET PEAS<br>FROZEN  | 15 SWEET POTATOES  |  |