

Choosing Healthier Foods

Pesticide Consumption in Foods

You can lower your pesticide consumption by nearly 4/5 by avoiding the **12** most contaminated fruits and vegetables by eating all natural and instead by eating the least contaminated produce.

The Dirty 12

Of the 12 most contaminated foods, 7 are FRUITS:

- Peaches
- Strawberries
- Apples
- Domestic berries
- Nectarines
- Cherries
- Imported grapes

*More than 80% of all these fruits listed above have tested positive for pesticide residues with combinations of up to 62 different chemicals!

The other 5 most contaminated are VEGETABLES that are *most likely* to retain pesticides are:

- Celery
- Sweet Bell Peppers
- Spinach
- Kale/Collard Greens
- Potatoes

*Up to 80% of these vegetables can be contaminated with up to 13 different chemicals

The Clean 15

The fruits least likely to test positive for pesticide residues are:

- Onions
- Sweet corn
- Sweet Peas
- Asparagus
- Cabbage
- Eggplant
- Sweet Potatoes

The Vegetables least likely to test positive for pesticide residues are:

- Avocados
- Grapefruit
- Pineapples
- Mangoes
- Kiwi
- Domestic cantaloupe
- Watermelon
- Honeydew
- (Bananas—not part of the 15 since they have a skin you peel away!)



Clean 15:

1. Onions
 2. Sweet corn
 3. Sweet Seas
 4. Asparagus
 5. Cabbage
 6. Eggplant
 7. Sweet Potatoes
 8. Avocados
 9. Grapefruit
 10. Pineapples
 11. Mangoes
 12. Kiwi
 13. Domestic cantaloupe
 14. Watermelon
 15. Honeydew
- (16. Bananas—not part of the 15 since they have a skin you peel away)

Dirty 12:

1. Celery
2. Spinach
3. Sweet Bell Peppers
4. Potatoes
5. Lettuce
6. Kale
7. Collard Greens
8. Berries—domestic (strawberry, blueberry, cherries)
9. Peaches
10. Nectarines (imported)
11. Grapes (imported)
12. Apples

