

“Dirty dozen”

*Highest in pesticide residue
(Listed in order of pesticide residue)*

FRUITS
*Peaches
*Strawberries
Apples
Blueberries
Nectarines
Cherries
Grapes (imported)

VEGETABLES
* Celery
Sweet bell peppers
Spinach
Kale/Collard Greens
Potatoes

**Worst*

“Clean Fifteen”

Lowest in pesticide residue

FRUITS
Avocados
Pineapple
Mangos
Kiwifruit
Cantelope
Watermelon
Grapefruit
Honeydew Melon

VEGETABLES
Onions
*Sweet Corn
Sweet peas (frozen)
Asparagus
Cabbage
Eggplant
Sweet Potato

**Best*