

2021 Dirty Dozen and Clean Fifteen List

According to the Environmental Working Group (EWG), nearly 70% of non-organic produce sold in the United States contains pesticide residues. Each year EWG takes samples and ranks pesticide residue levels of fruits and vegetables.

Dirty Dozen: (These are the most pesticide-tainted - in order)

1. Strawberries
2. Spinach
3. Kale, Collard and Mustard Greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and Hot Peppers
11. Celery
12. Tomatoes

Clean Fifteen: (Conventionally grown, these have minimal pesticides)

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