

Environmental Working Group's  
**SHOPPER'S GUIDE TO  
PESTICIDES  
in PRODUCE**



**DIRTY DOZEN** Buy These Organic  
**CLEANEST 12** Lowest in Pesticides

|              |                    |                     |             |
|--------------|--------------------|---------------------|-------------|
| <b>WORST</b> | Peaches            | Onions              | <b>BEST</b> |
|              | Apples             | Avocado             |             |
|              | Sweet Bell Peppers | Sweet Corn (Frozen) |             |
|              | Celery             | Pineapples          |             |
|              | Nectarines         | Mango               |             |
|              | Strawberries       | Sweet Peas (Frozen) |             |
|              | Cherries           | Asparagus           |             |
|              | Lettuce            | Kiwi                |             |
|              | Grapes (Imported)  | Bananas             |             |
|              | Pears              | Cabbage             |             |
|              | Spinach            | Broccoli            |             |
|              | Potatoes           | Eggplant            |             |

Don't see your favorites? Get the full results at [www.foodnews.org](http://www.foodnews.org) & support EWG research with an online gift.



## GET YOUR OWN GUIDE

Download a copy or get more information:

<http://www.foodnews.org>

### Why Should You Care About Pesticides?

There is growing consensus in the scientific community that small doses of pesticides and other chemicals can adversely affect people, especially during vulnerable periods of fetal development and childhood when exposures can have long lasting effects. Because the toxic effects of pesticides are worrisome, not well understood, or in some cases completely unstudied, shoppers are wise to minimize exposure to pesticides whenever possible.

### What's the Difference?

An EWG simulation of thousands of consumers eating high and low pesticide diets shows that people can lower their pesticide exposure by almost 90 percent by avoiding the top twelve most contaminated fruits and vegetables and eating the least contaminated instead. Eating the 12 most contaminated fruits and vegetables will expose a person to about 14 pesticides per day, on average. Eating the 12 least contaminated will expose a person to less than 2 pesticides per day. Less dramatic comparisons will produce less dramatic reductions, but without doubt using the Guide provides people with a way to make choices that lower pesticide exposure in the diet.

### Will Washing and Peeling Help?

Nearly all of the data used to create these lists already considers how people typically wash and prepare produce (for example, apples are washed before testing, bananas are peeled). While washing and rinsing fresh produce may reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.

### How Was This Guide Developed?

The produce ranking was developed by analysts at the not-for-profit Environmental Working Group (EWG) based on the results of nearly 51,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 2000 and 2005. A detailed description of the criteria used in developing the rankings as well as a full list of fresh fruits and vegetables that have been tested is available at [www.foodnews.org](http://www.foodnews.org).



*This work is licensed under the Creative Commons Attribution-Noncommercial-No Derivative Works 3.0 United States License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/3.0/us/> or send a letter to Creative Commons, 171 Second Street, Suite 300, San Francisco, California, 94105, USA.*