

FROM EWG.ORG

ALL 48 FRUITS AND VEGETABLES WITH PESTICIDE RESIDUE DATA

EWG analyzed pesticide residue testing data from the U.S. Department of Agriculture and Food and Drug Administration to come up with rankings for these popular fresh produce items. All 48 foods are listed below from worst to best (**lower numbers = more pesticides**).

Note: EWG analyzed pesticide tests of 48 popular produce items. Domestic and imported versions of two items - blueberries and snap peas - showed sharply different results, so we have ranked those domestic and imported items separately. As a result, the full list of foods ranked by the Shopper's Guide displays 50 entries.



1

Strawberries



2

Apples



3

Nectarines



4

Peaches



5

Celery



6

Grapes



7

Cherries



8

Spinach



9

Tomatoes

10



Sweet bell peppers

11



Cherry tomatoes

12



Cucumbers

13



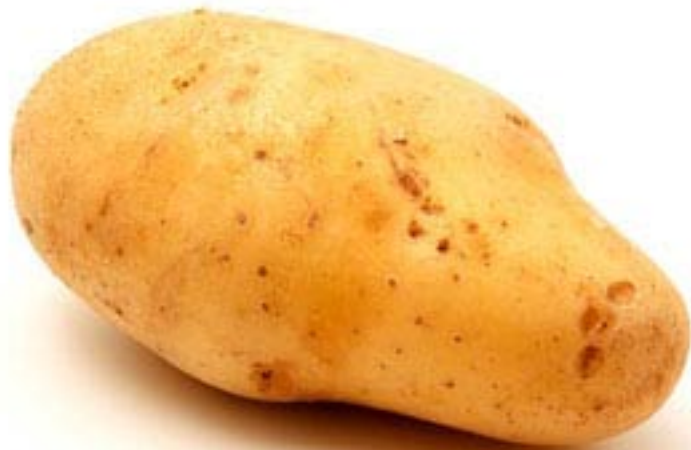
Snap peas - imported

14



Blueberries - domestic

15



Potatoes

16



Hot peppers +

17



Lettuce

18



Kale / collard greens +

19



Blueberries - imported

20



Green beans

21



Plums

22



Pears

23



Raspberries

24



Carrots

25



Winter squash

26



Tangerines

27



Summer squash*

28



Snap peas - domestic

29



Green onions

30



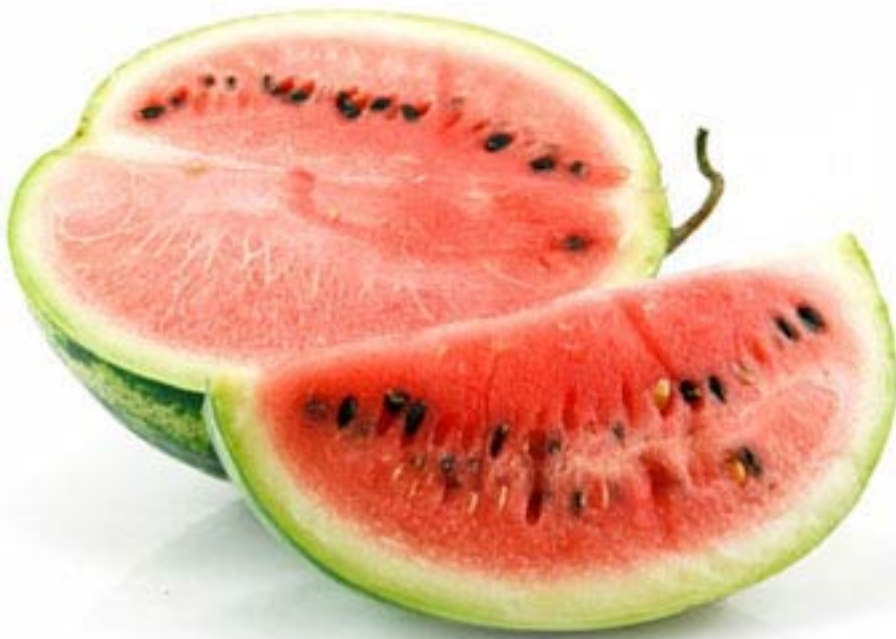
Bananas

31



Oranges

32



Watermelon

33



Broccoli

34



Sweet potatoes

35



Mushrooms

36



Cauliflower

37



Cantaloupe

38



Grapefruit

39



Honeydew melon

40



Eggplant

41



Kiwi

42



Papayas*

43



Mangos

44



Asparagus

45



Onions

46



Sweet peas frozen

47



Cabbage

48



Pineapples

49



Sweet Corn*

50



Avocados

* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from GE seedstock. Buy organic varieties of these crops if you want to avoid GE produce.

Raisin Health