



Dirty Dozen/Clean Fifteen

The Environmental Working Group (EWG) evaluates fruits and vegetables to determine their overall pesticide exposure. The Dirty Dozen and Clean Fifteen help consumers prioritize which foods are most important to purchase organic when trying to limit pesticide exposure.

This guide is based on analysis of the [U.S. Department of Agriculture's Pesticide Data Program](#) (PHP) annual report.

The Dirty Dozen are the 12 fruits and vegetables with the highest pesticide loads. The Clean Fifteen are the fruits and vegetables with the least pesticide residue.

The Dirty Dozen

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Grapes
6. Peaches
7. Cherries
8. Pears
9. Tomatoes
10. Celery
11. Potatoes
12. Sweet Bell Peppers

The Clean 15

1. Avocados
2. Sweet Corn
3. Pineapples
4. Cabbages
5. Onions
6. Sweet Peas
7. Papayas
8. Asparagus
9. Mangoes
10. Eggplants
11. Honey dews
12. Kiwis
13. Cantaloupes
14. Cauliflower
15. Broccoli

HEALTHY TIP: According to the Centre for Science and Environment (CSE), washing your fruits and vegetables with 2% salt water will remove most of the pesticides that are found on the surface of your fruits and vegetables.