



THE CLEAN 15

EWG's Clean Fifteen™ for 2014 - the produce least likely to hold pesticide residues. Relatively few pesticides were detected on these foods, and tests found low total concentrations of pesticides.

AVOCADOS
SWEET CORN
PINEAPPLES
CABBAGE
EGGPLANT

ONIONS
ASPARAGUS
MANGOES
PAPAYAS
KIWIS

GRAPEFRUIT
CANTALOUPE
CAULIFLOWER
SWEET POTATOES
FROZEN SWEET PEAS

THE DIRTY DOZEN

EWG's Dirty Dozen™ for 2014 - Each of these foods contained a number of different pesticide residues and showed high concentrations of pesticides relative to other produce items.

APPLES
STRAWBERRIES
GRAPES
CELERY
KALE*

SPINACH
PEACHES
SWEET BELL PEPPERS
NECTARINES
COLLARD GREENS*

CUCUMBERS
CHERRY TOMATOES
SNAP PEAS
POTATOES
HOT PEPPERS*

*Didn't make the dozen list, but were frequently contaminated with insecticides that are toxic to the human nervous system.

