

The Dirty Dozen and Clean 15: Most and Least Pesticide-Contaminated Fruits and Vegetables

With the exception of strawberries beating out apples for the top spot, EWG's 2016 "Dirty Dozen" list for most pesticide-contaminated fruits and vegetables looks very similar to last year's list. So, too, does their "Clean 15" list, which are those that tend to contain very little pesticide residue.

EWG's analysis combines six different measures of contamination to come up with a composite score for each type of produce. The results are as follows:⁶

EWG's 2016 Dirty Dozen (Buy These Organic)

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

EWG's 2015 Clean 15 (OK to Buy These Conventional)

1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Sweet peas (frozen)
6. Onions
7. Asparagus
8. Mangos
9. Papayas
10. Kiwi
11. Eggplant
12. Honeydew melon
13. Grapefruit
14. Canteloupe
15. Cauliflower