

Fruits and vegetables with
the highest pesticide residues



The Environmental Working Group (EWG)

The Environmental Working Group (EWG) is an American environmental organization specializing in research and advocacy in the areas of toxic chemicals, agricultural subsidies, public lands and corporate responsibility.

This environmental working group is a non-profit organization whose mission, according to its website, is « to use the power of public information to protect public health and the environment ».

Each year, this organization publishes on its website two lists of foods in relation to the pesticide residues they contain.



« Dirty Dozen » et « Clean Fifteen »

✓ « Dirty Dozen »

- This is a list of 12 foods with the highest pesticide residues. It is therefore recommended that consumers look for organically produced varieties of these foods.

✓ « Clean Fifteen »

- This is a list of 15 foods with the lowest pesticide residues. Consumers can therefore consume these foods even if they are not produced organically. It is still desirable to focus on the consumption of organic foods.



Click on the image above for the full list of 47 fruits and vegetables with the highest pesticide residues.

For observer purposes, you will find that the first 12 foods are part of the Dirty Dozen and the last 15 foods are Clean Fifteen.

<u>DIRTY 12</u>	<u>CLEAN 15</u>
1. strawberries 	1. avocados 
2. spinach 	2. sweet corn 
3. kale 	3. pineapples 
4. nectarines 	4. onions 
5. apples 	5. papayas 
6. grapes 	6. frozen sweet peas 
7. peaches 	7. eggplant 
8. cherries 	8. asparagus 
9. pears 	9. cauliflower 
10. tomatoes 	10. cantaloup 
11. celeri 	11. broccoli 
12. potatoes 	12. mushrooms 
	13. cabbage 
	14. honeydew melon 
	15. kiwis 