

EWG's 2024 Shopper's Guide to Pesticides in Produce™:

Dirty Dozen:

1. Strawberries
2. Spinach
3. Kale, Collard Greens. Mustard Greens
4. Grapes
5. Peaches
6. Pears
7. Nectarines
8. Apples
9. Bell peppers, Hot peppers
10. Cherries
11. Blueberries
12. Green Beans

Source: <https://www.ewg.org/foodnews/dirty-dozen.php>

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Clean Fifteen™:

1. Avocado
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (frozen)
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Watermelon
12. Mushrooms
13. Mangoes
14. Sweet Potatoes
15. Carrots

Source: <https://www.ewg.org/foodnews/clean-fifteen.php>