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Find Out Which Ones You Should Buy Organic:

EWG analyzed pesticide residue testing data from the US Department of Agriculture and Food and Drug Administration to come up with rankings for these popular fresh produce items. **Lower numbers = more pesticides.** Buy organic varieties of the fruits and vegetables of at least 1-13

Worst to Best

1  Apples	 Potatoes	 Pears
2  Celery	10  Blueberries - domestic	18  Nectarines - domestic
3  Strawberries	11  Lettuce	19  Hot peppers
4  Peaches	12  Kale/collard greens	20  Green beans - domestic
5  Spinach	13  Cilantro	21  Carrots
6  Nectarines - imported	14  Cucumbers	22  Plums - imported
7  Grapes - imported	15  Grapes - domestic	23  Blueberries - imported
8  Sweet bell peppers	16  Cherries	24  Raspberries
9	17	25



Green beans - imported
26



Summer squash
27



Oranges
28



Broccoli
29



Green onions
30



Bananas
31



Cantaloupe - imported
32



Honeydew melon
33



Cauliflower
34



Tomatoes
35



Papaya
36



Cranberries
37



Plums - domestic
38



Winter squash
39



Mushrooms
40



Grapefruit
41



Sweet potatoes
42



Watermelon
43



Cabbage
44



Kiwi
45



Cantaloupe - domestic
46



Eggplant
47



Mangoes
48



Sweet peas - frozen
49



Asparagus
50



Avocado
51



Pineapples
52



Sweet Corn

Source: <http://www.ewg.org/foodnews/list/>

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