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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/>

For more success tips visit: <http://StephenCabral.com>