

Full List EWG's 2019 Shopper's Guide to Pesticides in Produce™



1. Strawberries



2. Spinach



3. Kale



4. Nectarines



5. Apples



6. Grapes



7. Peaches



8. Cherries



9. Pears



10. Tomatoes



11. Celery



12. Potatoes



13. Sweet Bell Peppers



14. Cherry Tomatoes



15. Lettuce



16. Cucumbers



17. Blueberries



18. Hot Peppers



19. Plums



20. Green Beans



21. Tangerines



22. Raspberries



23. Grapefruit



24. Winter Squashes



25. Snap Peas



26. Carrots



27. Oranges



28. Summer Squashes*



29. Mangoes



30. Bananas



31. Sweet Potatoes



32. Watermelons



33. Honeydew Melons



34. Mushrooms



35. Broccoli



36. Cantaloupes



37. Cauliflower



38. Cabbages



39. Kiwis



40. Asparagus



41. Eggplants



42. Papayas*



43. Onions



44. Sweet Peas Frozen



45. Pineapples



46. Sweet Corn*



47. Avocados

** A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce*

About EWG's Shopper's Guide to Pesticides in Produce™

All 47 foods are listed above from worst to best (lower numbers = more pesticides)

EWG's Shopper's Guide to Pesticides in Produce™, updated every year since 2004, ranks pesticide contamination of 47 popular fruits and vegetables. The guide is based on results of more than 40,900 samples of produce tested by the U.S. Department of Agriculture and the Food and Drug Administration. It is important to note that the samples are tested for pesticides after they have been prepared to be eaten. This means the produce has been thoroughly washed and, when applicable, peeled. After these preparations, pesticide residues are still detected on many of the fruits and veggies.