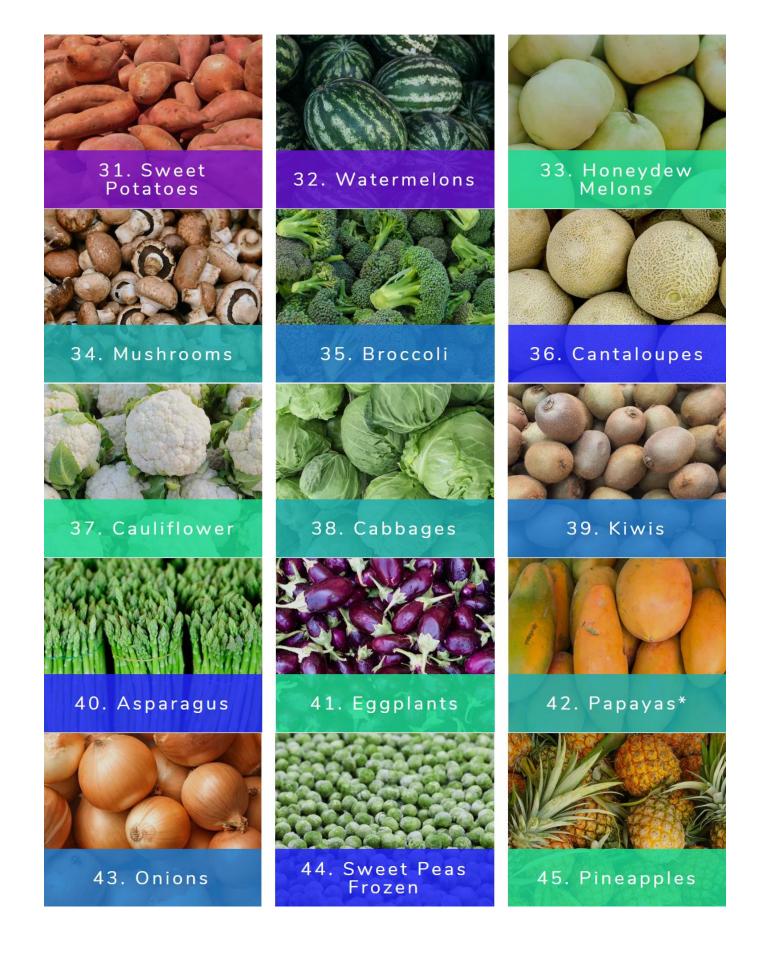
Full List EWG's 2019 Shopper's Guide to Pesticides in Produce™











* 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.