

Eat Fewer Pesticides

An Environmental Working Group simulation of thousands of consumers eating high and low pesticide diets shows that people can lower their pesticide exposure by almost 80 percent by avoiding the top twelve most contaminated fruits and vegetables and eating the least contaminated instead. Eating the 12 most contaminated fruits and vegetables will expose a person to about 10 pesticides per day, on average. Eating the 15 least contaminated will expose a person to less than 2 pesticides per day. Less dramatic comparisons will produce less dramatic reductions, but without doubt using the Guide provides people with a way to make choices that lower pesticide exposure in the diet.

For more information visit: www.foodnews.org

Dirty Dozen: Highest in pesticide residue, eat organic as much as possible

Peaches
Apples
Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Kale
Lettuce
Grapes
Carrots
Pears

Clean 13: Produce with the lowest pesticide residue

Onion
Avocado
Sweet corn
Pineapple
Mango
Asparagus
Sweet peas
Kiwi
Cabbage
Eggplant
Papaya
Watermelon
Broccoli