

Fruits & Veggies With The Most Pesticides (2014 Dirty Dozen)

Some highlights from the report:

- A single grape sample contained 15 pesticides.
- The average potato had more pesticides by weight than any other food.
- Single samples of celery, cherry tomatoes, imported snap peas and strawberries showed 13 different pesticides apiece.

The fruits and veggies with the most pesticides (the “Dirty Dozen Plus”) are:

1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Sweet bell peppers
8. Nectarines (imported)
9. Cucumbers
10. Cherry tomatoes
11. Snap peas (imported)
12. Potatoes
- 13 Hot peppers
- 14 Kale/collard greens

And the fruits and veggies with the least pesticides (the “Clean Fifteen”) are:

1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Sweet peas (frozen)
6. Onions
7. Asparagus
8. Mangos
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet potatoes

