

Module 9, Lesson 4 Handout:

EWG Dirty Dozen/Clean Fifteen

Every year, the Environmental Working Group (EWG) analyzes USDA data about pesticide residue and ranks foods based on how much or little pesticide residue they have. Typically, it's the fruits and vegetables with the softest skin that absorb the most pesticides. You can reduce exposure to pesticides by 80% by always going organic with these 12 foods. EWG also has a Clean Fifteen list, which ranks the produce with the least amount of pesticide residue. This is a good guide to use if you can't buy everything organic. Though some experts believe there are flaws to these lists, it's still a useful tool to guide shopping.

EWG updates the list every year. The following are the 2020 lists.

Dirty Dozen

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

Clean Fifteen

1. Avocados
2. Sweet Corn
3. Pineapples
4. Onions
5. Papaya
6. Frozen Sweet Peas
7. Eggplant

8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honey Dew Melon
15. Kiwi

Note that some sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds, so recommend to buy organic varieties of these crops regardless of the pesticide residue ranking.