

2019 Shoppers' Guide to Pesticides in Produce



Below are lists of the produce that have the most pesticides “The Dirty List” and a list of produce that has the least amount of pesticides in the food “The Clean List”. Research is from the Environmental Working Group's 2019 report. The 2020 list will be available late spring 2020.

The Dirty 20 List (most pesticides in the produce):

Strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, sweet bell peppers, cherry tomatoes, lettuce, cucumbers, blueberries, hot peppers, plums and green beans.

The Clean 20 (least amount of pesticides):

Avocados, sweet corn, pineapples, sweet frozen peas onions, papayas, eggplants, asparagus, kiwis, cabbage, cauliflower, cantaloupes, broccoli, mushrooms, honeydew melons, watermelons, sweet potatoes, bananas, mangos and summer squash.

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