



Wellness by the Month

Fruits and Vegetables – The Dirty Dozen



SHOPPER'S GUIDE TO PESTICIDES

DIRTY DOZEN <i>Buy These Organic</i>		CLEAN 15 <i>Lowest in Pesticides</i>	
WORST	1 Celery	BEST	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Kale		9 Cabbage
	10 Cherries		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
			13 Grapefruit
			14 Sweet Potato
			15 Honeydew Melon

ENVIRONMENTAL WORKING GROUP
www.foodnews.org

Why should you care about pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

What's the Difference?

The Environmental Working Group (EWG) research has found that people who eat the 12 most contaminated fruits and vegetables consume an average of 10 pesticides a day. Those who eat the 15 least contaminated conventionally – grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

Will Washing and Peeling Help?

Nearly all the studies used to create these lists assume that people rinse or peel fresh produce. Rinsing reduces

but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.

How Was This Guide Developed?

EWG analysts have developed the Guide based on data from nearly 87,000 tests for pesticide residues in produce conducted between 2000 and 2007 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at our dedicated website, www.foodnews.org

Learn More at FoodNews.org

Download your own Shopper's Guide to Pesticides at:

<http://www.foodnews.org/EWG-shoppers-guide-download-final.pdf>