



Pesticide Awareness

Why should you care about pesticides?

Small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood.

Does what you eat make a difference?

Research has found that people who eat five fruits or vegetables a day from the Dirty Dozen list consume an average of 10 pesticides a day. Those who eat from the Clean Fifteen list ingest fewer than two pesticides a day. Making informed choices helps to lower your dietary pesticide load.

Will washing and peeling help?

The data used to create these lists are based on produce tested as it is typically eaten (washed, rinsed, and/or peeled). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients are often discarded with the skin. The best approach: eat a varied diet, wash all produce, and buy organic whenever possible.

THE DIRTY DOZEN

- apples
- celery
- strawberries
- peaches and nectarines
- spinach, lettuce, and kale
- grapes
- sweet bell and hot peppers
- potatoes
- blueberries
- cherry tomatoes
- cucumbers
- zucchini and summer squash

THE CLEAN FIFTEEN

- onions
- sweet corn
- pineapples
- avocado
- asparagus
- sweet peas (fresh)
- mango and papaya
- mushrooms
- eggplant
- cantaloupe
- kiwi
- cabbage
- watermelon
- sweet potatoes
- grapefruit