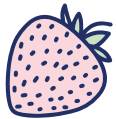


2021 Dirty Dozen List

The fruits and veggies with the **most** pesticide residues



1. STRAWBERRIES



2. SPINACH



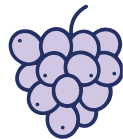
3. KALE



4. NECTARINES



5. APPLES



6. GRAPES



7. CHERRIES



8. PEACHES



9. PEARS



10. BELL PEPPERS



11. CELERY



12. TOMATOES



Strawberries and spinach contained the most pesticide residues 5 years in a row.



Kale, collard and mustard greens tested positive for multiple different pesticide residues.

2021 Clean Fifteen List

The fruits and veggies with the **least** pesticide residues



1. AVOCADOS



2. SWEET CORN



3. PINEAPPLES



4. ONIONS



5. PAPAYAS



6. SWEET PEAS
(FROZEN)



7. EGGPLANTS



8. ASPARAGUS



9. BROCCOLI



10. CABBAGE



11. KIWIS



12. CAULIFLOWERS



13. MUSHROOMS



14. HONEYDEW
MELON



15. CANTALOUPE



Avocados and sweet corn rarely showed any detectable pesticides when tested.



The majority of clean 15 foods tested negative for pesticide residues.