EWG’s Dirty Dozen
Shopping Guide
These foods have the highest levels of pesticides. When possible, choose the organic version.

1. Strawberry
2. Spinach
3. Nectarine
4. Apple
5. Grapes
6. Peach
7. Cherries
8. Pear
9. Tomato
10. Celery
11. Potato
12. Bell Pepper

+ Hot Peppers