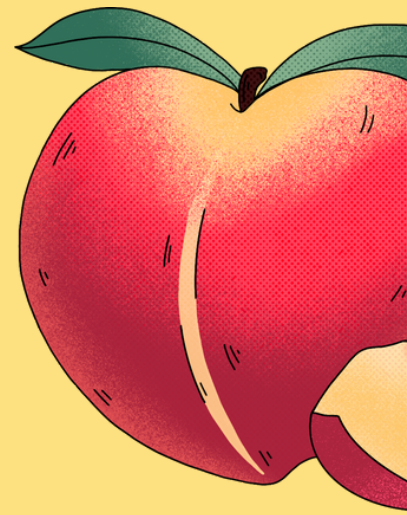
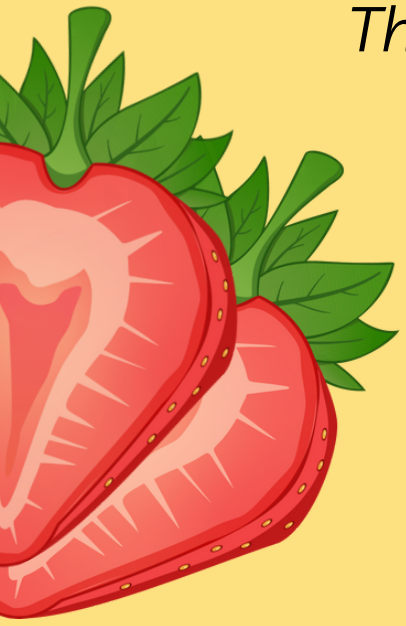


The Dirty Dozen

These contain the highest levels of pesticide residues



Strawberries

Spinach

Kale, collard and mustard greens

Nectarines

Apples

Grapes

Cherries

Peaches

Pears

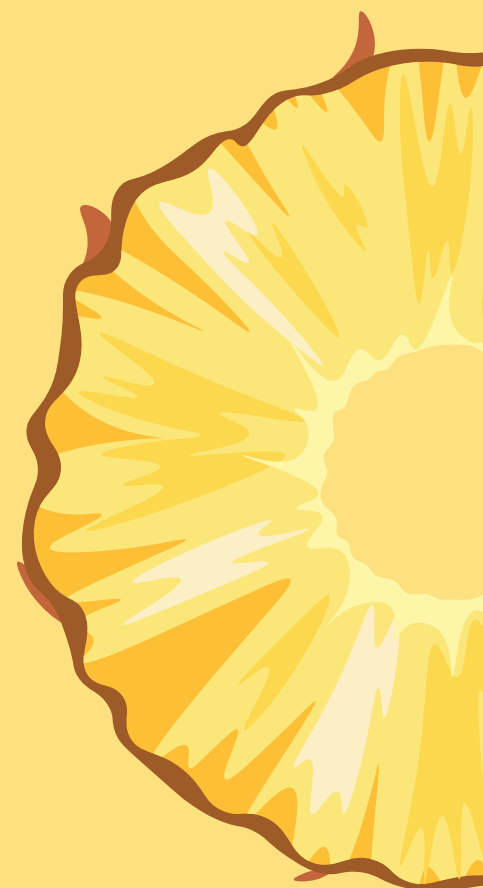
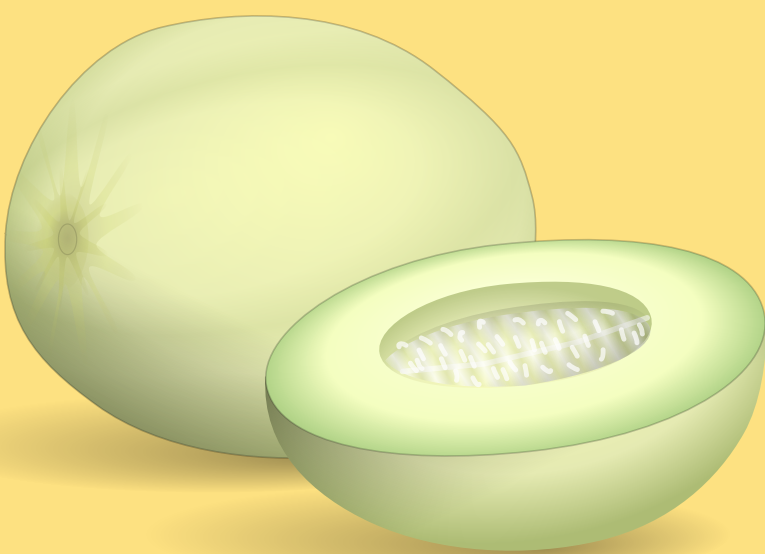
Bell and hot peppers

Blueberries

Green beans

The Clean Fifteen

These contain the lowest levels of pesticide residues



Avocado

Sweet corn

Pineapple

Onion

Papaya

Sweet peas (frozen)

Mango

Asparagus

Sweet Potatoes

Cabbage

Kiwi

Watermelon

Mushrooms

Honeydew melon

Carrots

