

The Environmental Working Group's 2021 Clean Fifteen List

The fruit 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. Cantaloupes



* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.



Less than 2% of avocados and sweet corn samples showed any detectable pesticides.



Almost 70% of Clean Fifteen samples had no pesticide residues.

Source: <https://www.ewg.org>

AlgaeCal