

The Environmental Working Group's

2022 Clean Fifteen List

The fruits and veggies with the least pesticide residues



1. Avocado



2. Sweet Corn*



3. Pineapples



4. Onions



5. Papayas*



6. Sweet Peas
(frozen)



7. Asparagus



8. Honeydew
Melon



9. Kiwis



10. Cabbage



11. Mushrooms



12. Cantaloupes



13. Mango



14. Watermelon



15. Sweet Potatoes

*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.

AlgaëCal

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