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Dirty Dozen & Clean Fifteen

"I'd like an apple with clear coating of pesticide, please." We are told to eat at least 8-9 servings of fruits and vegetables per day, however, we are not told to include toxic chemicals with those 8-9 servings. The Environmental Working Group (EWG) is a nonprofit and nonpartisan group that has been ranking fresh produce based on their levels of pesticide contamination since 2004.

The Environmental Protection Agency Pesticide report is posted here:

<https://www.ams.usda.gov/datasets/pdp>

The top 12 produce foods with the **most pesticide residue** in 2018 were:

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Grapes
6. Peaches
7. Cherries
8. Pears
9. Tomatoes
10. Celery
11. Potatoes
12. Sweet Bell Peppers



While rinsing produce under tap water is a good way to reduce pesticide levels before consumption, research conducted at the University of Massachusetts shows that soaking produce in a baking soda-water solution may do a better job at killing pesticides.



The top 15 produce items that tend to

have the **least pesticide residue** in 2018 were:



1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Onion
6. Sweet Frozen Peas
7. Papayas
8. Asparagus
9. Mangos
10. Eggplants
11. Honeydew Melon
12. Kiwi
13. Cantaloupe
14. Cauliflower
15. Broccoli

The 1996 Food Quality Protection Act (FQPA) directed the Environmental Protection Agency (EPA) to completely reassess pesticide residues on food. From 1996 to 2006, EPA used the improved safety standards in FQPA to cancel or restrict the use of 270 pesticides for household and food uses because they posed particular threats to children and infants. EPA evaluates new and existing pesticides to ensure that they can be used with a reasonable certainty of no harm to infants and children as well as adults.

Enjoy all the fruits and vegetable you can, your body will thank you; just be sure to wash them well, as even the “Clean 15” have pesticide residual, just lower amounts.

Please **email us** any topics or specific questions that you would like us to cover.
Questions? Contact us today at **800-872-3044**.

The following website was sourced and referenced for this article:

<https://www.foodsafetymagazine.com/news/2018-dirty-dozen-and-clean-fifteen-lists-rank-produce-items-by-pesticide-level/>

<https://www.epa.gov/safepestcontrol/food-and-pesticides>

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