


**TABLE 104-1** The Environmental Working Group’s List of the “Dirty Dozen” (Foods Highest in Pesticides Used) and the “Clean 15” (Foods Lowest in Pesticides Used)  
Data from the Environmental Working Group: <http://www.ewg.org> .

<b>Dirty Dozen (Better to Buy Organic)</b>	<b>Clean 15 (Less Important to Buy Organic)</b>
1. Celery	1. Onions
2. Peaches	2. Avocado
3. Strawberries	3. Sweet corn
4. Apples	4. Pineapple
5. Blueberries	5. Mangoes
6. Nectarines	6. Sweet peas
7. Bell peppers	7. Asparagus
8. Spinach	8. Kiwi
9. Cherries	9. Cabbage
10. Kale and collard greens	10. Eggplant
11. Potatoes	11. Cantaloupe
12. Grapes (imported)	12. Watermelon
	13. Grapefruit
	14. Sweet potato
	15. Honeydew melon