



EWG's 2011 Shopper's Guide to Pesticides in Produce™



Instructions:

1. Cut along outside line
2. Fold along middle line.

Fold together



Dirty Dozen™
buy these organic.

foodnews.org

WORST

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines **I**
7. Grapes **I**
8. Sweet bell peppers
9. Potatoes
10. Blueberries **D**
11. Lettuce
12. Kale/collard greens

I Imported
D Domestic

Clean 15™
Lowest in Pesticides.

foodnews.org

BEST

1. Onions
2. Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe **D**
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

Cut along line

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