

# EWG's 2014

SHOPPER'S GUIDE TO  
PESTICIDES IN PRODUCE

EWG's 2014  
**Clean Fifteen™**  
Shoppers Guide to Pesticides in Produce™

Asparagus	Mangoes
Avocados	Onions
Cabbage	Papayas
Cantaloupe	Pineapples
Cauliflower	Sweet Corn
Eggplant	Sweet <b>Frozen</b> Peas
Grapefruit	Sweet Potatoes
Kiwi	

## Eat fruits and vegetables!

The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Use EWG's Shopper's Guide to Pesticides™ to reduce your exposures as much as possible, but eating conventionally-grown produce is far better than not eating fruits and vegetables at all.

EWG's 2014  
**Dirty Dozen™**  
Shoppers Guide to Pesticides in Produce™

Apples	Potatoes
Celery	Snap Peas <b>Imported</b>
Cherry Tomatoes	Spinach
Cucumbers	Strawberries
Grapes	Sweet Bell Peppers
Nectarines <b>Imported</b>	<b>Plus +</b>
Peaches	Hot Peppers
	Kale/Collards

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