



SHOPPER'S GUIDE TO  
*Pesticides*  
*in Produce*  
THE CLEAN & DIRTY LIST

*clean*  
*Produce*

asparagus  
avocados  
cabbage  
cantaloupe  
cauliflower  
eggplant  
grapefruit  
kiwi  
mangos  
onions  
papayas  
pineapples  
sweet corn  
sweet peas (frozen)  
sweet potatoes

*dirty*  
*Produce*

apples  
celery  
cherry tomatoes  
cucumbers  
grapes  
hot peppers  
kale/collard greens  
nectarines  
peaches  
potatoes  
snap peas  
spinach  
strawberries  
sweet bell peppers