

2019 Clean Fifteen List

The Top Fruits and Veggies That Have the Fewest Pesticides

HAWAII
PACIFIC
HEALTH | KAPI'OLANI
PALI MOMI
STRAUB
WILCOX



1. Avocados



2. Sweet Corn*



3. Pineapples



4. Sweet Peas (frozen)



5. Onions



6. Papayas*



7. Eggplant



8. Asparagus



9. Kiwi



10. Cabbage



11. Cauliflower



12. Cantaloupe



13. Broccoli



14. Mushrooms



15. Honeydew Melon



*A small amount of sweet corn and papaya sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.



Less than 1% of avocados and sweet corn showed any detectable pesticides.



More than 70% of pineapples, papayas, asparagus, onions and cabbage had no pesticides residues.