

2019 Dirty Dozen List

The Top Fruits and Veggies That Have the Most Pesticides

HAWAI'I
PACIFIC
HEALTH

KAPI'OLANI
PALI MOMI
STRAUB
WILCOX



1. Strawberries



2. Spinach



3. Kale



4. Nectarines



5. Apples



6. Grapes



7. Peaches



8. Cherries



9. Pears



10. Tomatoes



11. Celery



12. Potatoes



More than **90%** of samples of strawberries, apples, cherries, spinach, nectarines and kale tested positive for residues of two or more pesticides.



23

A single sample of strawberries showed 23 different pesticides.



3rd

Kale placed third on the list for the first time in almost 10 years.