

# 2018 Clean Fifteen List

*The Top Fruits and Veggies That Have the Fewest Pesticides*

**HAWAII  
PACIFIC  
HEALTH** | KAPI'OLANI  
PALI MOMI  
STRAUB  
WILCOX  
CREATING A HEALTHIER HAWAII



1. Avocados



2. Sweet Corn\*



3. Pineapples



4. Cabbage



5. Onions



6. Sweet Peas (frozen)



7. Papayas\*



8. Asparagus



9. Mangoes



10. Eggplant



11. Honeydew Melon



12. Kiwi



13. Cantaloupe



14. Cauliflower



15. Broccoli



\*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 2% of sweet corn showed any detectable pesticides.



More than 80% of pineapples, papayas, asparagus, onions and cabbage had no pesticides residues.