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EWG'S SHOPPERS GUIDE TO  
PESTICIDES IN PRODUCE™

# DIRTY

2013

DOZEN™

2013

APPLES  
CELERY  
CHERRY  
TOMATOES  
CUCUMBERS  
GRAPES  
HOT PEPPERS

NECTARINES  
IMPORTED  
PEACHES  
POTATOES  
SPINACH  
STRAWBERRIES  
SWEET BELL  
PEPPERS

PLUS

COLLARDS  
& KALE\*

SUMMER  
SQUASH &  
ZUCCHINI\*

\*PESTICIDES OF  
SPECIAL CONCERN



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PESTICIDES IN PRODUCE™

# CLEAN

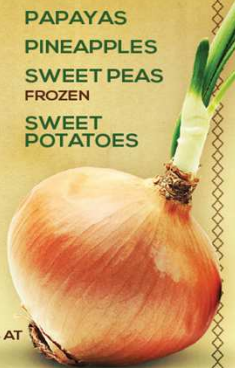
2013

FIFTEEN™

2013

ASPARAGUS  
AVOCADO  
CABBAGE  
CANTALOUPE  
CORN  
EGGPLANT  
GRAPEFRUIT  
KIWI  
MANGOS  
MUSHROOMS

ONIONS  
PAPAYAS  
PINEAPPLES  
SWEET PEAS  
FROZEN  
SWEET  
POTATOES



QUESTIONS ABOUT  
PESTICIDES IN  
PRODUCE? VISIT US AT  
[FOODNEWS.ORG](http://FOODNEWS.ORG)

## *EWG's Shopper's Guide™ Basics*

[www.foodnews.org](http://www.foodnews.org)

- The Guide ranks pesticide contamination on 48 popular fruits and vegetables based on an analysis of more than 28,000 samples taken by the USDA and FDA.
- USDA personnel wash or peel produce to mimic consumer practices.
- The Guide is not built on a complex assessment of pesticide risks but instead reflects the overall pesticide loads of common fruits and vegetables. This approach best captures the uncertainties about the risks and consequences of pesticide exposure.

### *Do all these pesticides mean I shouldn't eat fruits and vegetables?*

No! The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Use this guide to reduce your exposures as much as possible, but eating conventionally grown produce is better than not eating fruits and vegetables at all.

### *What risks to pesticides pose?*

Pesticide manufacturers claim that no studies link pesticide residues in the diet to health risks. But neither the government nor industry have done such studies. Lack of data is not proof that pesticides are safe. There is extensive evidence showing pesticides harm workers, damage the environment, and are toxic to laboratory animals.