



EWG's 2012 Shoppers Guide to Pesticides in Produce™

Instructions:

1. Cut along outside line.
2. Fold along middle line.

Fold together



 Cut along line



EWG's 2012 Dirty Dozen™

Shoppers Guide to Pesticides in Produce™

Buy these organic

- Apples
- Bell Peppers
- Blueberries
- Celery
- Cucumbers
- Grapes
- Lettuce
- Nectarines

Domestic (green square) Imported (blue square)

- Peaches
- Potatoes
- Spinach
- Strawberries

Plus

- Green Beans
- Kale/Greens

Pesticides residues of special concern. Questions? foodnews.org



EWG's 2012 Clean Fifteen™

Shoppers Guide to Pesticides in Produce™

Lowest in pesticides

- Asparagus
- Avocado
- Cabbage
- Cantaloupe
- Corn
- Eggplant
- Grapefruit
- Kiwi
- Mangoes
- Mushrooms
- Onions
- Pineapples
- Sweet Peas
- Sweet Potatoes
- Watermelon