



Clean 15

Foods You Don't Have to Buy Organic

Nearly all of the data used took into account how people typically wash and prepare produce - for example, apples were washed and bananas peeled before testing. Of the fruit and vegetable categories tested, the following "Clean 15" foods had the lowest pesticide load, and consequently are the safest conventionally grown crops to consume from the standpoint of pesticide contamination.

- Onions
- Sweet corn
- Pineapples
- Avocado
- Cabbage
- Sweet Peas
- Asparagus
- Mangoes
- Eggplant
- Kiwi
- Cantaloupe (domestic)
- Sweet potatoes
- Grapefruit
- Papayas
- Mushrooms