

# THE DIRTY DOZEN: FRUITS & VEGETABLES WITH THE HIGHEST PESTICIDE RESIDUES

When it comes to organics, not all produce is created equal. Some fruits and vegetables are more likely to carry higher levels of pesticide residues. Choosing organic versions of these items can make a real difference for your health and your family.

## THE DIRTY DOZEN 2025

This year's top offenders are:



Strawberries



Spinach



Kale, collard & mustard greens



Grapes



Peaches



Pears



Nectarines



Apples



Bell peppers & hot peppers



Cherries



Blueberries



Green beans





## WHY IT MATTERS

Conventional versions of these foods often contain multiple pesticide residues, even after washing or peeling. Going organic for these choices helps you:

- ✓ Reduce your exposure to chemicals linked with health concerns.
- ✓ Support farming practices that protect soil, water, and biodiversity.
- ✓ Enjoy fresh produce with peace of mind.

## BALANCE, NOT PERFECTION

You don't need to buy everything organic. Start by focusing on these high-priority foods. Combine them with other simple organic swaps in your pantry and household for a balanced approach that works for you.

Looking for more inspiration? Discover **30 practical ways to join the organic movement** — from simple swaps in your kitchen to supporting local farmers and building community.

Explore 30 Ways to Join the Movement →