



Body Dynamics

In general, the thicker the skin, the lower the pesticide levels that penetrate the produce from spraying. But studies show skin thickness isn't the only determining factor---some produce absorbs high levels of pesticide from the soil. Some seeds, such as corn, are coated with a pesticide before planting. Once the plant starts to grow, it spreads throughout the plant.

The Dirty Dozen

1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Bell Peppers
8. Nectarines
9. Cucumbers
10. Potatoes
11. Cherry Tomatoes
12. Hot Peppers

From most to least contaminated

The Clean Fifteen

1. Pineapples
2. Papayas
3. Mangos
4. Kiwifruit
5. Cantaloupes
6. Grapefruit
7. Sweet Corn
8. Onions
9. Avocado
10. Sweet Peas (frozen)
11. Cabbage
12. Asparagus
13. Eggplant
14. Sweet Potatoes
15. Mushrooms

From the least to most contaminated