



EWG's 2026

Shopper's Guide to Pesticides in Produce™



<p>EWG's 2026 DIRTY DOZEN™</p> <table><tr><td>1. Spinach</td><td>8. Apples</td></tr><tr><td>2. Kale, collard & mustard greens</td><td>9. Blackberries</td></tr><tr><td>3. Strawberries</td><td>10. Pears</td></tr><tr><td>4. Grapes</td><td>11. Potatoes</td></tr><tr><td>5. Nectarines</td><td>12. Blueberries</td></tr><tr><td>6. Peaches</td><td>+ Green beans</td></tr><tr><td>7. Cherries</td><td>+ Bell & hot peppers</td></tr></table>	1. Spinach	8. Apples	2. Kale, collard & mustard greens	9. Blackberries	3. Strawberries	10. Pears	4. Grapes	11. Potatoes	5. Nectarines	12. Blueberries	6. Peaches	+ Green beans	7. Cherries	+ Bell & hot peppers	<p>EWG's 2026 CLEAN FIFTEEN™</p> <table><tr><td>1. Pineapple</td><td>9. Cauliflower</td></tr><tr><td>2. Sweet corn</td><td>10. Watermelon</td></tr><tr><td>3. Avocados</td><td>11. Mangoes</td></tr><tr><td>4. Papaya</td><td>12. Bananas</td></tr><tr><td>5. Onions</td><td>13. Carrots</td></tr><tr><td>6. Sweet peas</td><td>14. Mushrooms</td></tr><tr><td>7. Asparagus</td><td>15. Kiwi</td></tr><tr><td>8. Cabbage</td><td></td></tr></table>	1. Pineapple	9. Cauliflower	2. Sweet corn	10. Watermelon	3. Avocados	11. Mangoes	4. Papaya	12. Bananas	5. Onions	13. Carrots	6. Sweet peas	14. Mushrooms	7. Asparagus	15. Kiwi	8. Cabbage	
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Instructions

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

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