

2026 Clean Fifteen & Dirty Dozen

A picture-first shopping guide based on the Environmental Working Group's 2026 Shopper's Guide to Pesticides in Produce.

What are these lists?

Each year, the Environmental Working Group analyzes the most recent U.S. Department of Agriculture pesticide-residue testing. The Dirty Dozen highlights 12 conventional produce items with the highest residue scores among those analyzed. The Clean Fifteen highlights 15 with the lowest. The rankings consider the number, amount, and toxicity of residues detected.

What is the purpose?

Use the guide as a budget and shopping-priority tool if reducing pesticide exposure matters to you. When practical, you might prioritize certified-organic versions of Dirty Dozen items and choose conventional Clean Fifteen items when they better fit your budget.

What it does not mean

Dirty does not mean unsafe, and clean does not mean pesticide-free. These lists are not a reason to skip produce. Organic and conventional fruits and vegetables can both support a nourishing eating pattern.

Organic does not mean unsprayed.

Certified-organic growers may use pesticides and other crop-protection substances. Under USDA rules, natural (nonsynthetic) substances are generally allowed unless specifically prohibited, while synthetic substances are generally prohibited unless specifically allowed on the National List. Every substance must be approved for use by the farm's organic certifier. 'Organic' describes the regulated production system - it does not mean pesticide-free, and an approved spray is not necessarily an 'organic chemical.'

Keep the main goal in view: eat more produce

Choose fruits and vegetables you enjoy and can access. Rinse produce under clean running water before preparing or eating it. Do not use soap, detergent, or commercial produce wash. Organic and conventional produce can both be part of a nourishing eating pattern.

LEARN MORE

Official EWG Shopper's Guide

ewg.org/foodnews

USDA National List for Organic Production

ams.usda.gov/rules-regulations/organic/national-list

Educational note

For general wellness education only. This resource is not individualized medical or nutrition advice and is not affiliated with or endorsed by EWG. Dirty Dozen and Clean Fifteen are EWG terms.

The 2026 Dirty Dozen

The 12 conventional produce items with the highest pesticide-residue scores in EWG's 2026 analysis.



Spinach



Kale, collard & mustard greens



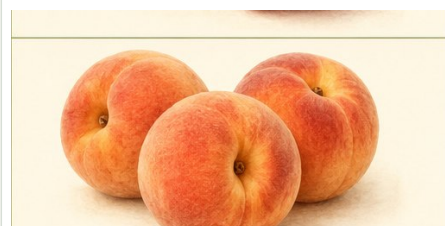
Strawberries



Grapes



Nectarines



Peaches



Cherries



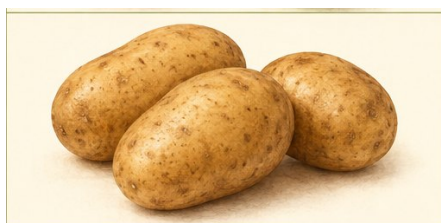
Apples



Blackberries



Pears



Potatoes



Blueberries

The 2026 Clean Fifteen

The 15 conventional produce items with the lowest pesticide-residue scores in EWG's 2026 analysis.



Pineapple



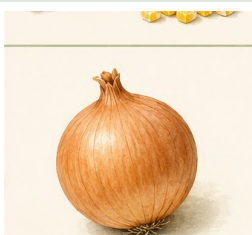
Sweet corn



Avocado



Papaya



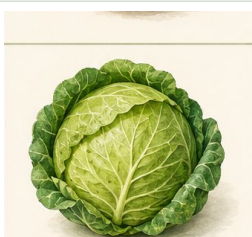
Onion



Frozen sweet peas



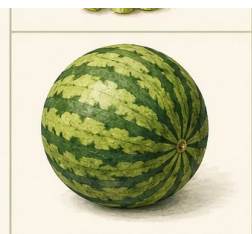
Asparagus



Cabbage



Cauliflower



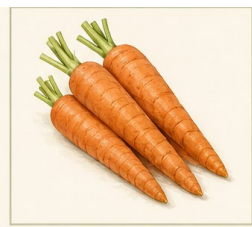
Watermelon



Mango



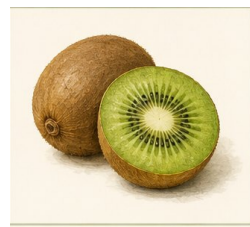
Bananas



Carrots



Mushrooms



Kiwi