



2026 Clean Fifteen & Dirty Dozen

A picture-first shopping guide based on EWG's 2026 Shopper's Guide to Pesticides in Produce.

What are these lists?

EWG analyzes recent USDA pesticide-residue testing. The Dirty Dozen identifies the 12 conventional produce items with the highest scores among those analyzed; the Clean Fifteen identifies the 15 with the lowest. Since 2025, EWG's ranking has considered residue presence, amount, number, and toxicity.

How can I use the guide?

If reducing pesticide exposure matters to you, consider organic versions of Dirty Dozen items when practical. Conventional Clean Fifteen choices may help stretch your budget.

What does it not mean?

These names compare relative residue scores - they are not a safety verdict. 'Clean' does not mean pesticide-free, and the lists are not a reason to skip fruits or vegetables.

Keep the main goal in view: eat more produce

Choose fruits and vegetables you enjoy and can access. Rinse all 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 support a nourishing eating pattern.

Organic does not mean unsprayed

Certified-organic farming may use approved crop-protection substances. Organic describes a regulated production system; it does not mean pesticide-free. Buy organic when it fits your goals and budget, without feeling that conventional produce is a failure.

A 2026 detail worth knowing

EWG places green beans and bell and hot peppers just below the Dirty Dozen and notes that they also ranked high for pesticide toxicity. They are not part of the numbered 12-item list shown on the next page.

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Official EWG Shopper's Guide

ewg.org/foodnews

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The 2026 Dirty Dozen

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



1. Spinach



2. Kale, collard & mustard greens



3. Strawberries



4. Grapes



5. Nectarines



6. Peaches



7. Cherries



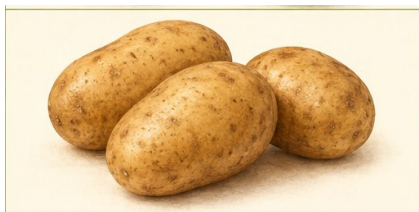
8. Apples



9. Blackberries



10. Pears



11. Potatoes



12. Blueberries

The 2026 Clean Fifteen



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



1. Pineapple



2. Sweet corn (fresh & frozen)



3. Avocados



4. Papaya



5. Onions



6. Sweet peas (frozen)



7. Asparagus



8. Cabbage



9. Cauliflower



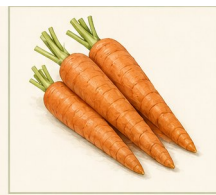
10. Watermelon



11. Mangoes



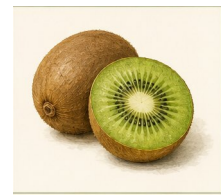
12. Bananas



13. Carrots



14. Mushrooms



15. Kiwi