

THE DIRTY DOZEN - PRODUCE WITH THE HIGHEST LEVEL OF PESTICIDE RESIDUES

Buy these foods organic when possible or consider skipping them for a cleaner choice. (80% reduction in pesticides)

	Green = best price	Kroger		Bigg's		Whole Foods		Aldi		Meijer		Sam's		Trader Joe's	
		organic	conventional	organic	conventional	organic	conventional	organic	conventional	organic	conventional	organic	conventional	organic	conventional
(worst) 1	Celery	1.69 <i>1 lb</i>	1.49 <i>1 lb</i>	1.99 <i>bag</i>	1.49 <i>bag</i>	2.29 <i>1 lb bag</i>			0.99 <i>bag</i>	2.49 <i>1 lb hearts</i>	1.79 <i>bag</i>		2.27 <i>3 pk/hearts</i>	1.99 <i>bag/hearts</i>	1.79 <i>bag hearts</i>
2	Peaches					2.99 <i>lb</i>									
3	Strawberries	1.99 <i>(sale) 1 lb</i>	1.88 <i>(sale) 1 lb</i>	2.99 <i>1 lb</i>			2.99 <i>lb</i>		1.19 <i>ea</i>	2 for \$5 <i>(sale) 1lb</i>	2 for \$4 <i>1 lb</i>		2.98 <i>2 lbs</i>	3.29 <i>1 lb</i>	4.99 <i>2 lb</i>
4	Apples	1.49 <i>gala/lb</i>	1.29 <i>gala/lb</i>	4.49 (1.49/lb) <i>gala/3 lbs</i>	3.99 (1.33/lb) <i>gala/3 lbs</i>	2.49 <i>gala/lb</i>	1.99 <i>granny sm/lb</i>		2.59 <i>gala/3 lb</i>	3.99 (1.33/lb) <i>gala/3 lb</i>	3.49 <i>gala/3 lb</i>		5.53 (1.10/lb) <i>gala/5 lbs</i>	0.69 <i>gala/ea</i>	0.59 <i>gala/ea</i>
5	Blueberries	2.68 <i>4.4 oz</i>	2 for \$5 <i>4.4 oz</i>	3.99			4.99 <i>6 oz</i>		0.99 <i>4.4 oz</i>		3.99 <i>6 oz</i>		6.98 <i>18 oz</i>		2.99 <i>6 oz</i>
6	Nectarines										1.99 <i>lb</i>				
7	Bell Peppers	1.49 <i>ea/green</i>	1.29 <i>ea/green</i>		1.49 / 1.00 <i>grn/rd,yel.org</i>		2.99 <i>grn</i>		1.99/2.49 <i>2pk gr/yl&or</i>		1.99 <i>lb g,y,r,o</i>		6.98 <i>6 ct, rd,yl,gr</i>		3.79 (1.26 ea) <i>3 pk</i>
8	Spinach	1.68 <i>lb</i>	1.49/lb	4.99 <i>11 oz</i>	1.99 <i>bunch</i>		2.99 <i>bunch</i>					3.97 <i>1 lb (baby)</i>		2.49 <i>6 oz</i>	
9	Kale	0.99 <i>(sale) bunch</i>	0.99 <i>(sale) bunch</i>		0.78 <i>(sale) bunch</i>	2.49 <i>ea</i>				1.99 <i>bunch</i>	1.69 <i>bunch</i>				
10	Cherries		\$6 <i>lb</i>												
11	Potatoes	1.99 <i>3 lb bag</i>	2.99 <i>10 lb bag</i>	2.99 <i>5 lb bag</i>	0.39 <i>(sale) per lb</i>	1.69 <i>lb/red&russ</i>	3.99/2.99 <i>3lb red/russ</i>		1.99 <i>10 lb bag</i>	3.49 <i>5 lb russ</i>	2.98 <i>10 lb russ</i>		3.24 <i>10 lbs</i>		0.39 <i>ea</i>
12	Grapes <i>(imported)</i>		\$1.77 <i>lb</i>		1.99 <i>lb/grn,rd, blk</i>		2.99/3.49 <i>lb red/gr,blk</i>		2.99 <i>2 lb r,g,b</i>		1.99 <i>lb r,g,blk</i>		5.98 <i>3 lbs all var</i>		3.49 <i>lb</i>

NOTE: Pricing as of 4/29/10 - 5/2/10, Trader Joe's 5/16/10, Cincinnati, OH. Prices subject to change. Shop in peak season for best prices.

Ratings source: Environmental Working Group 2010 Rankings

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THE CLEAN 15 - PRODUCE WITH THE LOWEST LEVELS OF PESTICIDE RESIDUES

**Generally safe to buy conventional varieties. **

(best)	Green = best price	Kroger		Bigg's		Whole Foods		Aldi		Meijer		Sam's		Trader Joe's	
		organic	conventional	organic	conventional	organic	conventional	organic	conventional	organic	conventional	organic	conventional	organic	conventional
1	Onions	1.49 <i>white/lb</i>	0.99 <i>Vidalia/lb</i>	4.49 (1.49/lb) <i>yel/ 3 lb bag</i>	4.99 (1.00/lb) <i>yel/5 lb</i>	2.99 (.99/lb) <i>yel/3 lb</i>	3.99 (1.99/lb) <i>sweet/2 lb</i>		1.99 (.66/lb) <i>rd,wh.swt/3 lb</i>	3.49 (1.16/lb) <i>3 lb</i>	2.49 (.83/lb) <i>yel/3 lb</i>		6.98 (1.39/lb) <i>sweet/5 lb</i>		3.29 (1.64/lb) <i>red/ 2 lb</i>
2	Avocado	1.25	1	3.99 (1.00 ea) <i>4 count</i>	10 for \$10 <i>(sale)</i>	1.50/4.99 <i>ea/4 pack</i>	10 for \$10 <i>(sale) rg 1.69</i>		0.99 <i>ea</i>		5 for \$5		3.98 (.80 ea) <i>5 ct</i>	3.29 <i>4 ct</i>	2.99 (.74 ea) <i>4 ct</i>
3	Sweet Corn		4 for \$1						2.69 (.67 ea) <i>4 pack</i>		1.49 (.30 ea) <i>5 ct</i>				3.29 (.82 ea) <i>4 ct</i>
4	Pineapple		2.99 <i>whole</i>	3.99 <i>whole</i>	3.49 <i>whole</i>		3.99 <i>whole</i>		0.99 <i>whole</i>		2.49 <i>whole</i>		2.98 <i>whole</i>		2.99
5	Mangos	0.99 <i>ea</i>	0.79 <i>ea</i>	1.69 <i>ea</i>	1 <i>ea (sale)</i>		1.99 <i>ea</i>		0.49 <i>ea</i>	1.75 <i>ea</i>	5 for \$5 <i>1.00 ea</i>		6.88 <i>5.5 lbs</i>		
6	Sweet Peas		2.99 <i>6 oz bag</i>												
7	Asparagus	1.99 <i>lb</i>	1.99 <i>lb</i>		2.49 <i>lb</i>		2.99 <i>(sale) rg 3.99</i>		1.99 <i>lb</i>		2.99 <i>lb</i>		4.98 (2.21/lb) <i>2.25 lbs</i>		
8	Kiwi	0.69 <i>ea</i>	2 for \$1 <i>.50 ea</i>	2.99 <i>1 lb bag</i>	0.66 <i>lb</i>	0.79 <i>ea</i>					8 for \$2 <i>.25 ea</i>		4.96 <i>3 lb</i>		0.39 <i>ea</i>
9	Cabbage	0.69	0.59		0.48 <i>head</i>	0.99 <i>lb</i>			1.15 <i>head</i>		0.59 <i>head</i>				
10	Eggplant	0.99 <i>ea</i>	0.99 <i>ea</i>		1.69 <i>ea</i>	2.49 <i>lb</i>	1.99 <i>lb</i>				1.49 <i>lb</i>				
11	Cantaloupe		1.99 <i>ea</i>		2 for \$4 <i>(sale)</i>		2 for \$4 <i>(sale) rg 2.99</i>		0.99 <i>ea</i>		2.99 <i>ea</i>		1.98 <i>ea</i>		
12	Watermelon		0.49 <i>lb</i>		.79/3.69 <i>lb/personal</i>		7.99 <i>lrg whole</i>		4.99 <i>whole</i>		2.99 <i>ea/personal</i>		2.98 <i>ea/personal</i>		3.49
13	Grapefruit	0.69	.69 & .99 <i>med/large</i>		0.68 <i>ea/med</i>		1.69/3.99 <i>ea/5 lb</i>		2.59 <i>5 lb</i>		3 for \$2 <i>.66 ea</i>		5.56 <i>8 lbs</i>		
14	Sweet Potato	.79 <i>lb</i>	.69 <i>lb</i>	1.49 <i>lb</i>	0.78 <i>lb (sale)</i>	1.99 <i>lb</i>	2.99 <i>3 lb bag</i>				5 for \$5 <i>1.00 ea</i>				
15	Honeydew Melon	na	2.99		3.49 <i>ea</i>		4.99 <i>ea</i>		1.99 <i>ea</i>				3.42 <i>ea</i>		3.49 <i>ea</i>

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Other Notables/Middle Produce - rated between the Dirty Dozen and the Clean 15 (or not considered one of the top 49 most popular)

Kroger	Bigg's	Whole Food	Aldi	Meijer	Sam's	Trader Joe's
O = Organic C = Conventional	O = Organic C = Conventional	O = Organic C = Conventional	O = Organic C = Conventional	O = Organic C = Conventional	O = Organic C = Conventional	O = Organic C = Conventional
next time, sorry Kroger!	.59 / lb banana - O .39 / lb banana - C 3.99 4 lb naval org - C .69 ea lemons - C .69 ea limes - C 3.99 6 oz blackberries - C 3.99 6 oz raspberries - C 1.29 2 lb whole carrots - O 1.99 1 lb baby carrots - O 3.59 2 lb whole carrots - O 2.99 2 lb whole carrots - C .49 / lb red anjou pear - C .99 / lb anjou pear - C 1.69 / lb anjou pear - O 1.69 yel/zucc squash - C 1.97 (1.28 sale) broccoli - C 2.49 cauliflower - C 2.99 ea artichoke - C 1.49 bok choy - C 1.99 lb romaine lett - O 1.99 lb red romaine - O	.89 / lb banana - O .59 / lb banana - C 5.99 3 lb clementines - C 4.99 4 lb naval org - C .67 ea lemons - C .79 ea limes - C 2.99 6 oz blackberries - C .99 1 lb whole carrots - O 2.49 / lb d'anjou pear - O 1.69 ea cucumber - O 2.49 /lb yellow squash - C 2.99 / lb broccoli - O	.39 / lb banana - C 2.29 3 lb tangerine - C 1.99 1 lb lemons - C 1.99 1 lb limes - C 1.59 pears (4ct) - C .99 1 lb baby carrots - C 1.29 2 lb whole carrots - C 1.99 mixed squash - C .59 broccoli crowns (2) - C .99 cauliflower - C 4.99 16 oz walnuts	.79 / lb banana - O .44 / lb banana - C 4 for \$2 naval orange - C 3 for \$2 lemons - C 3 for \$2 limes - C 2.99 2 lb limes - C 5 for \$5, 5.6oz blk berry - C 3.99 6 oz raspberry - C 3.99 golden raspberry - O 2.99 3lb jonathan apple - O 2.29 3 lb whole carrots - C 2.99 2 lb baby carrots - C 2 for \$3, 1 lb carrots - C 1.69 / lb d'anjou pear - C 1.69 / lb bartlett pear - C .99 / lb black plum - C 1.49 yel/zucc squash - C 2 for \$3 cucumber - C 4.99 5 lb sweet pot - C 2.99 papaya - C 1.99 broccoli - C 2.49 broccoli - O 2.99 cauliflower - C 3.69 cauliflower - O 3 for \$4 artichoke - C	1.32 3 lb banana - C 5.69 5lb clementines - C 6.98 10 lb naval org - C 2.98 12 oz blackberry - C 4.26 3 lb lemons - C 5.48 3 lb limes - C 4.42 5 lb d'anjou pears - C 1.78 5 lb whole carrots - C 3.98 3 ct cucumber - C 4.66 3 lb broccoli - C 4.37 1 lb spring mix - O	.19 per banana - C .59 ea navel orange - C 3.99 / 4 lb valencia org - O 2.99 / 2 lb clementines - C 3.69 / 12 blackberries - C 3.99 / 6oz raspber - C&O 2.49 / 1lb pink lady app - O 2.99 / 1 lb cucumber - O .39 ea russet potato - C 4.49 medjool dates 1.69 / 1lb baby carrots - O .89 / 1 lb whole carrots - O 2.99 / 2 heads broccoli - O 1.79 / 1 lrg hd broccoli - C 2.99 / 12oz frzn bluebry - O 1.99 / 12oz frzn bluebry - C