

Pesticide Residue in Fruits and Vegetables

Highest Pesticide Residue		
Fruit /Vegetable	Major Nutrient	Alternative (s)
Apples	Vitamin A, Vitamin C, Potassium	Bananas, kiwis, oranges, nectarines, watermelon
Apricots	Vitamin A, Vitamin C, Potassium	Cantaloupe Canada/US), grapefruit, nectarines, tangerines, watermelon
Bell peppers (green, red)	Vitamin A, Vitamin C	Broccoli, green peas, tomatoes, romaine lettuce
Celery	Carotenoids	Broccoli, carrots, radishes, romaine lettuce
Cherries (US)	Vitamin C	Blueberries, cantaloupe, grapefruit, raspberries, oranges
Cucumber	Vitamin A, Potassium	Broccoli, carrots, radishes, romaine lettuce
Grapes (Chile)	Vitamin C, Potassium	Grapes (US)
Green beans	Carotenoids	Green peas, broccoli, cauliflower, brussels sprouts, asparagus
Peaches	Vitamin A, Vitamin C	Nectarines, canned peaches, tangerine, grapefruit, watermelon
Pears	Vitamin A, Vitamin C, Folic Acid	Canned pears, canned peaches, oranges, nectarines
Potatoes (US)	Vitamin C, Folic Acid	Sweet potatoes, potatoes (PEI), carrots
Strawberries	Vitamin C	Blackberries, raspberries, blueberries, kiwi, oranges

Lowest Pesticide Residue		
Avocados	Corn	Onions
Grapes (US)	Bananas	Plums
Green Onion	Watermelon	Broccoli
Sweet Potatoes	Cauliflower	Brussel sprouts