

# Environmental Working Group's

## Dirty Dozen™

To limit pesticide exposure, as much as possible, buy  
ORGANIC:



1. Strawberries



2. Spinach



3. Kale, Collard &  
Mustard Greens



5. Peaches



8. Nectarines



9. Apples



10. Bell & Hot Peppers



11. Cherries



12. Green Beans

# Pesticides & Everyday Health: What You Should Know

Pesticides are commonly used in growing many fruits and vegetables sold in grocery stores. While they help protect crops, **research shows that long-term exposure to pesticide residues may carry health risks—even for people who don't work in agriculture or buy organic food.**

## Key Research Findings:

- A study in *BMC Public Health* (2015) found that people exposed to pesticide residues—through food or environment—experienced increased rates of skin irritation, breathing problems, and hormonal imbalances.
- Research on flower farm workers (*Journal of Occupational Medicine*, 2006) reported higher instances of headaches, dizziness, and allergic reactions due to pesticide exposure.
- A study published in *Environmental Health* (2020) linked pesticide exposure to an increased risk of developing Parkinson's disease, even among individuals not directly working with pesticides.

## What You Can Do:

- Limit consumption of NON-organic foods that typically have higher pesticide levels (Environmental Working Group's "Dirty Dozen" List)
- Wash fruits and vegetables thoroughly under cold running water before eating
- Peel non-organic produce when possible to reduce surface pesticide residues
- Support policies and practices that promote safer food production