

Produce High in Pesticides

Celery
Peaches
Strawberries
Apples
Domestic blueberries
Nectarines
Sweet bell peppers
Spinach, kale and collard greens
Cherries
Potatoes
Imported grapes
Lettuce

Source:
Environmental Working Group

Produce Low in Pesticides

Onions
Avocados
Sweet corn
Pineapples
Mango
Sweet peas
Asparagus
Kiwi fruit
Cabbage
Eggplant
Cantaloupe
Watermelon
Grapefruit
Sweet potatoes
Sweet onions

Fish Highest in Mercury

Mackerel (King)
Marlin
Orange Roughy
Shark
Swordfish
Tilefish
Tuna (Bigeye, Ahi)

Fish High in Mercury

Bluefish
Grouper
Mackerel (Spanish, Gulf)
Sea Bass (Chilean)
Tuna (canned Albacore)
Tuna (Yellowfin)

Source:
National Resources Defense Council

Least Mercury

Anchovies
Butterfish
Catfish
Clam
Crab (Domestic)
Crawfish/Crayfish
Croaker (Atlantic)
Flounder
Haddock (Atlantic)
Hake
Herring
Mackerel (N. Atlantic, Chub)
Mullet
Oyster
Perch
Plaice
Pollock
Salmon (canned, fresh)
Sardine
Scallop
Shad (American)
Shrimp
Sole (Pacific)
Squid (Calamari)
Tilapia
Trout (freshwater)
Whitefish
Whiting