

Produce Ratings

Ratings are based on eight years of data from the Department of Agriculture, which each year tests a selection of conventional and organic produce grown in or imported to the U.S. for pesticide residues. Fruits and vegetables are listed alphabetically in the chart below, showing the risk from pesticides in their conventional and organic forms, as well as when they are grown domestically or imported. (A blank space means we did not have residue data for that food.) CR recommends those rated as very low, low, or moderate risk.

Very Low Risk


Okay to eat more than 10 servings a day

Low Risk


Okay to eat up to 10 servings a day

Moderate Risk


Okay to eat up to 3 servings a day

High Risk


Okay to eat up to 1 serving a day

Very High Risk


Okay to eat up to 1/2 serving a day

N/A


	Conventional		Organic	
	U.S. Grown	Imported	U.S. Grown	Imported
Apples 1/2 large				—
Applesauce 1/3 cup				
Asparagus 3 spears				—
Bananas 1 small banana	—		—	
Basil 1 Tbsp., chopped				
Bell peppers 2/3 cup, sliced			—	
Blackberries 2/3 cup				
Blackberries, frozen 2/3 cup	—		—	—
Blueberries 2/3 cup				
Blueberries, frozen 2/3 cup			—	
Broccoli 2/3 cup, chopped				
Cabbage 2/3 cup, chopped			—	—
Cantaloupe 2/3 cup, diced			—	—
Carrots 2/3 cup, chopped				—

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	Conventional		Organic	
	U.S. Grown	Imported	U.S. Grown	Imported
Cauliflower 1/2 cup, 1/2-inch pieces				
Celery 2/3 cup, chopped				
Cilantro 3 Tbsp., chopped				
Collard greens 1 1/2 cup, chopped				
Cranberries 1/3 cup				
Cranberries, canned or sauce. 3 Tbsp.				
Cranberries, frozen 1/3 cup				
Cucumbers 1/2 cup, sliced				
Eggplant 2/3 cup, cubed				
Grapefruit 1/3 large				
Grapes 2/3 cup				
Green beans 2/3 cup, 1/2-inch pieces				
Hot peppers 2 Tbsp., chopped				
Kale 3 cups, chopped				
Kiwifruit 1/2 cup, sliced				
Lettuce 1 cup, shredded				

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	Conventional		Organic	
	U.S. Grown	Imported	U.S. Grown	Imported
Mangoes 1/2 cup, pieces				
Mushrooms 2/3 cup, sliced				—
Mustard greens 1 cup, chopped				—
Olives, canned 3 olives			—	—
Onion 1/3 cup, chopped			—	—
Oranges 2/3 medium			—	—
Peaches 2/3 medium				—
Peaches, canned 2/3 cup			—	—
Peaches, frozen 1/4 cup				—
Pears 2/3 medium				—
Peas (sweet), canned 1/3 cup		—	—	—
Peas (sweet), frozen 1/2 cup				—
Plums 1 1/2 medium			—	—
Potatoes 1/2 cup, diced				—
Prunes 3 prunes				
Radishes 1/2 cup, sliced				—

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	Conventional		Organic	
	U.S. Grown	Imported	U.S. Grown	Imported
Raisins 3 Tbsp.				
Scallions (green onions) 3 Tbsp., chopped				
Snap peas 17 pods				
Spinach 2 cups				
Spinach, canned 1/3 cup		—	—	—
Spinach, frozen 1/3 cup				
Strawberries 8 medium				—
Strawberries, frozen 5 medium				
Summer squash 1/2 cup, chopped				—
Sweet potatoes 1/2 cup, cubed		—		—
Tangerines 2/3 large			—	—
Tomatillos 3/4 ounce			—	—
Tomatoes 1/2 cup, chopped				
Tomatoes, canned 1/3 cup, diced				
Watermelon 1 1/3 cup diced			—	—
Winter squash 1/2 cup, cubed				