

# Produce Ratings

Ratings are based on seven 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			—	
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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**N/A**


	Conventional		Organic	
	U.S. Grown	Imported	U.S. Grown	Imported
<b>Cauliflower</b> 1/2 cup, 1/2-inch pieces				—
<b>Celery</b> 2/3 cup, chopped				
<b>Cilantro</b> 3 Tbsp., chopped				—
<b>Collard greens</b> 1 1/2 cup, chopped				—
<b>Cranberries</b> 1/3 cup				—
<b>Cranberries, canned</b> or sauce. 3 Tbsp.		—		—
<b>Cranberries, frozen</b> 1/3 cup			—	
<b>Cucumbers</b> 1/2 cup, sliced				
<b>Eggplant</b> 2/3 cup, cubed				
<b>Grapefruit</b> 1/3 large				—
<b>Grapes</b> 2/3 cup				
<b>Green beans</b> 2/3 cup, 1/2-inch pieces				

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	Conventional		Organic	
	U.S. Grown	Imported	U.S. Grown	Imported
<b>Hot peppers</b> 2 Tbsp., chopped				—
<b>Kale</b> 3 cups, chopped				
<b>Kiwifruit</b> 1/2 cup, sliced			—	—
<b>Lettuce</b> 1 cup, shredded				—
<b>Mangoes</b> 1/2 cup, pieces				
<b>Mushrooms</b> 2/3 cup, sliced				—
<b>Mustard greens</b> 1 cup, chopped				—
<b>Olives, canned</b> 3 olives			—	—
<b>Onion</b> 1/3 cup, chopped				—
<b>Oranges</b> 2/3 medium			—	—
<b>Peaches</b> 2/3 medium				—
<b>Peaches, canned</b> 2/3 cup			—	—

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	Conventional		Organic	
	U.S. Grown	Imported	U.S. Grown	Imported
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				
Prunes 3 prunes				
Potatoes 1/2 cup, diced				
Radishes 1/2 cup, sliced				
Raisins 3 Tbsp				
Scallions (green onions) 3 Tbsp, chopped				
Snap peas 17 pods				

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	Conventional		Organic	
	U.S. Grown	Imported	U.S. Grown	Imported
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			—	—
Tomatoes 1/2 cup, chopped			—	
Tomatoes, canned 1/3 cup, diced				
Watermelon 1 1/3 cup diced			—	
Winter squash 1/2 cup, cubed				