Get the best bang for your buck when buying organic. Choose fruits and vegetables that typically contain higher levels of pesticides when conventionally grown.

**Foods with Highest Pesticide Levels When Conventionally Grown**
- Apples
- Bell Peppers
- Celery
- Cherries
- Imported Grapes
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

**Foods with Lowest Pesticide Levels When Conventionally Grown**
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn
- Kiwi
- Mangoes
- Onions
- Papaya
- Pineapples
- Peas