

Pesticide Residue Levels in Fruits & Veggies



MODERATE

Apricots, blueberries, cantaloup, grapefruit, grapes (domestic), honeydew, oranges, collard greens, cucumbers, kale, lettuce, mushrooms, sweet potatoes, tomatoes, winter squash



HIGH

Apples, grapes (imported), nectarines, peaches, pears, red raspberries, strawberries, bell peppers, carrots, celery, green beans, hot peppers, potatoes, spinach



LOW

Apple juice, bananas, mangoes, orange juice, papaya, plums, tangerines, watermelon, asparagus, avocado, broccoli, cabbage, cauliflower, onions, sweet corn, sweet peas

*From *Non-Drug Treatments for ADHD*
by Dr. Richard Brown & Dr. Patricia L. Gerbarg