

# AVOID PESTICIDES SHOPPING LIST\*

FRUIT/SALAD				VEGETABLES			
Could Buy Non-Organic (Low pesticide residue)	Qty	Get	Got	Could Buy Non-Organic (Low pesticide residue)	Qty	Get	Got
Figs				Asparagus			
Kiwi				Bean Sprouts			
				Beetroot			
Always Buy Organic	Qty	Get	Got	Broccoli			
Apples				Cabbage			
Apricots				Cauliflower			
Bananas				Corn on the cob			
Berries				Leeks			
Celery (Salad)				Mushrooms			
Cherries				Onions			
Citrus Fruits				Peas			
Cucumber (Salad)				Pumpkin			
Frozen Fruits				Rhubarb			
Grapes				Squash			
Grapefruit				Swede			
Lettuce (Salad)				Turnip			
Nectarines							
Oranges				Always Buy Organic	Qty	Get	Got
Peaches				Beans & Peas with pods			
Pears				Carrots			
Pineapple				Garlic			
Pre-Packed Salad (Salad)				Ginger			
Spring Onion (Salad)				Herbs			
Strawberries				Kale & Spring Greens			
Tomatoes (Salad)				Okra			
Smoothie Mixes				Onions			
				Parsnips			
BORDER LINE	Qty	Get	Got	Peppers			
Avocado (Salad)				Potatoes			
Mango				Spinach			
Melon				Vine Leaves			
Plums							
Prepared fresh fruit				BORDER LINE	Qty	Get	Got
Radish (Salad)				Aubergine			
				Broad Beans			
These lists do not replace any advice from a health professional. The lists have been compiled to show higher risk foods (Always buy organic), lower risk foods (Can buy organic) and borderline foods. Most items do contain some pesticide residue, even the "Could Buy Non-Organic" items can vary.				Brussel sprouts			
				Courgette			
				Plantain			
				Sweet Potato			
				Chili Peppers			

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MEAT/FISH/DAIRY				MISCELLANEOUS			
Could Buy Non-Organic (Low pesticide residue)	Qty	Get	Got	Could Buy Non-Organic (Low pesticide residue)	Qty	Get	Got
Lamb				Beer			
Liver				Chocolate			
Pork				Coffee			
Venison				Curry Leaves			
SEAFOOD				Fruit Juices			
Fresh water fish				Honey			
Oily fish				Nuts			
Prawns				Olives			
Shellfish				Rice Cakes			
Smoked fish				Seeds			
White fish				Soya Products			
DAIRY				Tea			
Butter				Tomato Products			
Hard Cheeses							
Eggs							
Milk							
Yogurt							
Dairy alternatives							
Always Buy Organic	Qty	Get	Got	Always Buy Organic	Qty	Get	Got
Beef				Bread			
Game/Venison/Rabbit				Cereal Bars			
Infant Formula				Crisps			
Processed Meats				Curry Leaves			
Soft Cheese				Herbal Tea			
				Lentils			
BORDER LINE	Qty	Get	Got	Oats			
Oily Fish				Pesto			
Poultry				Raisins, Currants, Sultanas			
				Rice			
				Rye products			
				Tinned Beans			
				Tinned Fruit			
				Tinned Vegetables			
				Wheat			
				Wheat Flour			
				Wine			
				BORDER LINE	Qty	Get	Got
				Crackers			
				Dried Beans/Pulses			
				Noodles			

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## References:

<https://www.gov.uk/government/collections/pesticide-residues-in-food-results-of-monitoring-programme#annual-monitoring-results>  
[https://issuu.com/pan-uk/docs/fruit\\_and\\_veg\\_pesticide\\_residues?e=28041656/52714956](https://issuu.com/pan-uk/docs/fruit_and_veg_pesticide_residues?e=28041656/52714956)