



THE SWITCH LIST

Still nutritious. Fewer pesticides. Usually less money.

cabbageguide.com

SKIP, OR BUY ORGANIC	BUY INSTEAD	WHY
Spinach, kale, collard and mustard greens	Cabbage (or broccoli)	Ranked worst for residues in 2026. Cabbage is on the clean list at a fraction of the price: about \$0.83 a pound vs \$2.50–\$4.50 for spinach, kale or collards. Broccoli sits just outside the clean list and costs about what kale does. Neither swap replaces the iron, calcium or vitamin A of dark greens.
Spring mix and 'power greens' blends	Shredded cabbage (clean list), or romaine	The big spring-mix brands all list baby spinach and kale, the two worst-ranked items; lettuce itself ranks 33 of 47, in EWG's middle group. Read the ingredient line.
Potatoes	Sweet potatoes	Back on the flagged list for a second year running, and up a spot in 2026. Sweet potatoes sit just outside the clean list, at about a quarter more per pound.
Green beans	Frozen peas	Flagged for pesticide toxicity just below the top twelve. Frozen peas are on the clean list and a little cheaper by the pound.
Bell and hot peppers	Carrots or cauliflower	Peppers are flagged for toxicity. Carrots and cauliflower are both on the 2026 clean list. Carrots cost less per pound; cauliflower costs more.
Pears	Bananas or kiwi	On the Dirty Dozen every year since 2017. Both swaps are on the clean list. Bananas cost about a third as much per pound; kiwi costs more.
Nectarines, peaches and cherries	Cantaloupe or oranges	All three are in the 2026 Dirty Dozen. Cantaloupe sits just outside the clean list; oranges land mid-list, still far cleaner than the fruit on the left.
Grapes and raisins	Watermelon or fresh mango	Grapes are flagged, and EWG's separate raisin analysis (2020) put raisins worst of all. Watermelon and fresh mango are both on the clean list.
Strawberries, blueberries, blackberries	Organic frozen berries	All three are in the Dirty Dozen. Organic frozen blueberries and blackberries usually cost less per pound than fresh; for strawberries, only the 4-lb warehouse bag beats fresh.
Apples	Mango or kiwi	Apples remain on the flagged list; most conventional ones are drenched in a chemical (DPA) after harvest. Mango costs less per pound than apples; kiwi costs more.

LOWEST-RESIDUE FIFTEEN, PER EWG 2026 (ewg.org/foodnews) - pineapple, sweet corn, avocado, papaya, onion, frozen peas, asparagus, cabbage, cauliflower, watermelon, mango, banana, carrots, mushrooms, kiwi

Three rules: spend the organic premium only on the left column. Skip it on the clean list, conventional is fine there. Wash everything either way, and remember frozen organic greens and berries are usually the cheapest way to buy those items organic.