



THE SWITCH LIST

Still nutritious. Fewer pesticides. Usually less money.

cabbageguide.com

Eating the conventional version beats eating none. This is only for choosing where the organic money goes.

BUY THIS - CONVENTIONAL IS FINE UNLESS THE ROW SAYS ORGANIC	INSTEAD OF, OR PAY ORGANIC FOR	WHY, AND WHAT IT COSTS
Cabbage, or broccoli	Spinach, kale, collard and mustard greens	Greens rank worst for residues in 2026. Cabbage is on the clean list at about \$0.83/lb vs \$2.50-\$4.50; broccoli runs about kale's price. Neither swap replaces the iron, calcium or vitamin A of dark greens, so buy those organic or frozen organic when you want them.
Shredded cabbage, or romaine	Spring mix and 'power greens' blends	The big blends all list baby spinach and kale, the two worst-ranked items. Lettuce itself ranks 33 of 47, mid-pack. Read the ingredient line on the bag.
Sweet potatoes	Potatoes	Potatoes are on the flagged list a second year running, up a spot in 2026. Sweet potatoes sit just outside the clean list, about a quarter more per pound.
Frozen peas	Green beans	Green beans are flagged for pesticide toxicity just below the top twelve. Frozen peas are on the clean list and a little cheaper by the pound.
Carrots, or cauliflower	Bell and hot peppers	Peppers are flagged for toxicity. Carrots and cauliflower are both on the 2026 clean list. Carrots cost less per pound; cauliflower costs more.
Bananas, or kiwi	Pears	Pears have been 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 more.
Cantaloupe, or oranges	Nectarines, peaches and cherries	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 right.
Watermelon, or fresh mango	Grapes and raisins	Grapes are flagged, and EWG's separate 2020 raisin analysis put raisins worst of all. Watermelon and fresh mango are both on the clean list.
Organic frozen berries	Strawberries, blueberries, blackberries	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.
Mango, or kiwi	Apples	Apples remain on the flagged list; most conventional ones are drenched in diphenylamine after harvest, which EPA says poses no risk and EWG disputes. Mango costs less per pound than apples; kiwi costs more.

LOWEST-RESIDUE FIFTEEN, PER EWG 2026 - 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 right column. Skip it on the clean list. Wash everything either way, and remember frozen organic is usually the cheapest way to buy greens and berries organic.

The argument against this list. Finding a residue is not the same as finding a risk: the residues USDA detects are almost all within legal limits, and critics say the annual list drives donations and headlines more than it changes health. That fight is unsettled, so the claim here is narrower: each swap is still nutritious, ranks lower for residues, and usually costs less. Check the USDA data yourself at ams.usda.gov/datasets/pdp. Prices are national and yours will differ - post what your store charges and this list gets updated.