

揭晓：农药残留最多和最少的果蔬分别

是.....These fruits and vegetables rank highest in
pesticide residue

随着天气转暖，各种新鲜美味的果蔬将会成批上市。尽管我们在食用之前都会清洗果蔬，但是有些果蔬的农药残留还是难以去除。你知道哪些果蔬的农药残留量最多，哪些最少吗？



[Photo/Pexels]

The Environmental Working Group (EWG) recently released its annual Shopper' s Guide to Pesticides in Produce, which includes two lists: the "Dirty Dozen" and the "Clean Fifteen," which rank which types of fruits and vegetables have the highest and lowest levels of pesticide residue, respectively.

美国环境工作组近日发布了年度农药残留农产品购物指南，其中包括两个清单：“最脏的 12 种”和“干净的 15 种”，分别列出了农药残留最多和最少的果蔬类型。

The EWG's Dirty Dozen is a list of nonorganic foods with the most pesticide residues. The EWG analyzes recent testing samples from the US Department of Agriculture (USDA) Pesticide Data Program (PDP) and the Food and Drug Administration (FDA). For realistic consumer data, the USDA washes, scrubs and peels (if necessary) fruits and vegetables, just as people normally would, and then tests for pesticides.

环境工作组的“最脏 12 种”清单包含农药残留最多的非有机食品。环境工作组分析了美国农业部农药数据项目和食品药品监督管理局近期检测的样品。为了得到真实的消费者数据，农业部工作人员就像人们通常会做的那样对果蔬进行冲刷清洗并在有必要的情况下给果蔬削皮，然后才检测农药残留。

The EWG found that 99% of strawberry samples (most recently tested in 2015-16) had detectable residues of at least one pesticide, earning the fruit the No. 1 spot. In addition, this year, the group found bell and hot peppers contained more pesticide residue than in the past, moving them up from 12th place to 7th place. The EWG also found that conventional spinach had on average 1.8 times as much pesticide residue by weight as other

tested crops, and kale, collard and mustard greens had the most pesticides detected in total.

环境工作组发现，99%的草莓样品（最近一批样品检测时间是2015到2016年）至少可检测到一种农药残留，从而在农药残留上位列首位。此外，环境工作组今年发现，柿子椒和辣椒所含的农药残留比往年更多，从12位上升到了第7位。环境工作组还发现，传统农产品菠菜所含的平均农药残留水平是接受检测的其他同等重量农产品的1.8倍。羽衣甘蓝和芥菜检测出的农药残留总量是最高的。

以下是“最脏12种果蔬”完整清单：

1 Strawberries 草莓

2 Spinach 菠菜

3 Kale, collard & mustard greens 羽衣甘蓝和芥菜

4 Nectarines 油桃

5 Apples 苹果

6 Grapes 葡萄

7 Bell & hot peppers 柿子椒和辣椒

8 Cherries 樱桃

9 Peaches 桃子

10 Pears 梨

11 Celery 芹菜

12 Tomatoes 西红柿

Which fruits and vegetables have the lowest levels of pesticides?

那么哪种果蔬的农药残留最少呢？

Opposite the Dirty Dozen is EWG' s Clean Fifteen — a list of fruits and vegetables with the lowest amount of pesticide residue, with about 70% of samples having no detectable amounts. Notably, many of these foods have an outer layer that you typically remove before consuming.

和“最脏 12 种”相对的是环境工作组的“干净 15 种”清单，列出了农药残留最少的果蔬，其中约 70% 的样品检测不出农药残留。值得注意的是，其中有许多果蔬都有一层外皮，一般在食用之前会剥掉。

农药残留最少的 15 种干净果蔬：

1 Avocados 牛油果

2 Sweet corn 甜玉米

3 Pineapple 菠萝

4 Onions 洋葱

5 Papaya 木瓜

6 Sweet peas (frozen) 甜豌豆 (冷冻)

7 Asparagus 芦笋

8 Honeydew melon 蜜瓜

9 Kiwi 猕猴桃

10 Cabbage 卷心菜

11 Mushrooms 蘑菇

12 Cantaloupe 哈密瓜

13 Mangoes 芒果

14 Watermelon 西瓜

15 Sweet potatoes 红薯

Shauna Henley, PhD, family and consumer sciences senior agent at the University of Maryland Extension, tells Yahoo Life that the best way to wash produce depends on its surface. Use a produce brush on rough surfaces like melons; rub smooth surfaces like apples with your hands; and try a colander or salad spinner for leafy greens, making sure to throw away the outer leaves first. Or try a baking soda solution: A 2017 study found that soaking apples in a mixture of baking soda and water for 12 to 15 minutes removed pesticide residue.

马里兰大学继续教育学院家庭与消费者科学高级专员肖娜·亨利博士告诉雅虎网生活频道说，清洗农产品的最好方式就是把表面洗干净。像西瓜这种表皮粗糙的果蔬，你可以用农产品专用刷子来刷洗；苹果等外表光滑的果蔬可以用手搓洗；绿叶蔬菜可以试着用过滤盆或脱水器来清洗，洗之前一定要先把外层的叶子丢掉。你也可以试试小苏打溶液：2017年的一项研究发现，将苹果在加了小苏打的水中浸泡 12 到 15 分钟可以去除农药残留。