

What to Look for in the Store



Real Food Tips

- Read labels
- Know your ingredients
- Leave cans, buy jars
- Easy isn't better
- Find fermented products
- Plan meals in advance
- Visit Farmer's Markets
- Find local farms
- Research your foods
- Support those you trust

Buy These Organic

- Apples
- Peaches
- Nectarines
- Strawberries
- Grapes
- Celery
- Spinach
- Sweet Bell Peppers

- Cucumbers
- Cherry tomatoes
- Snap peas (imported)
- Potatoes

Cleanest Produce

- Avocado
- **Sweet Corn***
- Pineapples
- Cabbage
- Sweet Peas (Frozen)
- Onions
- Asparagus
- Mangos
- Papaya
- Kiwi Fruit
- Eggplant
- Grapefruit
- Cantaloupe
- Cauliflower
- Sweet potatoes

Buy Non-GMO

- Organic (always non-GMO)
- Non-GMO Labels
- Garden (non-GMO seeds)

Risky GMO Foods*

- Alfalfa (first planting 2011)
- Canola (approx. 90% of U.S. crop)
- Corn (approx. 88% of U.S. crop in 2011)
- Cotton (approx. 90% of U.S. crop in 2011)
- Papaya (most of Hawaiian crop)
- Soy (approx. 94% of U.S. crop in 2011)
- Sugar Beets (approx. 95% of U.S. crop in 2010)
- Zucchini and Yellow Summer Squash (approx. 25,000 acres)

Possible Risk - GMO

- Chard and Beets
- Rutabaga and Siberian kale
- Bok choy, Mizuna, Chinese cabbage, Turnip, Rapini, Tatsoi
- Acorn squash, Delicata squash, Patty pan
- Flax
- Rice
- Wheat

GMO Contaminated Products**

Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings ("natural" and "artificial"), High-Fructose Corn Syrup, Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Molasses, Monosodium Glutamate, Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products

* GMO Crops

** Possible Contamination

