

Clean 15

2016 GUIDE TO PRODUCE

Dirty Dozen

These foods have the lowest level of pesticides & are safe to buy non-organic.

These foods have the highest level of pesticides. Be sure to buy these organic.



AVOCADO



CORN



PINEAPPLE



CABBAGE



SWEET PEAS



ONIONS



ASPARAGUS



MANGOS



PAPAYAS



KIWI



EGGPLANT



HONEYDEW



GRAPEFRUIT



CANTALOUPE



CAULIFLOWER



STRAWBERRIES



APPLES



NECTARINES



PEACHES



CELERY



GRAPES



CHERRIES



SPINACH



TOMATOES



BELL PEPPERS



CHERRY TOMATOES



CUCUMBERS

Source: EWG

High Risk GMO's & How to Avoid Them

The most common GMO foods and ingredients:

- **Corn** (88% of U.S. crop in 2010) found processed in corn flour, high fructose corn syrup, corn starch, masa, corn meal and corn oil.
- **Cotton** (approx. 90% of U.S. crop in 2011). Genetically modified oilseed crops are cottonseed, sunflower seed, canola, rapeseed, and peanut.
- **Canola** (90% of U.S. crop in 2010) found in canola oil, vegetable oils and many packaged foods/
- **Soy** (approx. 94% of U.S. crop in 2011). Consumers should assume that products whose labels disclose the presence of soy proteins, soybean oil, soy milk, soy flour, soy sauce, tofu or soy lecithin have been made with genetically modified ingredients.
- **Sugar Beets** (approx. 95% of U.S. crop in 2010). If a product label does not specify that it has been made with “pure cane” sugar, chances are significant that it contains genetically modified beet sugar.
- **Hawaiian Papaya** (approx. 50% of U.S. crop in 2010). If a product label does not specify that it has been made with “pure cane” sugar, chances are significant that it contains genetically modified beet sugar.
- **Zucchini & Yellow Summer Squash** (approx 25,000 acres).

How to avoid GMO foods:

Buy Foods Labelled “Organic”

In Canada and the U.S., organic certification rules do not allow genetically modified foods to be labelled “organic”. When you buy organic, you buy food free of synthetic pesticides as well as genetically modified ingredients.



Buy food certified as “Non-GMO Project Verified.”

The non-profit organization Non-GMO Project operates a detailed, voluntary certification process so that food producers can test and verify that, to the best of their knowledge, they have avoided using GM ingredients in their products. The Non-GMO Project is the only organization offering independent verification for GMO products in the U.S. and Canada (Non-GMO Project 2014).



Source: Environmental Working Group, NON GMO Project & Responsible Technology

Common Ingredients Derived from GMO Risk Crops

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.