Dirty Dozen List

1. Apples
2. Celery
3. Cherry Tomatoes
4. Cucumbers
5. Grapes
6. Hot Peppers
7. Nectarines (imported)
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet Bell Peppers

High-Risk GMO Crops

1. Canola (i.e. canola oil)
2. Corn (check food additives list below)
3. Papaya
4. Soy (check food additives list below)
5. Sugar Beets (used to make sugar and other sweet additives)
6. Zucchini and Yellow Summer Squash

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
- Maltodextrin
- Molasses
- Monosodium Glutamate (MSG)
- Sucrose
- Textured Vegetable Protein (TVP)
- Xanthan Gum
- Vitamins
- Yeast Products

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