

WHAT TO BUY ORGANIC

Dirty Dozen List

Courtesy of The Environmental Working Group

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

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High-Risk GMO Crops

Courtesy of Non-GMO Project

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 like inverted sugar syrup)
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, Maltases, Monosodium Glutamate (MSG), Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products