

Seafood

TIPS:
Avoid fish with higher toxins:
shark
tuna
swordfish
farmed salmon

Try these great alternatives:
anchovies
herring
mackerel
sardines
trout

for safely processed seafood <-->



seafood that comes from a sustainable <-- fishery

Meat and Dairy Labels

NATURAL
"minimally processed"
No artificial colors, flavors, preservatives, but animals can still be given hormones and antibiotics.

GRASS FED
solely fed on grass or hay, animals have access to the outdoors

FREE-RANGE
animals have access to the outdoors (but may be limited access)

NO HORMONES ADDED
animals raised without added hormones




THE DIRTY DOZEN

BUY THESE FOODS ORGANIC WHENEVER POSSIBLE

- apples
- bell peppers
- grapes
- celery
- cherries
- carrots
- pears
- potatoes
- peaches / nectarines
- strawberries and blueberries
- kale/collard greens
- lettuce/spinach

OTHER FOODS TO BUY ORGANIC
- milk - wine - fatty meats
- grain
- coffee, tea
& chocolate

FairTrade symbol for sustainability 



The Clean 15

- asparagus
- avocado
- broccoli
- cabbage
- sweet corn
- eggplant
- kiwi
- canteloupe
- mango and papaya
- onion
- pineapple
- sweet peas
- sweet potatoes
- tomatoes
- watermelon
- bananas
- mushrooms

Produce Stickers- look for the prefix to a four-digit PLU code

9 = organic
8 = GMO
4 = commercial

