



## Buy This and Say Bye-Bye to That Produce Shopping

Buy	Bye- Bye
Non-genetically modified fruits and vegetables	Genetically modified fruits and vegetables
Produce that is organically grown based on the guidance of the Dirty Dozen resource guide (refer to the website for this resource).	Conventionally grown produce that is found to have a high pesticide load based on the Dirty Dozen resource guide (refer to the website for this resource).
100% fruit juice	Fruit juices that are only 10% fruit juice, and contain high fructose corn syrup, added sugars, food dyes, etc.
100% vegetable juice	Vegetable juices that contain preservatives, monosodium glutamate, etc.
Actual fruit and vegetables (eat on a daily basis)	One-A-Day Multivitamin (unless otherwise prescribed by doctor)