

FRUITS/ VEGGIES, 2011

“Dirty Dozen” Plus (*choose organic*):

Apples, Celery, Strawberries, Peaches, Spinach,
Nectarines (imported), Grapes (imported), Sweet Bell Peppers,
Potatoes, Blueberries (domestic), Lettuce, Kale/ Collard Greens.

“Clean 15” (*conventional OK*):

Onions, corn**, pineapple, avocado, asparagus, sweet peas,
mangoes, eggplant, cantaloupe (domestic), kiwi, cabbage,
watermelon, Sweet potatoes, Grapefruit, Mushrooms.

**consider opting for non-GMP sources

Resources: Environmental Working Group, www.ewg.org.

FOOD STORAGE

Plastic Containers:

Choose: #1 PETE, #2 HDPE, #4 LDPE & #5 PP.

Avoid: #3 PVC, #6 PS & #7

Plastic Bags to choose:

Glad (Food Storage, Freezer, Sandwich) Bags, Hefty Baggies &
Slider Bags, Ziploc Bags & Double Guard Freezer Bags.

Non-PVC clear wraps to choose:

Glad Cling Wrap, HandiWrap, Saran Cling Plus, BestYet Clear
Plastic Wrap

Resource: “The Green Guide Institute”, www.thegreenguide.com, Jan/ Feb
2003 newsletter.

Rev (09/10)



HEALTHY SHOPPING GUIDELINES

Compliments of:

Dr. Stephenie Riley

Doctor of Naturopathic Medicine

Tahoe Center of Natural Medicine

600 N. Lake Blvd, Tahoe City, CA 96145

530.583.0002

www.dr-riley.com

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LABELING

USDA Labeling:

"100% Organic"; "Organic" = ≥95% organic ingredients;
"Made with Organic x, y, z" = must have ≥70% organic ingredients;
<70% organic ingredients, can make no front labeling claims but
may list individual organic ingredients on the side panel.

Claims verified by 3rd party inspectors:

The Food Alliance, The Marine Stewardship Council, Ecofish,
Pigeon Cove Seafood, Oregon Tilth and California Organic
Standards, American Grassfed.

Claims NOT verified:

"Natural", "Free Range", "Raised without antibiotics/ hormones" or
"No hormones/ antibiotics administered"

KEY:

◆ highest in mercury ▲ high bycatch ● overfished
■ moderate mercury ▼ farmed destructively
(F) = farmed, (P) = Pacific, (A) = Atlantic, (GC) = Gulf Coast

"NO" FISH

Caviar ●	Chilean sea bass ●▲ (toothfish)
Cod ■● (A)	Flounder ●▲ (A)
Great Lakes salmon	Grouper ● Haddock ●▲
Halibut ●●	King mackerel ◆ Marlin ◆
Monkfish ●▲	Orange roughy ●▲
Oysters ◆ (GC)	Pike ◆ Salmon ■▼ (F, A)
Scallops ●▲	Sea bass ◆ Shark ●●▲
Shrimp ▼▲	Snapper ●▲ Sole ●▲ (A)
Swordfish ●●▲	Tilefish ◆ Tuna ◆ (bluefin) ●

"MAYBE" FISH (Limit to 1X/ month)

Blue crab ■ (GC)	Blue mussel ■	Cod ■ (P)
Eastern oyster ■	Flounder (P)	Mahimahi ■
Mussels (F)	Oysters (F)	Pollock ■
Salmon (P)	Sole (P)	Striped bass

"YES" FISH (low mercury, not overfished)

Abalone (F)	Anchovies	Catfish (F)
Caviar (F)	Clams (F)	Crab
Crawfish	Herring	Hoki
Rainbow trout (F)	Striped bass (F)	Sturgeon (F)
Tilapia (F)	Trout (F)	Salmon (wild Alaskan)
Sand dabs	Sardines	Squid (P)

Resource: "The Green Guide Institute", www.thegreenguide.com, Nov/ Dec
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