

Ingredients to Avoid

All Forms of MSG

All Artificial Sweeteners

*Aspartame, Neotame,
Sucralose (Splenda),
Acesulfame K, Saccharin,*

Food Colorings

Hydrogenated Oils

Corn Syrup

High Fructose Corn Syrup

Carageenan (in dairy products)

Potassium Bromate (in breads)

Artificial Colorings

Propyl Gallate (preservative)

BHA & BHT (preservative)

Genetically Modified Foods (GM)

Sulfites

Sodium Nitrite


*(in most processed meats
and lunch meats)*

Remember! These additives should especially be avoided for children because the organs responsible for detoxifying are not as effective as those in adults.



How to read the numbers on produce stickers:

5 Digit Number: begins with #9

Produce was grown organically
No pesticides were used
Remember... 9 is fine! 

5 Digit Number: begins with #8

Produce was genetically modified
(Why is it bad? The plants have been genetically modified to withstand large amounts of pesticides without dying...)

4 Digit Number:

Produce was grown conventionally with pesticides



Grocery Watch list

Vital Earth
MINERALS

1-866-291-4400

Web Site: www.vitalearth.net

Email: info@vitalearth.net

Other names for MSG

Autolyzed Yeast
Barley Malt
Calcium Caseinate
Carageenan
Caramel Flavoring
Corn Syrup
Gelatin
Hydrolyzed Oat Flour
Hydrolyzed Protein
Hydrolyzed Vegetable Protein
Malt Extract
Maltodextrin
Modified Food Starch
Monosodium Glutamate (MSG)
Natural Flavors
Plant Protein Extract
Potassium Glutamate
Protease, Protease Enzymes
Sodium Caseinate
Soy Protein Isolate
Textured Protein
Whey protein isolate
Yeast extract

These sources could be in concentrations as high as 78% MSG and still be labelled as "No MSG".



PRODUCE

Least Pesticide Laden:

Onions
Avocados
Sweet Corn
Pineapple
Mango
Asparagus
Sweet Peas
Kiwi
Cabbage
Eggplant
Papayas
Watermelon
Broccoli
Tomatoes
Sweet Potatoes

Most Pesticide Laden:

Peaches
Apples
Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Kale
Lettuce
Grapes
Carrots
Pears
Potatoes
Tomatoes

Buy organic when possible

Other foods high in pesticides are: coffee beans, milk, meats; look for "organic" and "organically grown".

FISH

(Mercury, PCB's, Pollution)

Best Choice

Anchovies
Butterfish
Catfish
Clams
Crab (Domestic)
Flounder
Haddock (Atlantic)
Herring
Pollock
Salmon (wild)
Sardines
Scallops
Shrimp
Sole (Pacific)
Squid -Calamari
Tilapia
Trout (Freshwater)
Whitefish
Whiting

Worst Choices

All Farmed Fish
Bass
Bluefish
Gulf Coast Oysters
Halibut
King Mackerel
Mahi Mahi
Marlin
Pike
Pickerel
Sea Bass
Shark
Swordfish
Striped Bass
Tilefish
Tuna
Walleye

Fish on the "Worst Choices" list should be eaten no more than once a month. Also, small sized fish contain less contaminants.