

## 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 (dairy products, almond milk)*

*Potassium Bromate (in breads)*

### Artificial Colorings, Flavorings

*Propyl Gallate (preservative)*

*BHA & BHT (preservative)*

### Genetically Modified Foods (GMO)

### Sulfites

*Sodium Nitrite (lunch meats, hot dogs)*

*Remember! The above 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!* ✓ Best

### 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

www.VitalEarthMinerals.com  
Email: info@vitalearthminerals.com

## 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:

Sweet Corn  
 Avocados  
 Pineapple  
 Cabbage  
 Onions  
 Frozen Sweet Peas  
 Papayas  
 Asparagus  
 Mangos  
 Eggplant  
 Honeydew Melon  
 Kiwis  
 Cantaloupe  
 Cauliflower  
 Grapefruit

### Most Pesticide Laden:

Strawberries  
 Spinach  
 Nectarines  
 Apples  
 Peaches  
 Pears  
 Cherries  
 Grapes  
 Celery  
 Tomatoes  
 Bell Peppers  
 Potatoes  
 Cucumbers  
 Cherry Tomatoes  
 Lettuce

*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

Bass-Striped  
 Catfish  
 Clams, Mussels  
 Oysters  
 Cod: Pacific (AK)  
 Crab: King, Snow, (AK)  
 Perch: Yellow  
 Prawn: Freshwater  
 Rockfish  
 Salmon (AK & New Zealand)  
 Sardines: Pacific  
 Scallops: Farmed  
 Shrimp: Farmed & AK  
 Tilapia  
 Trout: Lake, Rainbow  
 Tuna: Albacore, Skipjack

### Worst Choices

Cod: Asia, Russia  
 Crab: Asia, Russia  
 Lobster: Spiny  
 Mahi Mahi (Imported)  
 Octopus  
 Orange Roughy  
 Salmon (farmed)  
 Shark  
 Shrimp (Imported)  
 Swordfish  
 Tuna: Bluefin  
 Tuna: Skipjack  
 Tuna: Yellowfin

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