



THE SHOPPER'S GUIDE

Shown below are the fruits and vegetables that pose the highest pesticide risk per serving when grown conventionally in the United States.

BY SAFE, CHOICE ORGANIC

FRUIT

1. Raspberries 2. Strawberries 3. Apples



4. Peaches

5. Pears

6. Cantaloupes



7. Tomatoes

8. Nectarines

9. Blueberries



VEGETABLES

1. Green Beans

2. Sweet Bell Peppers

3. Lettuce



4. Sweet Potatoes

5. Carrot Greens

6. Bok Choy



7. Potatoes

8. Spinach

9. Red Potatoes



ORGANIC ESSENTIALS

A comprehensive guide for identifying safe and nutritious food

DAIRY AND MEAT

Dairy and meat from grass-based organic farms produce milk with much higher levels of heart-healthy omega-3 fats and much lower levels of heart-unhealthy omega-6 fats. This is why organic whole milk and other organic dairy products offer a cost-effective way for families to consume a healthier mix of essential fatty acids.

Livestock on organic farms are raised more humanely—with greater access to fresh air, sunlight and organic feedstuffs. They consume organic feed without GMOs, and are raised without antibiotics and growth hormones.

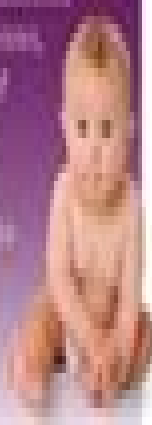


GRAINS

Methods used to protect conventional wheat from pests during storage often lead to chemical residues in flour and baked goods. Based on recent U.S. Department of Agriculture (USDA) market data, wheat, grain, cereal, oats, and wheat flour 80% is critical risk category.

DO YOU KNOW...

According to recent studies, consuming certain synthetic pesticides while pregnant may increase the unborn child's risk of asthma, ADHD, diabetes, obesity, autism, reproductive problems, and even fires of cancer. Exposure during childhood can further increase these risks.



Imported produce, on average, poses pesticide risks over three times higher than produce grown in the United States.

Shoppers Guide To Organic Food

Wenbin Ji



Shoppers Guide To Organic Food:

The Organic Food Shopper's Guide Jeff Cox, 2008-03-04 This affordably priced shopper's guide derived from *The Organic Cook's Bible* Wiley 4 2006 gives consumers essential easy to follow guidance on what makes organic food preferable and worth the extra money The book is organized by food item over 100 foods total in chapters on Vegetables Fruits Beans and Grains Nuts and Seeds Meat Fish Dairy and Eggs and Kitchen Staples in clear easy to use entries with at a glance information on Season Good Varieties Nutritional Highlights What to Look For Storage and Preparation Tips and Goes Well With suggesting complementary flavors followed by larger sections on a food's Organic Advantage i.e. why to buy organic and Uses plus other informational tidbits Accompanying the entries are 100 recipes showcasing the flavor and freshness of organic food Further enhancing the book is a front section giving a detailed overview of organics and an extensive Sources section in the back **New Shopper's Guide to Organic Food** Lynda Brown, 2002-04-17 **Dormant**,

How to Buy Organic Food Inexpensively David Hennessey, 2008 **The Shopper's Guide to Organic Food** Lynda Brown, 1998 **Shopper's Guide** United States. Department of Agriculture, 1974 Dr. Shapiro's Picture Perfect Weight Loss Shopper's Guide Howard M. Shapiro, 2001-05-04 Explains how to read and interpret food labels how to stock a pantry and how to make the best food selections in the grocery store in a guide that includes helpful charts brand name recommendations and informative sidebars *Shopper's Guide, the 1974 Yearbook of Agriculture, [1974].*, 1975-06 The Atkins Shopping Guide Atkins Medical, 2009-10-13 This easy to use pocket guide the ultimate shopping reference and an indispensable companion to the 1 New York Times bestseller Dr Atkins New Diet Revolution will show you which foods to buy and which to avoid as you follow the Atkins Nutritional Approach a celebrity favorite diet perfect for losing weight before your wedding or to bounce back into shape post baby or if you just want to look and feel your best What should I eat and where can I find it Which products are the most Atkins friendly Are there hidden dangers in seemingly acceptable foods Now Food Shopping the Atkins Way is Easier Than Ever Whether you're one of the millions already losing weight and feeling great thanks to the remarkable Atkins Nutritional Approach or you are just discovering the healthy benefits of a low carb lifestyle shopping for food need no longer be a daunting process The Atkins Shopping Guide contains everything you must know to stock your pantry with the right foods while avoiding products devoid of nutrients and full of sugar and white flour With foods clearly arranged by category this essential handbook takes you aisle by aisle through the supermarket putting helpful information at your fingertips It also provides useful pointers for shopping at superstores and natural foods retailers all in a handy format portable enough to carry in your pocket or purse So throw away that misguided food pyramid chart and stop counting fat grams and calories With The Atkins Shopping Guide confusion about the right way to eat will be a thing of the past as you follow the proven Atkins path to healthy living *The Green Supermarket Shopping Guide* John F Wasik, 2009-10-31 A guide for the earth conscious consumer shows shoppers which products come in packages made from

recycled materials which companies help the environment and which hurt it how to decode confusing environmental claims on labels and more

Low GI Diet Shopper's Guide 2014 Jennie Brand-Miller, Kaye Foster-Powell, 2013-10-29 Unlock the secrets to long term health with Australia's bestselling LOW GI DIET SHOPPER'S GUIDE now updated for 2014 [Rodale's Nontoxic Back-to-School Shopping Guide](#) Emily Main, Leah Zerbe, Editors of Rodale Books, 2011-08-29 Unfortunately many manufacturers of school related products deserve an F for selling items laced with chemicals that are linked to developmental and learning problems among other ailments Some of these products also take a toll on the health of our planet adding to the mountains of trash and waste that strain our resources and releasing toxic chemicals that pollute air water and soil The good news is that parents public health leaders and advocacy groups have been calling for safer products and marketers are listening So there are more and more options for smart choices that protect your family's health To help you navigate the sometimes confusing array of backpacks book bags lunch boxes art supplies and other educational accessories and separate the truly healthful from the overly hyped the editors of Rodale Books editors have compiled this unique shopping guide to the healthiest safest kid friendliest options on the market today Based on extensive research and interviews and advice from child health experts environmental specialists and concerned parents Rodale's Nontoxic Back to School Shopping Guide covers more than 150 specific products provides dozens of creative ideas for materials and sources and offers important guiding principles for evaluating other items you may find on your own It's the ultimate handbook for equipping your kids to have a safe healthy nontoxic school year

Savvy Organic Shopper's Guide Tania Belkin, 2013-10 The Savvy Organic Shopper's Guide is an insightful book that provides you with structured simple and concise information on how buy organic food at up to a 70% savings You will benefit from Tania's more than 10 years experience as a distributor producer and consumer of organic food as she shares all of her insights tips and tricks about how to find the best quality organic food at the best possible prices In addition Tania Belkin offers all buyers of the SOS Guide a link to her Food Storage Guide as a bonus

myhealthiestlife.com Shopping Guide, [How to Buy Organic Food Inexpensively](#) David Hennessey, 2006

The Better World Shopping Guide: 6th Edition Ellis Jones, 2017-10-01 Small enough to fit in your pocket this practical little book will help you change the world as you shop While we strive to make our vote count every four years few of us realize that our most immediate power to shape the world is squandered on a daily basis Every dollar we spend has the potential to create social and environmental change In fact it already has The world that exists today is in large part a result of our purchasing decisions The Better World Shopping Guide rates hundreds of products and services from A to F so you can quickly tell the good guys from the bad guys and ensure your money is not supporting corporations that make decisions based solely on the bottom line Drawing on decades of meticulous research this completely revised and updated sixth edition will help you find out who actually walks the talk when it comes to Environmental sustainability Human rights Community involvement Animal protection Social justice Small enough to fit in a back pocket or handbag and organized in a

user friendly format The Better World Shopping Guide helps you reward companies who are doing good penalize those involved in destructive activities and change the world as you shop Ellis Jones PhD is the award winning bestselling author of five previous editions of The Better World Shopping Guide and co author of The Better World Handbook A scholar of social responsibility global citizenship and everyday activism he has dedicated himself to uncovering practical ways for people to make a difference in the world He currently teaches at Holy Cross College in Worcester MA The Better World Shopping Guide: 5th Edition Ellis Jones,2015-06-01 While we generally try to make our vote count every four years few of us realize that our most immediate power to shape the world is being squandered on a daily basis Every dollar we spend has the potential to create social and environmental change In fact it already has The world that exists today is in large part a result of how our purchasing decisions have already shaped it The Better World Shopping Guide rates hundreds of products and services from A to F so you can quickly tell the good guys from the bad guys and ensure your money is not supporting corporations who make their decisions based solely on the bottom line Drawing on decades of meticulous research this completely revised and updated fifth edition will help you find out who actually walks the talk when it comes to Environmental sustainability Human rights Community involvement Animal protection Social justice Small enough to fit in a back pocket or handbag and organized in a user friendly format The Better World Shopping Guide will help you reward the companies who are doing good penalize those involved in destructive activities and change the world as you shop **My Healthiest Life Shopping Guide: Our Best of the Best Product Picks for 2009: Body, Face & Hair** , Going Organic Without Going Broke , *The Better World Shopping Guide: 7th Edition* Ellis Jones,2022-03-15 EVERY DOLLAR IS A VOTE MAKE YOURS COUNT Every dollar we spend has the potential to create social and environmental change In fact it already has The world that exists today is in large part a result of our purchasing decisions Now in its seventh edition The Better World Shopping Guide continues to be the gold standard for socially and environmentally responsible consumers Pick up the seventh edition of this perennial bestseller and find out which companies actually walk the talk when it comes to Environmental sustainability and climate change Human rights Community involvement Animal protection Social justice From cereal to computers meat alternatives to outdoor gear and pet care to toys check the rating before you buy Drawing on decades of research this comprehensive resource rates hundreds of brands products and services from A to F so you can quickly tell the good guys from the bad guys turning your shopping list into a powerful tool for positive change 6000 hours of research 2000 companies evaluated 70 product categories 50 reliable sources 5 essential issues 1 report card Small enough to fit in a back pocket or handbag easy to use and covering more brands than ever The Better World Shopping Guide helps you reward companies who are doing good penalize those involved in destructive activities and change the world as you shop ACCESSIBILITY NOTES This publication meets the EPUB Accessibility requirements and it also meets the Web Content Accessibility Guidelines WCAG AA It is screen reader friendly and is accessible to persons with disabilities This book contains

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