

ORGANIC/NON-ORGANIC GROCERY STORE GUIDE

BUY ORGANIC
Apples
Blueberries
Celery
Cherries
Chocolate
Coffee
Collard Greens
Cucumbers
Grapes (Imported)
Lettuce
Nectarines (Imported)
Peaches
Peppers - Bell and Hot
Popcorn
Potatoes
Snap Peas (Imported)
Spinach
Strawberries
Tomatoes - Canned
Tomatoes - Cherry
Zucchini

NON-ORGANIC OKAY
Asparagus
Avocados
Broccoli
Cabbage
Corn
Eggplant
Eggs
Frozen Vegetables (DO NOT boil or microwave in bag)
Grapefruit
Kiwi
Mangoes
Melons (Musk, Honeydew, Watermelon)
Onions
Peas
Pineapple
Sweet Potatoes

IF YOU CAN AFFORD ORGANIC...	
Diary Products (milk, butter, etc...)	Beef (or any fatty meats)

FOOD LABELS	
Certifications	
USDA ORGANIC	grown on farms approved by the USDA
CERTIFIED NATURALLY GROWN	grown to same standards as USDA Organic but certified by another organization
GRASSFED	animals not fed grains with antibiotics, hormones and raised humanely
AMERICAN HUMANE CERTIFIED	animals are raised humanely
ANIMAL WELFARE APPROVED	animals raised on pasture/range and humanely
Non-Certified	
Hormone-Free / rBGH-Free	farmer has chosen not to use hormones
Raised Without Antibiotics	farmer has chosen not to use antibiotics
Free-Range	animals are raised humanely
All Natural	MEANS NOTHING!

