

## **ORGANICS BUYING GUIDE**

### **Highest Pesticide Residues** (always buy organic)

- 1) Apples
- 2) Strawberries
- 3) Grapes
- 4) Celery
- 5) Peaches
- 6) Spinach
- 7) Bell Peppers
- 8) Nectarines
- 9) Cucumbers
- 10) Cherry Tomatoes
- 11) Potatoes
- 12) Hot Peppers
- 13) Blue Berries
- 14) Leafy Greens
- 15) Grains

### **Lowest Pesticide Residues** (OK to buy generic)

- 1) Avocados
- 2) Pineapples
- 3) Cabbages
- 4) Onions
- 5) Asparagus
- 6) Mangos
- 7) Kiwis
- 8) Eggplants
- 9) Grapefruits
- 10) Cantaloupes
- 11) Cauliflowers
- 12) Sweet Potatoes/Yams
- 13) Mushrooms
- 14) Honeydew Melon
- 15) Watermelon

## **FISH/SEAFOOD TOXICITY AND SUSTAINABILITY GUIDE**

### **Least Toxic / Most Sustainable**

- ✓ Wild Caught Alaskan Salmon
- ✓ Anchovies
- ✓ Sardines
- ✓ Atlantic Mackerel
- ✓ Atlantic Herring
- ✓ Arctic Char
- ✓ Alaskan Cod
- ✓ Tilapia
- ✓ Scallops

### **Most Toxic / Least Sustainable**

- Tuna
- Farmed Salmon
- Atlantic Salmon
- Snapper
- Mahi Mahi
- Pollock
- Sturgeon
- Marlin
- Shark
- Swordfish
- Orange Roughy
- Flounder
- Soul
- Halibut
- Atlantic Cod
- Caviar
- Octopus
- Red King Crab
- Eel
- Shrimp

## **GLUTEN FREE GRAINS**

- ✓ Amaranth
- ✓ Buckwheat
- ✓ Millet
- ✓ Montina
- ✓ Gluten Free Oats
- ✓ Quinoa
- ✓ Rice
- ✓ Sorghum
- ✓ Teff
- ✓ Wild Rice

## **OTHER HEALTHY CHOICES**

- ✓ Free Range / Pastured Eggs
- ✓ Free Range / Pastured Chicken
- ✓ Free Range / Pastured Beef
- ✓ 100% Grass Fed Beef
- ✓ Lamb
- ✓ Pastured pork
- ✓ Butter or Ghee from 100% grass fed animals

## **GLUTEN CONTAINING GRAINS**

- Wheat
- Barley
- Bulgur
- Durum
- Farina
- Farro
- Graham
- Kamut
- Malt
- Oats (often contaminated)
- Rye
- Semolina
- Spelt
- Triticale

## **FOOD ADDITIVES TO AVOID**

- Aspartame
- High Fructose Corn Syrup
- Monosodium Glutamate (MSG)
- Partially/Hydrogenated Oils
- Food Dyes / Colorings
- Sulfites/Sulfates
- Nitrates/Nitrites
- BHA/BHT
- Potassium Bromate
- Maltodextrin
- Artificial Flavor
- Natural Flavor
- Dextrose
- Sugars
- Splenda
- Saccharin
- Preservatives
- Olestra
- Carrageenan
- Parabens

## **GENETICALLY MODIFIED CROPS**

(avoid or buy organic or non-gmo)

- Corn
- Cotton
- Sugar Beets
- Summer Squash
- Canola/Rapeseed
- Soy/Edamame
- Zucchini
- Papaya

## **Foods to focus on for good bile production and liver health**

- Artichoke
- Avocado
- Beans
- Beet tops
- Beets
- Berries (in general)
- Blueberries
- Brazil nuts
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Chickpeas
- Citrus fruits (in general)
- Collard greens
- Dandelion greens
- Fish (especially wild caught salmon)
- Garlic
- Ginger
- Kale
- Lemons (add to water)
- Lentils
- Liver
- Mustard greens
- Nuts (in general)
- Olive oil
- Olives
- Onions
- Pasture raised eggs
- Seeds (in general)
- Shrimp (if wild caught)
- Sunflower seeds
- Turmeric

## **Teas to consider**

Burdock  
Chicory  
Dandelion  
Fenugreek  
Ginger  
Green tea  
Lemon  
Peppermint  
Traditional Medicinals – Every Day Detox  
Traditional Medicinals – Smooth Move (if < 1BM daily)