

✂ Cut this out, fold it in half and keep it in your wallet!

Dirty Dozen

Apples
Celery
Sweet Bell Pepper
Peaches
Strawberries
Nectarines
Grapes
Leafy Greens
Cucumbers
Blueberries
Potatoes
Green Beans

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GMO

Corn
Soy
Wheat
Corn: fructose, high fructose corn syrup, citric acid, monosodium glutamate, confectioner's sugar, corn flour, corn fructose, corn meal, corn oil, corn syrup, dextrin and dextrose, lactic acid, malt, mono- and diglycerides, sorbitol, and starch, some vitamins.

*Baking powder usually contains cornstarch.

Soy: texturized vegetable protein, carob, emulsifiers, natural flavors, shoyu, soy beverages, soy flour, soy lecithin, soy miso, soy protein concentrate or isolate, soy sauce, soybean oil, stabilizer, bulking agents, tamari, tempeh, vegetable broth, guar gum, and vegetable gum.

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