

Eco-Friendly Shopping Guide

When your goal is to **Vote with Your Fork** in favor of a healthier environment, a stronger body and better treatment of animals, use this shopping guide to navigate the grocery store.

Keep these basic ideas in mind:

1. Shop the perimeter of the store for most foods.
2. Choose whole and minimally processed foods.
3. Think about where the food came from and how it was produced.



Produce

- Invest in organic when possible
- Prioritize the produce with higher levels of pesticides apples, celery, strawberries, peaches, spinach, nectarines, imported grapes, bell peppers, potatoes, blueberries, lettuce and dark greens as organic (See *The Dirty Dozen* handout)
- Be aware of country of origin labeling and minimize foods from far-away-lands
- Choose local and seasonal when possible
- Consider frozen vegetables and fruit
- Eat a variety of colors daily



Poultry and Eggs

- Invest in organic when possible
- If not organic, prioritize “no antibiotics administered”
- Be aware that hormones are never administered to poultry animals
- Be aware of humane treatment of animals labeling (See *Eco-Friendly Food Label Guide* handout)
- Choose local when possible
- Choose skinless poultry
- Choose omega 3 eggs



Dairy

- Invest in organic when possible
- If not organic, prioritize rBGH free or “hormone free”
- Be aware of humane treatment of animals labeling
- Choose local when possible
- Choose low fat
- Limit dairy intake overall to reduce carbon footprint



Meat

- Invest in organic when possible
- If not organic, prioritize “no hormones added” and “no antibiotics administered”
- Be aware of humane treatment of animals labeling
- Choose local when possible
- Look for and choose “grass fed and finished”
- Choose lean cuts of meat
- Limit meat intake overall to reduce carbon footprint



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Fish

- Choose wild when possible
- Use the Seafood Watch Guide from the Monterey Bay Aquarium (www.seafoodwatch.org)
- Choose flash frozen rather than fresh



Grains (cereals, breads, crackers, and pasta)

- Invest in organic when possible
- Realize “organic” does not ensure “nutritious”
- Read ingredient lists & prioritize short lists
- Be aware of the abundance of genetically modified (GMO) corn, sugar and soy ingredients in grain foods
- Be aware of unhealthy added sugars (syrups, sugars, sucrose, dextrose, maltose and fructose)
- Choose foods with <4 grams sugar per 100 calories
- Choose foods with >3 grams fiber per 100 calories
- Choose 100% whole grain foods; multi-grain or made with whole grains is not 100% whole grain



Oils

- Invest in organic when possible
- Choose olive oil and canola oil rather than corn, soy, cottonseed, sunflower or “vegetable” oil
- Choose non-GMO canola oil
- Choose expeller pressed or cold pressed oils



Snack Foods (chips, bars, etc)

- Choose foods with short ingredient lists
- Be aware of GMO ingredients
- Avoid synthetic food dye
- Avoid hydrogenated oils
- See *Food Additives Safety* handout
- Choose snacks that promote a healthy-body, such as, whole grain crackers, dried fruit, nuts, fresh fruit or veggies, hummus, string cheese, or whole grain granola bars

Genetically Modified Foods (GMO)

- Produce PLU codes starting with “8” have been genetically modified, avoid these.
- Corn, soy, cotton and sugar beets are genetically modified in the US. To avoid GMO:
 - Choose organic or non-GMO for the following foods or foods containing these ingredients:
 - Corn: corn syrup, corn oil, maltodextrin, caramel coloring, dextrose, fructose, sucrose, modified food starch (whole kernel corn is not GMO)
 - Whole soy: tofu, edamame, tempeh, soy milk, soy yogurt
 - Processed soy: soy protein, soybean oil
 - Cottonseed oil in processed foods
 - Sugar beets (sugar) in processed foods
- Remember that GMO soy, corn and alfalfa are the primary feeds for animals in the US

