# HOW TO Identify CLEAN Food

## Organic Seal

USDA ORGANIC

## Organic PLU Code

5 numbers, starts with 9

## Less Plastic Packaging

not

## EWG Clean Fifteen, Safe Non-Organic

Clean 15: Avocados, sweetcorn, pineapple, onions, papaya, frozen sweet peas, asparagus, honeydew melon, kiwi, cabbage, ,mushrooms, mangoes, sweet potatoes, watermelon, carrots.

PLU Code: 4 numbers

## YOUR HEALTH

## GMO PLU Code

5 Digit Code Starting With 8 means:

GMO

## GLYPHOSATE

## PLASTIC

## DIRTY DOZEN

Strawberries, spinach, kale, collard & mustard greens, grapes, peaches, pears, nectarines, apples, bell and hot peppers, cherries, blueberries, green beans.

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# Amazon Fresh: Nonorganic vs. organic

| | Amazon Fresh nonorganic | Amazon Fresh Organic |
|---|---|---|
| **Eggs/dairy:** | | |
| Brown eggs (12) | $4.79 | $4.79 |
| Milk (1/2 gallon) | $4.39 | $4.19 |
| Quart of plain yogurt (32 oz) | $4 | $5 |
| Subtotal | $13.18 | $13.98 |
| | | |
| **Produce:** | | |
| Yukon gold potatoes (1 lb) | $1.20 | $3.33 |
| Mixed salad greens (5 oz) | $1.69 | $3.19 |
| Hass avocado (1) | $2.29 | $1.75 |
| Carrots (1 lb) | $1.25 | $1.49 |
| Yellow onions (1 lb) | $1.19 | $1.49 |
| Gala apples (1 lb) | $3 | $1.93 |
| Strawberries (16 oz) | N/A | N/A |
| Bananas (2-3 lbs) | $1.73 | $1.89 |
| Lemon (1) | $1 | $1 |
| Subtotal | $13.35 | $16.07 |
| | | |
| **Pantry:** | | |
| Bottle of Ketchup (32 oz) | $5.69 | $4 |
| White rice (1 lb) | $1.89 | $2.88 |
| Chicken stock (32 oz) | $1.89 | $2.49 |
| Ground coffee (10 oz) | $5.29 | $6.23 |
| Penne pasta (16 oz) | $1.19 | $1.69 |

| | | |
|---|---|---|
| Pasta sauce (24 oz) | $3.59 | $2.69 |
| Subtotal | $19.54 | $19.98 |
| | | |
| **Bread and snacks:** | | |
| Toasted O's cereal (8 oz) | N/A | N/A |
| Corn chips (8 oz) | $2.49 | $2.99 |
| Granola bars (box of 6) | $3.79 | $2.59 |
| Apple Juice (64 oz) | $3.39 | $3.69 |
| Loaf of whole grain bread | $4 | $6.49 |
| Subtotal | $13.67 | $15.76 |
| | | |
| **Meat/fish:** | | |
| Ground beef (1 lb) | $4.69 | $8 |
| Skinless chicken thighs (1 lb) | $5.11 | $8 |
| Whole chicken (3 lb) | N/A | N/A |
| Chicken breast (1 lb) | $5 | $13.49 |
| Ground turkey (1 lb) | N/A | N/A |
| Subtotal | $14.80 | $29.49 |
| | | |
| **Total** | **$74.54** | **$95.28** |

https://www.cnet.com/home/kitchen-and-household/how-much-more-expensive-is-organic/

If you compare the above lists, you'll see that some organic foods cost *less* than conventional foods. Overall, however Amazon Fresh shoppers can expect to pay about 21% more for choosing all organic groceries.
However, the biggest cost increase comes from the meat category. If you were to remove meat from the list, the difference would be about 8% to choose organic over nonorganic.

What does this mean? For every dollar spent on food, if you purchase organically grown fruits, vegetables, legumes and whole grains, you will spend about $0.08 more. So, if you typically spend $100 per week on food, organically grown foods will cost you an additional $8.00 per week.

What do you get for this $8.00, particularly if you purchase whole foods, which cost less than processed/prepared foods, and prepare whole foods yourself at home?

*Far higher levels* of vitamins, minerals, omega-3 essential fatty acids, and literally thousands of phytonutrients that support your health. Phytonutrients, in particular, are almost no longer detectable in conventionally grown processed foods.

*Far lower levels* of pro-inflammatory omega-6 fats and toxins (antibiotics, heavy metals, pesticides, glyphosate residues, and endocrine-disrupting plasticizers)

Mie, A., Andersen, H. R., Gunnarsson, S., Kahl, J., Kesse-Guyot, E., Rembiałkowska, E., Quaglio, G., & Grandjean, P. (2017). Human health implications of organic food and organic agriculture: a comprehensive review. Environmental health : a global access science source, 16(1), 111. https://doi.org/10.1186/s12940-017-0315-4

Vigar, V., Myers, S., Oliver, C., Arellano, J., Robinson, S., & Leifert, C. (2019). A Systematic Review of Organic Versus Conventional Food Consumption: Is There a Measurable Benefit on Human Health?. Nutrients, 12(1), 7. https://doi.org/10.3390/nu12010007

And as this recently published study of 33,256 participants (76% women, whose average age was 53), a greatly reduced risk of type 2 diabetes. Study participants eating the most organically grown foods had 35% lower risk of T2D, compared with those with ate the least organically grown food.

Kesse-Guyot, E., Rebouillat, P., Payrastre, L., Allès, B., Fezeu, L. K., Druesne-Pecollo, N., Srour, B., Bao, W., Touvier, M., Galan, P., Hercberg, S., Lairon, D., & Baudry, J. (2020). Prospective association between organic food consumption and the risk of type 2 diabetes: findings from the NutriNet-Santé cohort study. The international journal of behavioral nutrition and physical activity, 17(1), 136. https://doi.org/10.1186/s12966-020-01038-y

***Is your health worth $8.00 a week?***