Identify CLEAN Food









PLU Code: 4 numbers



YOUR HEALTH





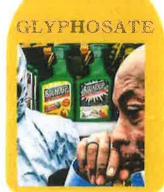




GMO PLU Code



5 Digit Code Starting With **8 GMO**





DIRTY DOZEN

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

Identify CLEAN Food









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





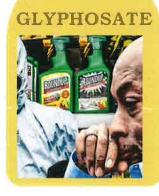




GMO **PLU Code**



GMO





DIRTY DOZEN

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

Amazon Fresh: Nonorganic vs. organic

	Amazon Fresh nonorganic	Amazon Fresh Organic
Eggs/dalry:		
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:		127
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?