



THE FAB 14 & THE TERRIBLE 20

SAFE SHOPPING GUIDE

Guiding you to produce that has not been created using genetic modifications or engineering (GMOs) with the least pesticide residue.



Cut along outside edge and then fold on the middle line to create wallet size guide.

<p>THE MICRONUTRIENT MIRACLE SAFE SHOPPING GUIDE</p> <p>The Fab 14</p> <p>Guiding you to non-GMO produce with the least pesticide residue.</p> <p>Safe to buy conventional.</p> <table border="0"> <tr><td>1. Avocado</td><td>8. Kiwi</td></tr> <tr><td>2. Pineapples</td><td>9. Eggplant</td></tr> <tr><td>3. Cabbage</td><td>10. Grapefruit</td></tr> <tr><td>4. Sweet Peas</td><td>11. Cantaloupe</td></tr> <tr><td>5. Onions</td><td>12. Cauliflower</td></tr> <tr><td>6. Asparagus</td><td>13. Sweet Potatoes</td></tr> <tr><td>7. Mango</td><td>14. Mushrooms</td></tr> </table> <p>www.CaltonNutrition.com</p>	1. Avocado	8. Kiwi	2. Pineapples	9. Eggplant	3. Cabbage	10. Grapefruit	4. Sweet Peas	11. Cantaloupe	5. Onions	12. Cauliflower	6. Asparagus	13. Sweet Potatoes	7. Mango	14. Mushrooms	<p>The Terrible 20</p> <p>Buy these organic.</p> <table border="0"> <tr><td>1. Apples*</td><td>12. Soybeans (edamame)*</td></tr> <tr><td>2. Peaches</td><td>13. Potatoes*</td></tr> <tr><td>3. Nectarines</td><td>14. Hot Peppers</td></tr> <tr><td>4. Strawberries</td><td>15. Kale/Collard Greens</td></tr> <tr><td>5. Grapes</td><td>16. Blueberries</td></tr> <tr><td>6. Celery</td><td>17. Lettuce</td></tr> <tr><td>7. Spinach</td><td>18. Yellow Squash/Zucchini*</td></tr> <tr><td>8. Bell Peppers</td><td>19. Hawaiian Papaya*</td></tr> <tr><td>9. Cucumbers</td><td>20. Sweet Corn*</td></tr> <tr><td>10. Cherry Tomatoes</td><td></td></tr> <tr><td>11. Snap Peas</td><td></td></tr> </table> <p>*potential GMO</p>	1. Apples*	12. Soybeans (edamame)*	2. Peaches	13. Potatoes*	3. Nectarines	14. Hot Peppers	4. Strawberries	15. Kale/Collard Greens	5. Grapes	16. Blueberries	6. Celery	17. Lettuce	7. Spinach	18. Yellow Squash/Zucchini*	8. Bell Peppers	19. Hawaiian Papaya*	9. Cucumbers	20. Sweet Corn*	10. Cherry Tomatoes		11. Snap Peas		<p>One for YOU</p> <p>←</p> <p>One to SHARE</p> <p>→</p>	<p>THE MICRONUTRIENT MIRACLE SAFE SHOPPING GUIDE</p> <p>The Fab 14</p> <p>Guiding you to non-GMO produce with the least pesticide residue.</p> <p>Safe to buy conventional.</p> <table border="0"> <tr><td>1. Avocado</td><td>8. Kiwi</td></tr> <tr><td>2. Pineapples</td><td>9. Eggplant</td></tr> <tr><td>3. Cabbage</td><td>10. Grapefruit</td></tr> <tr><td>4. Sweet Peas</td><td>11. Cantaloupe</td></tr> <tr><td>5. Onions</td><td>12. Cauliflower</td></tr> <tr><td>6. Asparagus</td><td>13. Sweet Potatoes</td></tr> <tr><td>7. Mango</td><td>14. Mushrooms</td></tr> </table> <p>www.CaltonNutrition.com</p>	1. Avocado	8. Kiwi	2. Pineapples	9. Eggplant	3. Cabbage	10. Grapefruit	4. Sweet Peas	11. Cantaloupe	5. Onions	12. Cauliflower	6. Asparagus	13. Sweet Potatoes	7. Mango	14. Mushrooms	<p>The Terrible 20</p> <p>Buy these organic.</p> <table border="0"> <tr><td>1. Apples*</td><td>12. Soybeans (edamame)*</td></tr> <tr><td>2. Peaches</td><td>13. Potatoes*</td></tr> <tr><td>3. Nectarines</td><td>14. Hot Peppers</td></tr> <tr><td>4. Strawberries</td><td>15. Kale/Collard Greens</td></tr> <tr><td>5. Grapes</td><td>16. Blueberries</td></tr> <tr><td>6. Celery</td><td>17. Lettuce</td></tr> <tr><td>7. Spinach</td><td>18. Yellow Squash/Zucchini*</td></tr> <tr><td>8. Bell Peppers</td><td>19. Hawaiian Papaya*</td></tr> <tr><td>9. Cucumbers</td><td>20. Sweet Corn*</td></tr> <tr><td>10. Cherry Tomatoes</td><td></td></tr> <tr><td>11. Snap Peas</td><td></td></tr> </table> <p>*potential GMO</p>	1. Apples*	12. Soybeans (edamame)*	2. Peaches	13. Potatoes*	3. Nectarines	14. Hot Peppers	4. Strawberries	15. Kale/Collard Greens	5. Grapes	16. Blueberries	6. Celery	17. Lettuce	7. Spinach	18. Yellow Squash/Zucchini*	8. Bell Peppers	19. Hawaiian Papaya*	9. Cucumbers	20. Sweet Corn*	10. Cherry Tomatoes		11. Snap Peas	
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