

According to Institute for Responsible Technology, Center for Food Safety, and Environmental Food Group, very few fresh fruits and vegetables for sale in the U.S. are genetically engineered. Papaya is the main exception (if grown in Hawaii). Additionally, gene-altered sweet corn, zucchini, and some summer squash varieties do occasionally crop up in stores, but it's rare. Buy these organic.

Dirty Dozen - buy organic	Clean 15
Apples	Asparagus
Celery	Avocado
Cherry Tomatoes	Cabbage
Cucumbers	Cantaloupe
Grapes	Sweet Corn
Hot Peppers	Eggplant
Nectarines - imported	Grapefruit
Peaches	Kiwi
Potatoes	Mango
Spinach	Mushrooms
Strawberries	Onions
Sweet Red Pepper	Papayas (unless from Hawaii)
Kales / Collard Greens	Pineapple (unless from Hawaii)
Summer Squash	Sweet Peas - frozen
	Sweet Potatoes

As of 2013, per EWG. For complete list, see <http://www.ewg.org/foodnews/list.php>

PLU numbers - Price Look Up

Each fruit and some vegetables have PLU stickers attached.

If there are **only four numbers** in the PLU, this means that the produce was grown conventionally or **“traditionally” with the use of pesticides**. 4011 means a traditionally grown banana with use of pesticides.

If there are **five numbers** in the PLU code, **and the number starts with “8”**, this item is a **genetically modified**. Genetically modified fruits and vegetables trump being organic. So, it is impossible to eat organic produce that are grown from genetically modified seeds. A genetically engineered (GE or GMO) banana would be: **84011**

If there are **five numbers** in the PLU code, **and the number starts with “9”**, this produce was grown **organically** and is not genetically modified. An organic banana would be: **94011**