

Society of Mayflower Descendents State Meeting May 19th 2013 Marietta , Ohio
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Dirty dozen
Buy these organic
Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Lettuce
Grapes(imported)
Pears
Spinach
Potatoes

Cleanest 12
Lowest in Pesticides
Onions
Avocado
Sweet Corn(frozen)
Pineapples
Mango
Sweet Peas(frozen)
Asparagus
Kiwi
Bananas
Cabbage
Broccoli
Eggplant

Sugar substitutes:

Stevia-delivered under many names, few branded

Pure Via-in addition to stevia contains dextrose

Equal, NutraSweet-Aspartame-multiple neurologic complaints, most frequent Head Ache
Splenda –Sucralose-this is: 1,6-dichloro-1,6-dideoxy B-D-fructofuranosyl 1-4chloro-4-deoxy-D-galactose. Not natural, has been linked to migraines, questions about effect on the GI and immune systems

SugarTwin , SweetNLow-Saccharin-linked to Bladder Cancer