

cut THE RED ZONE . . . AVOID UNLESS ORGANIC!	cut SO-SO LEVELS . . . SO USE CAUTION!	cut BETTER . . . BUT NOT PERFECT!	cut AHH . . . BEST OF THE BUNCH !
Peaches	Spinach	Apple Sauce	Broccoli
Apples	Grapes	Raspberries	Orange Juice
Sweet Bell Peppers	Lettuce	Plums	Blueberries
Celery	Potatoes	Grapefruit	Papaya
Nectarines	Green Beans	Tangerine	Cabbage
Strawberries	Hot Peppers	Apple Juice	Bananas
Cherries	Cucumbers	Honeydew Melon	Kiwi
Carrots	Mushrooms	Tomatoes	Canned Tomatoes
Pears	Cantaloupe	Sweet Potatoes	Sweet peas
Frozen Winter Squash	Oranges	Watermelon	Asparagus
	Fresh Winter Squash	Cauliflower	Mango
			Canned Pears
			Pineapple
			Sweet Corn
			Avocado
			Onions

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