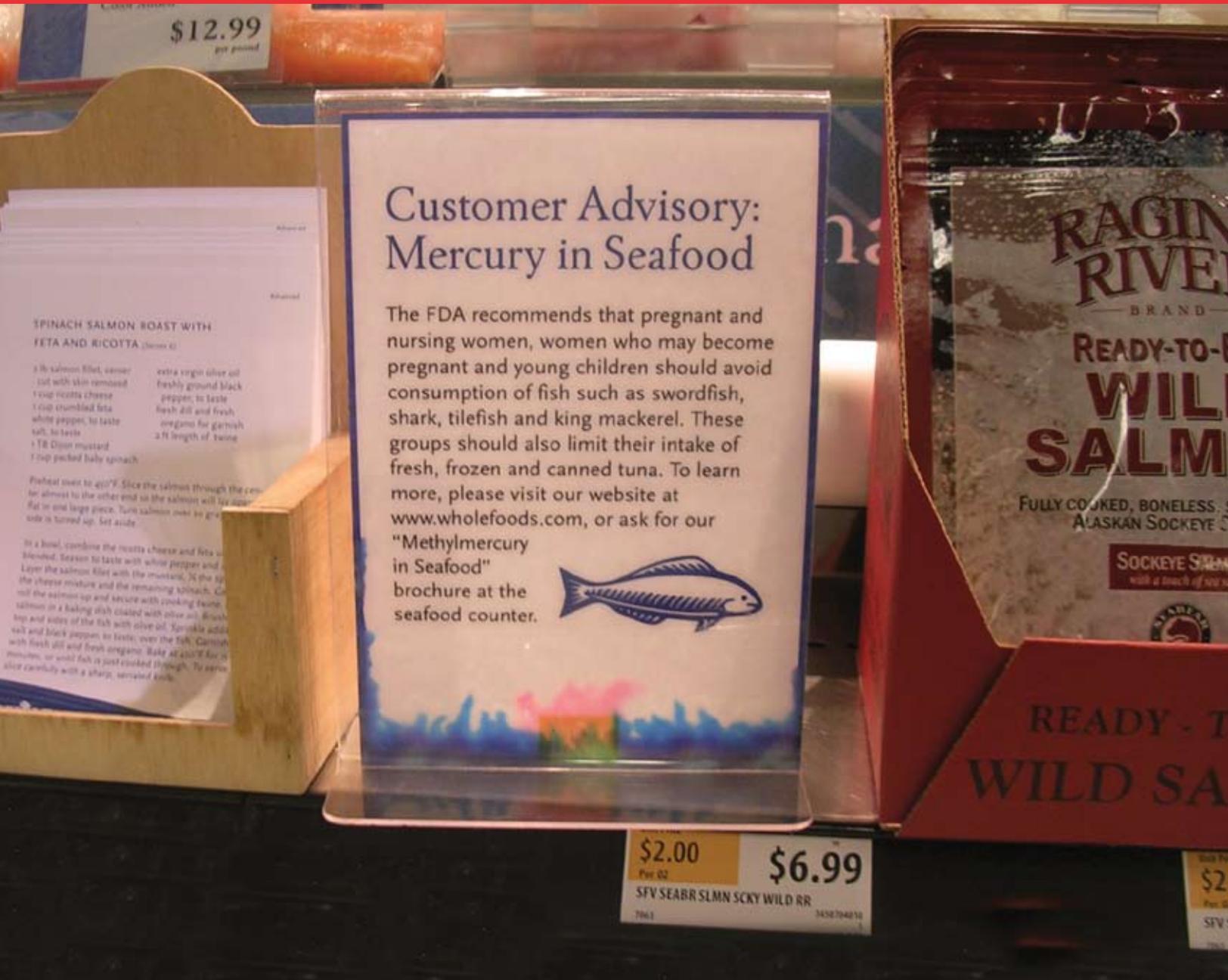


# VITAL SIGNS:



THE STATUS OF MERCURY WARNING SIGNS IN U.S. GROCERY STORES

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## Shoppers Unlikely to Find FDA's Advice on Mercury in Seafood in Most States

### Executive Summary

**GROCERY CHAINS ARE STARTING TO ADOPT A SIMPLE SOLUTION: Posting a sign conveying this advice at the seafood counter.**

It can be hard to find things in the grocery store, especially without the handy signs in every aisle directing us to necessary items like paper products, canned vegetables or frozen foods. But one sign that has become increasingly important has a different purpose. It alerts shoppers to items that are necessary to avoid, items that are so heavily contaminated with mercury that the U.S. government urges some of us not to eat them at all. Unfortunately, it may be impossible to find this sign, even if you ask the stocking clerk, because most stores simply do not post it.

Mercury, which has been released largely from industrial sources, has built up in our environment to such an extent that it has become a hidden ingredient in many species of fish. If consumed in sufficient amounts, mercury is toxic to the nervous system, especially for young children and developing fetuses. That's why the U.S. Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) have advised women of child-bearing age and children to avoid four species of fish, and to limit their consumption of albacore tuna and tuna steaks to no more than 6 oz. each week. Most people, however, are not aware of this advice, or simply are not able to recall the specific types of fish they have been advised to avoid.

Grocery chains are starting to adopt a simple solution: Posting a sign conveying this advice at the seafood counter. But many companies still do not communicate this information to their customers. Oceana, an international conservation organization, has been urging grocery companies to post this information. Oceana has developed a database of stores that post the signs and those that do not. The data allow us to identify states in which consumers are most likely to see this information, and states in which they are least likely to see it. The states were ranked, and graded based on the prevalence of stores posting signs. A full ranking is provided in Appendix I.

## Major Findings

Oceana has compiled a list of companies posting signs, known as the “Green List.” It shows that Wild Oats, Safeway, Whole Foods, Trader Joe’s and Albertsons voluntarily posted the FDA advice as a service to their customers. Wild Oats, the first company to post this advice, has found that posting signs has resulted in increased seafood sales and better customer relations.

- Stores not posting the FDA warnings are unnecessarily exposing consumers to the undisclosed mercury risk. This includes Wal-Mart, Costco, Kroger, Publix and many others. These stores have been compiled by Oceana onto a “Red List.”
- California mandates that grocery stores post mercury warning signs because of Proposition 65. Therefore we believe that most California stores are posting signs. For the purposes of comparison, this report also estimates the number of stores within California whose companies have a nationwide policy of voluntarily posting the FDA advice, as we did for each of the other states.
- Nearly three-fourths of the stores in Hawaii, Washington, D.C. and Alaska post the FDA mercury advice on signs at the seafood counter. These states received an “A” grade.
- So few states had high percentages of Green List stores that the whole nation had to be graded on a curve. Shoppers in Nebraska, Wisconsin and Virginia have close to a one in ten chance of finding the mercury warning signs at their grocers but, because of the curve, these states earn a “C” grade.
- Thirty of the 50 states had less than one in four stores posting signs with information on mercury in seafood, and a handful of states (West Virginia, North Dakota, Mississippi, and Alabama) do not have a single store posting signs with the FDA mercury advice. Shoppers in these states are the least likely to be informed about the mercury problem. These states and others take home an “F” on their report card (See Appendix I).

## Recommendations

In order to better promote public education and participation on the Green List, consumers, supermarkets and governments have opportunities to make an impact.

### Consumers Should Tell Their Grocers to Post Signs

Consumers are the population at risk, and they are also the ones who companies are aiming to satisfy. Hundreds of shoppers have asked their grocers to post these signs and it has been effective. For example, smaller stores like Greenlife in North Carolina have listened to their customer requests and posted the FDA advice. Given the difficulties of passing a new federal law, letting grocers know customers are concerned about mercury is the most effective way to get this information posted.

### Supermarkets Should Simply Post Signs

Instead of ignoring a topic consumers are concerned about, or printing brochures that may or may not work, companies still listed on the Red List should follow their competitors’ lead and post the FDA’s warning on a sign. Signs have a variety of benefits including:

- Educating customers and allowing them to make healthy choices for their families;
- Preventing shoppers from avoiding fish altogether if they are confused about which fish are low in mercury;
- Recognizing the company as one that cares about its customers’ health; and
- Allowing shoppers to develop a sense of trust in their grocers.

### Federal and State Governments Should Require Signs To Be Posted

California is the only state so far that has mandated that seafood counters be equipped with information on mercury risks.<sup>1</sup> The FDA should require that all stores post its mercury advice so that customers can make informed decisions about what they buy and feed their families. If the FDA does not move in this direction, states should step in to require signs to protect their citizens.

# Mercury in Fish:

## A Problem Complete with a Solution

Fish and shellfish have long been seen as beneficial to human health.<sup>2</sup> Yet mercury contamination in fish can make it unsafe for certain people to eat. While the United States Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) have issued advice to consumers, most people still do not know which fish are safe and which are best to avoid. There is a large body of information about mercury contamination in fish, including its prevalence and its effects on public health. However, this information is not consistently placed where consumers need it most: at the supermarket seafood counter. Without the FDA's advice on fish consumption, consumers may falsely believe the fish they purchase at local supermarkets are completely safe, despite dozens of studies showing otherwise.<sup>3</sup>

State, federal and international agencies have issued warnings about mercury contamination in fish. Most notably, in 2004, the FDA and the EPA issued a joint statement on the consumption of fish and shellfish.<sup>4</sup> This statement recommended that women of child-bearing age and children not eat shark, king mackerel, swordfish or tilefish and that consumption of albacore tuna should be limited to six ounces or less per week.<sup>5</sup> In addition, as of September 2006, 45 states across the nation issued fish consumption advisories warning anglers of the potential mercury contamination risk from fish in local waterways.<sup>6</sup>



Elizabeth, NY  
Oceana WaveMaker

### Mercury Poisoning

#### It Could Happen to You

"As an avid follower of the Atkins diet to control my blood sugar, I was consuming an average of [four] cans of tuna fish each week.

"While being treated for pre-diabetes at the Atkins Center in [New York City] I was tested for metals. My mercury readings were way off the charts. The doctor informed me that it was possibly causing my hypothyroid condition to not respond to medicine. After [two] rounds of chelation therapy, my levels were normal.

"I stopped eating all fish for some time, but then I found an organization that supports ethical line-caught fishing practices. These fish are said to contain lower levels of mercury, so after contacting the canneries online, I purchased a case of these smaller tuna and now occasionally I'll indulge."

Mercury is emitted into the environment primarily by human activities. Recently, at the Eighth Annual Conference on Mercury as a Global Pollutant, the most noted mercury scientists and public health experts approved a declaration stating that, "On average, three times more mercury now falls out of the sky than before the Industrial Revolution 200 years ago."<sup>7</sup> The Declaration further states that mercury has toxic effects on developing fetuses, that it may increase the risk of cardiovascular disease and that consumers should consume fish with high omega-3 fatty acids, but low mercury content.<sup>8</sup> The World Health Organization also says that consumers should be concerned about shark and swordfish because of their high mercury content, but urged that, "public health authorities should keep in mind that fish play a key role in meeting nutritional needs in many countries."<sup>9</sup>

A simple way to ensure consumers get the benefit of the FDA advice is to post it at the point of sale: the seafood counter. Californians benefit from the FDA's advice being posted in supermarkets due to a state mandate, the Safe Drinking Water and Toxic Enforcement Act of 1986 (known as Proposition 65).<sup>10</sup> The FDA has an action level above which mercury levels in fish are considered high enough to warrant pulling the product from the shelves. While there is no dispute that supermarket fish, particularly swordfish, shark, king mackerel and tilefish, often exceed the action level, the FDA has not removed these products from the shelves, nor has it required signs be posted. This leaves most consumers with little choice but to become personal experts on mercury in seafood or risk consuming mercury at levels that governments say are unsafe.<sup>11</sup>

## The Demand for Signs in Stores

In December, 2004, Oceana conducted a public opinion survey to help determine how this issue should be handled. At that time, 66 percent of those surveyed were not aware that mercury in fish was a serious problem. Additionally, 86 percent felt that the best action to take to address the problem was to post signs at seafood counters. More recently, a poll conducted for the Center for Science in the Public Interest showed that "31 percent of pregnant women, women planning on becoming pregnant, and nursing mothers did not know that seafood with high mercury levels could be harmful."<sup>12</sup> These surveys underscore two problems. First, high risk groups, such as mothers or mothers-to-be may be unintentionally exposing their children to high levels of mercury. Second, some people have a general knowledge about mercury in fish, but not specific information on how to reduce the risks of mercury exposure. Both of these issues can be resolved easily if supermarkets would post simple signs at the point-of-purchase. Properly displaying warning signs can decrease mercury exposure to high risk populations, while maintaining or increasing sales to low risk populations.

To that end, Oceana began contacting major supermarket companies in 2005, urging them to require all their stores to post the FDA advice at the seafood counter. In the process, Oceana has been in contact with most of the major grocery retailers that sell seafood in the United States recommending that these chains post the FDA advice at seafood counters to better educate the public on mercury issues (see Methods).<sup>13</sup> So far, five major companies have agreed: Wild Oats, Safeway, Whole Foods, Trader Joe's and most recently Albertsons have made it their company policy that all stores should post signs communicating the FDA advice. While this is a tremendous step forward, many companies still have not done so, leaving their customers in the dark about this important advice.

### Wild Oats Receives “Ted Danson Ocean Hero Award”



Oceana honored Wild Oats Markets with the Ted Danson Ocean Hero Award for its leadership in preventing mercury exposure. This award was established in 2003 to honor recipients as bold and staunch defenders of our oceans.

In 2005, Wild Oats was given the award for being the first supermarket to voluntarily post in all of its stores the FDA's recommendations on seafood consumption and mercury levels. According to Wild Oats' Senior Director for Communications, Sonja Tuitele, this was a move that helped the company to build trust with its customers. They wanted to show customers that their corporate beliefs were in line with that of their customers. And their customers have thanked them for it.

According to Tuitele, “The amazing thing is, a lot of people said, ‘You're committing economic suicide because you're going to ruin seafood sales.’ We actually found seafood sales go up after posting the signs.”

After being recognized by Oceana, Wild Oats' leadership quickly became evident. Safeway, a major grocery retailer with over 1,600 stores in the United States, soon followed suit. Months later, Whole Foods and Trader Joe's agreed to post signs as well. Wild Oats' action marked the beginning of what will hopefully become an industry-wide trend.

To recognize the companies that are moving forward Oceana created "The Green List." And to identify those that are not, Oceana created a "Red List."

Some consumers will have no trouble finding a "Green List" store which is posting the necessary information. Most, however, continue to shop at stores that have so far neglected to make this information available. This report evaluates the availability of "Green List" stores on a state by state basis to show where consumers are most, and least, likely to be informed. Over time, as this work continues, we hope that signs at seafood counters will be commonplace and that shoppers will become accustomed to counting on their grocer to provide this important information.

## [GREEN LIST]

Acme  
 Albertsons\*  
 Carrs  
 Dominick's  
 Genaurdi's  
 Jewel-Osco  
 Randalls  
 Safeway  
 Shaw's  
 Star Market  
 Tom Thumb  
 Trader Joe's  
 Vons  
 Whole Foods  
 Wild Oats

## [RED LIST]

A & P	Jay C
Albertsons**	Kash n' Karry
ALDI	King Soopers
Bell Markets	Kroger
Cala Foods	Meijer
City Market	Owen's
Copps	Pathmark
Costco	Pay Less
Cub Foods	Pick 'n Save
Dillons	Price Chopper
Farm Fresh	Publix
Farmer Jack	QFC
The Food	Rainbow
Emporium	Ralphs
Food Lion	Sam's Club
Food 4 Less	Sav-a-Center
Foods Co	Save-A-Lot
Fred Meyer	Schnucks
Fry's	Shoppers
Gerbes	ShopRite
Giant	Smith's
Giant Eagle	Stop and Shop
Hannaford Bros.	Super Fresh
Harris Teeter	Tops Markets
Harveys	Waldbaum's
HEB	Wal-Mart
Hilander	Wegmans
Hy-Vee	Weis
IGA	Winn-Dixie
Ingles	



\*Albertsons in S. CA, ID, NV, OR, UT and WA post the FDA advice  
 \*\*Albertsons in N. CA, AZ, CO, FL, LA, OK and TX do not post the FDA advice

# Finding the “Good Guys”:

## The Green List stores

Included among the companies that have earned Green List status are nearly 3,000 grocery stores which, in total, take in over \$59.2 billion in annual revenue and cover more than 110 million square feet of retail space. Yet despite their efforts, nationwide, stores that are part of Green List companies account for only 19 percent of the major grocery providers. Considering the grocery market as a whole, these stores represent 12% of the market share.

### Nationwide Green List Stores

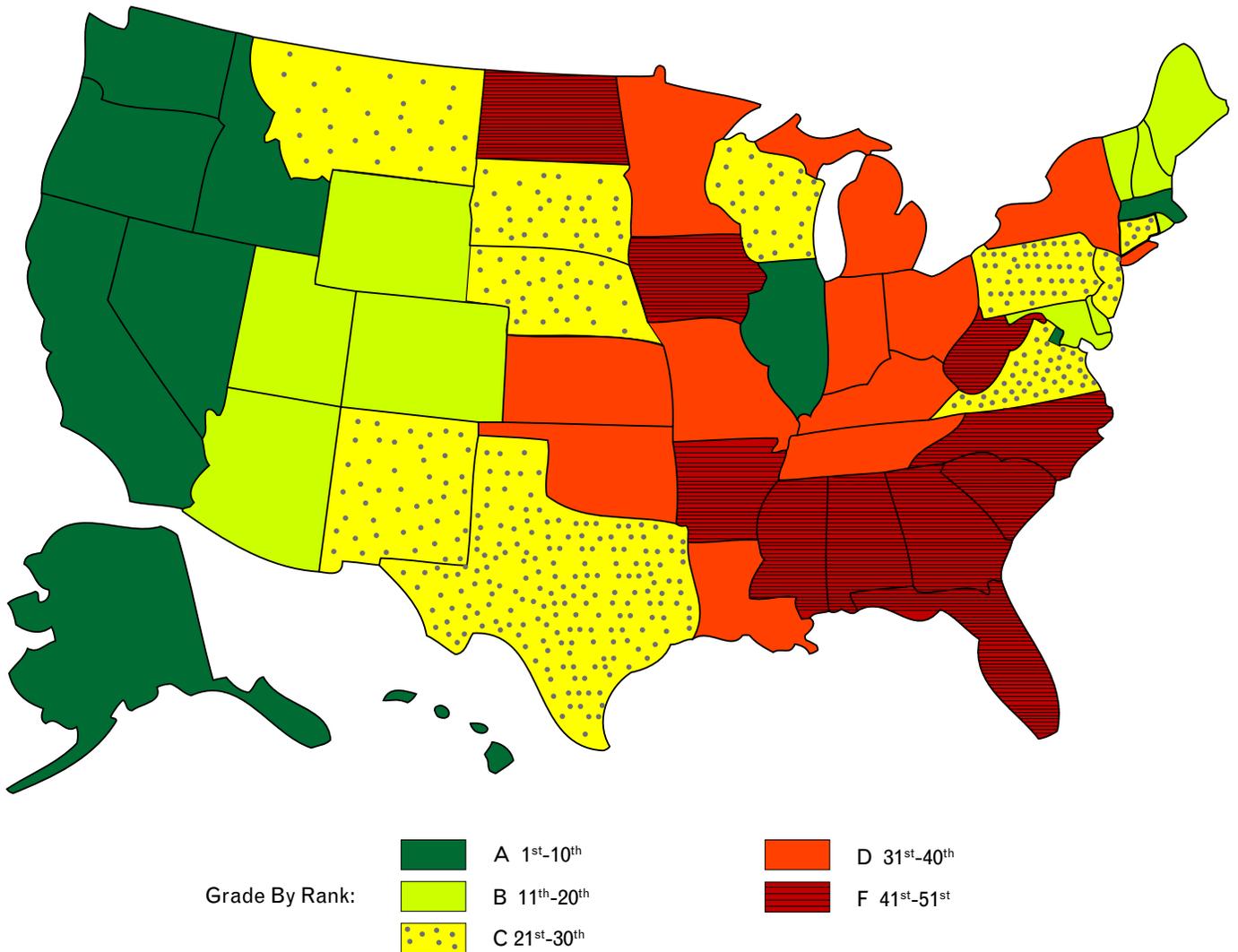
Total Number of Stores	2,895
Percent of Major Grocery Providers	19%
Total Square Feet	110,145,000
Total Sales	\$59.2 billion
Total Market Share	12%

Sources: Progressive Grocer, US Census Bureau, Wild Oats Markets, Safeway, Inc.<sup>14</sup>

### Western States Are Best at Posting Signs

Rank	State	Percent on Green List	# of Stores on Green List	Grades
1	Hawaii	75	18	A
2	Washington D.C	71	20	A
3	Alaska	71	37	A
4	Oregon	68	165	A
5	Washington	61	267	A
6	Idaho	59	36	A
7	Illinois	57	286	A
8	Nevada	49	78	A
9	Massachusetts	45	131	A
10	California*	43	761	A

California's Proposition 65 requires all stores to post the FDA advice, suggesting 100 percent of its stores are doing so. The figure in this table represents the number of stores in California that are owned by companies that are voluntarily posting the advice nationwide for comparison purposes.



Based on this analysis, western shoppers are much more likely to find a sign at their seafood counter than shoppers in the eastern part of the country. Seven of the top ten states with the greatest percentage of stores posting signs are western states.

Only three states had nearly three-fourths of their stores on the Green List. Hawaii ranked first with the highest percentage of stores posting the FDA's seafood advice. Three quarters (75 percent) of the stores in Hawaii are owned by companies posting that advice. Costco is the largest Red List store in Hawaii, and the owner of most of the remaining stores not posting signs. Oceana wrote to Costco multiple times and sent Costco President and CEO James D. Sinegal an invitation to join the Green List in January of 2006. However, Costco has so far ignored this appeal.

The District of Columbia has the second highest percentage of stores posting government advice to better promote public education and health. This is due largely to the presence of Safeway and Whole Foods, as well as one Trader Joe's in the District.

Alaska came in third with 71 percent of its stores making it onto the Green List. Carrs supermarkets (a subsidiary of Safeway) are the primary Green List stores in Alaska, while Fred Meyer (a subsidiary of Kroger) owns the majority of the stores not posting signs in Alaska.

Oregon, Washington Idaho and Illinois all have more than half of their major grocery stores posting the FDA advice. Idaho is home to the headquarters of Albertsons, a recent addition to the Green List which significantly increased the number of stores posting mercury warning signs in the United States. Nevada and Massachusetts have nearly 50 percent of their stores posting the advice earning these states A's on their report card.

### **California Attorney General Fights for Signs in Stores**

In 2005, California Attorney General Bill Lockyer was awarded the Ted Danson Ocean Hero Award. The award, presented by actor and Oceana Board Member Ted Danson, symbolized Lockyer's leadership in enforcing California's Proposition 65 (Safe Drinking Water and Toxic Enforcement Act of 1986). Proposition 65 requires that supermarkets and other places selling seafood educate consumers about the mercury risks involved.

"Attorney General Lockyer has fought tirelessly to ensure that California lives up to the standards set by Proposition 65," said Danson. "He has taken on all those who have worked to undermine its effectiveness, including supermarket chains, tuna companies and even the FDA. By requiring California's supermarkets to comply with Prop 65, Mr. Lockyer has put himself on the front lines of this fight to ensure that California families know about the risks associated with mercury in seafood."

"I appreciate the efforts of Oceana and Wild Oats to provide the public with the facts they need to make informed decisions about their diet," Lockyer said. "It is my hope that one day we will be able to remove each and every one of these warnings because we have been successful in reversing the effects of contamination in our public waterways and our environment."

California is a special case. The state's Proposition 65 requires all stores to post information about mercury in seafood. Thus, 100 percent of California's supermarkets should be making the information available. However, most companies are not requiring their stores outside of California to post signs. In California, 43 percent of stores are owned by companies that require the sign be posted outside the state.

# Starved for Information:

## Most Stores Still Not Posting FDA Advice

### Stores Not Posting FDA Advice

Total number of stores	12,031
Percent of Major Grocery Providers	81%

Sources: Progressive Grocer, US Census Bureau<sup>15</sup>

More than half of the states have less than one in five stores posting signs with information on mercury in seafood. Four states have no Green List stores at all posting the FDA advice about seafood consumption. Residents in these states are definitely not getting the information they need from any of their grocery companies. As a result, consumers in states like Alabama, Mississippi, North Dakota and West Virginia may be unknowingly exposing themselves to seafood with high levels of mercury, or they may be avoiding seafood altogether.

### The Ten Worst: South Eastern States Are Among the Worst at Posting Signs

Rank	State	Percent	Grade
42	Georgia	1	F
43	Florida	1	F
44	Arkansas	1	F
45	North Carolina	0.8	F
46	Iowa	0.7	F
47	South Carolina	0.5	F
Tied for Last	Alabama	0.0	F
Tied for Last	Mississippi	0.0	F
Tied for Last	North Dakota	0.0	F
Tied for Last	West Virginia	0.0	F

Together, the bottom ten states collectively have twenty-nine stores on the Green List, earning them all an “F” on their report cards. The chance of a consumer finding this information while buying fish is almost zero.

Only one percent of stores in Georgia, Florida and Arkansas post signs about mercury in seafood. While Green List Stores like Whole Foods and Wild Oats are present, these areas are overwhelmed by Wal-Mart, Publix, Food Lion and Kroger representing thousands of Red List stores. Florida is headquarters to Publix.

Not only do West Virginia and Alabama not have grocery stores posting signs about mercury in seafood, but they are also both homes to major mercury emitters. Chlor-alkali plants in both of these states emit thousands of pounds of mercury annually which can eventually end up in seafood at supermarkets.<sup>16</sup>

### Greenlife Grocery Store



*Joe and Bella Lomasney  
Greenlife Grocery*

Before becoming the meat and seafood department supervisor of Greenlife Grocery in Ashville, North Carolina, I was a commercial fisherman in Alaska. I inherited a love of the sea and marine life growing up in the Northeast. But while I was there I saw iconic regional fish being depleted from our oceans. Fishing in Alaska, I learned how proper fisheries management and other practical measures can help make our oceans healthy and hardy again. When I came to Greenlife, I was pleased to find a store committed to selling only sustainable fish as well as providing organic groceries.

Another real danger for our oceans, marine mammals and fish, is pollution. Recently, I became aware of the prevalence and danger of mercury in seafood. As a husband and father as well as someone in the seafood business, I wondered what I could do to warn my customers about this problem. Then a customer emailed me about Oceana's campaign urging supermarkets to post the FDA advice on mercury in fish at their seafood counters. I knew this was something I could do that would not only make a difference to those women and children at risk but that all customers would appreciate and benefit from.

While mercury is a global problem, there are local solutions. Supermarkets that post the government's warning about high mercury levels in this usually healthy food choice are part of the solution. I hope others will ask their local grocer or fish monger to become part of the solution as well.

## What About My Local Grocer?

While this report is not meant to be comprehensive, it is important to recognize that some stores have been excluded. To make this report more complete, it is essential that customers urge their grocers to post signs. Oceana has targeted large companies for efficiency, but small companies should also post this advice. We hope customers will deliver this message to their stores and let us know so that we can continue to increase the number of stores posting signs.

# The Benefits of Signs:

## Signs Are Good for Customers and Companies Alike

Green List stores such as Wild Oats, Safeway, Whole Foods, Trader Joe's and Albertsons have committed to giving the necessary information to their customers so they can make better decisions about what they buy and feed their families. Their customers appreciate their voluntary efforts to promote informed decisions for better health.

Hundreds of managers at grocery stores not posting the signs have been asked by customers if they would post the FDA's warning.

In some instances, posting signs benefits not only the customer, but the business as well. Sonja Tuitele, Senior Director for Communications at Wild Oats Markets, says that after posting the signs in their stores, their sales increased. According to Tuitele:

"The amazing thing is, a lot of people said, 'You're committing economic suicide because you're going to ruin seafood sales.' We actually found seafood sales go up after posting the signs."

By posting governmental advice about mercury in seafood, supermarkets can allay perceptions customers may have about the dangers in fish. By giving advice on the consumption of seafood at the point of purchase, customers can confidently choose which fish offer the healthiest benefits with the least amount of mercury.

## Recommendations

In order to better promote public education and participation on the Green List, consumers, supermarkets and governments have opportunities to make an impact.

### Consumers Should Tell Their Grocers to Post Signs

Consumers are the population at risk, and they are also the ones who companies are aiming to satisfy. Hundreds of shoppers have asked their grocers to post these signs and it has been effective. For example, smaller stores like Greenlife in North Carolina have listened to their customer requests and posted the FDA advice. Given the difficulties of passing a new federal law, letting grocers know customers are concerned about mercury is the most effective way to get this information posted.

### Supermarkets Should Simply Post Signs

Instead of ignoring a topic consumers are concerned about, or printing brochures that may or may not work, companies still listed on the Red List should follow their competitors' lead and post the FDA's warning on a sign. Signs have a variety of benefits including:

- Educating customers and allowing them to make healthy choices for their families;
- Preventing shoppers from avoiding fish altogether if they are confused about which fish are low in mercury;
- Recognizing the company as one that cares about its customers' health; and
- Allowing shoppers to develop a sense of trust in their grocers.

### Federal and State Governments Should Require Signs To Be Posted

California is the only state so far that has mandated that seafood counters be equipped with information on mercury risks.<sup>17</sup> The FDA should require that all stores post its mercury advice so that customers can make informed decisions about what they buy and feed their families. If the FDA does not move in this direction, states should step in to require signs to protect their citizens.

## Signs Vs. Brochures:

### There's a reason why it's a "Stop Sign" and not a "Stop Brochure"

Some supermarket chains have noticed a growing concern over mercury in the seafood they sell. Their solution is to provide some information on this topic in a brochure, rather than posting a sign. This does not have the same effect as posting a sign that can be read in passing, like other signs in stores advertising low prices or organic food. In fact, the chances of a shopper stopping to read a brochure, assuming they can find it, prior to purchasing fish, are quite slim.

In addition to making the information hard to access, some supermarkets have been selective about what information to provide, rather than relying on the FDA's solid scientific foundation on the issue.

Wegmans, for example, only informs its customers about mercury risks through its Web site under "Hot Topics" and through a brochure displayed at its seafood departments. Wegman's Web page contains this information, if you can find it, but it down plays government advice by only citing a single study done in the Seychelle Islands that has found "no evidence that consuming large quantities of fish is associated with adverse effects on adults or children." Wegmans believes this study to be important enough to offer it as the sole answer to "Has there been any research?" Yet they fail to acknowledge that the recommendations of the FDA and the EPA are based on dozens of studies and decades of research.<sup>18</sup>

If companies were truly interested in giving the proper information to their customers, they wouldn't hide it in a brochure or discount government reports. Could you imagine "Stop Brochures" instead of "Stop Signs" on a highway?

## Methods

This analysis was conducted using data collected by Oceana, accounting for 12,031 stores not on the Green List, and 2,895 Green List stores owned by five companies. While this analysis does not include all grocery stores in the United States, it is designed to represent all the major companies, and most likely includes all companies posting mercury signs. The companies in Oceana's database include 23 of the top 25 in the United States.<sup>19</sup> The two companies not included are "military commissaries" and Aldi, a company that keeps its store locations data private. In total, 37 corporations, representing 98 subsidiaries are accounted for. This analysis accounts for an estimated 75 percent of the grocery store market share (excluding convenience stores).<sup>20</sup>

While all stores that are posting signs are included in the Green List, not all stores not posting signs are currently included on the Red List. This is because some companies that have been contacted more recently by Oceana are being given time to consider our request that signs be posted prior to being added to the Red List. They will ultimately be added to the Red or Green List, depending on whether they agree to protect their customers' health.

While the analysis is missing some smaller companies, it is unlikely that they are posting signs. A list of all the companies included in the analysis is provided in Appendix 2.

## Appendix 1

Rank	State	Green	Not Green	Percent	Grade
1	HI	18	6	75	A
2	DC	20	8	71	A
3	AK	37	15	71	A
4	OR	165	77	68	A
5	WA	267	170	61	A
6	ID	36	25	59	A
7	IL	286	214	57	A
8	NV	78	82	49	A
9	MA	131	157	45	A
10	CA	761	990	43	A
11	AZ	133	177	43	B
12	VT	19	26	42	B
13	NH	35	48	42	B
14	RI	17	26	40	B
15	UT	49	80	38	B
16	CO	147	248	37	B
17	WY	11	22	33	B
18	ME	24	63	28	B
19	DE	15	41	27	B
20	MD	98	310	24	B
21	CT	35	114	23	C
22	MT	12	46	21	C
23	NJ	76	387	16	C
24	PA	93	492	16	C
25	NM	12	76	14	C
26	SD	3	19	14	C
27	TX	135	876	13	C
28	NE	8	61	12	C
29	WI	16	149	10	C
30	VA	58	629	8	C
31	IN	10	260	4	D
32	MO	7	189	4	D
33	MI	9	303	3	D
34	NY	17	582	3	D
35	OH	11	483	2	D
36	KS	3	132	2	D
37	MN	3	155	2	D
38	KY	3	166	2	D
39	LA	3	177	2	D
40	OK	1	79	1	D
41	TN	4	345	1	D
42	GA	7	664	1	F
43	FL	12	1139	1	F
44	AR	1	95	1	F
45	NC	6	740	0.8	F
46	IA	1	149	0.7	F
47	SC	2	417	0.5	F
Tied for Last	AL	0	128	0.0	F
Tied for Last	MS	0	98	0.0	F
Tied for Last	ND	0	11	0.0	F
Tied for Last	WV	0	85	0.0	F

## Appendix 2 Green List Stores

Acme	Safeway
Albertsons*	Shaw's
Carrs	Tom Thumb
Dominicks	Trader Joe's
Genuardi's	Vons
Greenlife Grocery	Whole Foods
Randalls	Wild Oats

## Stores Not On The Green List

A & P	Harveys	Sav-A-Center
Albertsons*	HEB	SaveRite
Baker's	HEB Pantry	Schnucks
Bell	Hilander	Scott's
bigg's	Hornbacher	Shoppers
Bi-Lo	Hy-Vee	ShopRite
Bloom	Ingles	Smith's
Bristol Farms	Jay C	Smith's Marketplace
Cala	Kash n' Karry	Stater Bros.
Central Market	King Soopers	Stop & Shop
City Market	King's	Sunflower Market
Copps Food Center	Kroger	Super Fresh
CostCo	Kroger Marketplace	Super Saver
Cub Foods	Marketplace	SuperTarget
Dillons	Max Foods	The Food Emporium
Farm Fresh	Meijer	Tops
Farmer Jack	Mr. Z's	Waldbaums
Food 4 Less	Owen's	Wal-Mart
Food Basics	Pathmark	Wegmans
Food Lion	Pay Less	Weis
Foods Co.	Pick 'n Save	Winn-Dixie
Fred Meyer	Price Chopper	Winn-Dixie Marketplace
Fry's	Price Rite	
Fry's Marketplace	Publix	
Gerbes	QFC	
Giant	Rainbow	
Giant Eagle	Raley's	
Grocery Warehouse	Ralphs	
Hannaford Bros.	Reids	
Harris Teeter	Sam's Club	

\*Albertsons in Southern California, Idaho Nevada, Oregon, Utah and Washington post the FDA advice

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# Endnotes

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