

Ways to Limit or Avoid Genetically Modified Foods

Buy organic. Foods that are labeled “100% organic” may not be produced using genetically modified organisms. Don’t be fooled by products made with some organic ingredients, since they could also have some genetically modified ingredients.

Buy locally from sources you know. The farmers’ market is a great place to buy foods that have been grown locally. Talk to the vendors about their growing practices. Sign up for a CSA (Community Supported Agriculture) with a local farm, where you can share in the crops, which are often produced organically with non-GMO seed.

Grow your own food. Even a container garden on your patio will decrease the amount of GM food that you are consuming.

Buy foods from companies that label their products as Non-GMO. The health foods section of your local grocery store will generally have brands such as Amy’s, Organic Valley, Stonyfield Farm, Eden, Bob’s Red Mill, Health Valley Organic, Cascadian Farms, Hain, Muir Glen Organic.

Limit consumption of corn products, since it is the most ubiquitous GM ingredient in foods. Products, besides corn itself, that are made from corn include, **corn syrup and other corn sweeteners such as fructose and cornstarch—often listed as “starch” or modified food starch** on food labels.

Other foods that are usually GM that you can limit or avoid are **non-organic soy products, canola oil, cottonseed oil—also known as rapeseed oil, and sugar made from sugar beets rather than sugar cane.**