

GM CROPS GROWN IN CANADA

CROP	TRAIT	WHERE ON THE SHELVES
1 CORN	Insect resistant, herbicide tolerant	Corn flakes • Corn chips • Cornstarch • Corn syrup • Corn oil and other corn ingredients in processed foods • Sweeteners like glucose and fructose • Eggs, milk and meat • Some sweetcorn
2 CANOLA	Herbicide tolerant	Canola oil • Eggs, milk and meat
3 SOY	Herbicide tolerant	Soy oil • Soy protein • Soy lecithin • Tofu • Soy beverages • Soy puddings • Eggs, milk and meat
4 SUGAR BEET	Herbicide tolerant	Sugar

GM FOODS IMPORTED TO CANADA

CROP	GROWN	WHERE ON THE SHELVES
5 COTTON-SEED OIL	U.S.	Cottonseed oil • Vegetable oil in processed foods such as potato chips
6 PAPAYA	U.S. (Hawaii)	Papaya in fruit juices and other processed foods
7 SQUASH	U.S.	Some zucchini • Yellow crookneck and straightneck squash
8 MILK PRODUCTS (BOVINE GROWTH HORMONE)	U.S.	Milk solids and powder • Frozen desserts with dairy • Imported mixed drinks with milk ingredients

WHAT'S IN YOUR FRIDGE? GENETICALLY ENGINEERED/MODIFIED (GM) FOODS

For details see www.cban.ca/gmfoods

WHAT IS GENETIC MODIFICATION?

Genetic modification (GM) is recombinant DNA technology, also called genetic engineering or GE. With genetic engineering, scientists can change plants or animals at the molecular level by inserting genes or DNA segments from other organisms. Unlike conventional breeding and hybridization, the process of genetic engineering enables the direct transfer of genes between different species or kingdoms that would not breed in nature.

WHAT'S THE PROBLEM?

Once genetically modified organisms are released into our environment they cannot be controlled or recalled. This living pollution can contaminate farmers' fields. Powerful corporations own GM seeds. Government safety regulation is not strong enough and all decisions to allow GM foods onto our plates take place in secret. Check www.cban.ca/faqs for a discussion about the different concerns.



HOW CAN I AVOID GM FOODS?

Our government does not require labeling. But you can still make a choice:

- Eating certified organic food is one way you can avoid GM food because GM is prohibited in organic farming. This includes organic dairy, eggs and meat because animals in organic farming are not fed GM grains like corn or soy.
- Avoid eating processed foods with corn, canola and soy ingredients.
- Buy cane sugar or organic sugar to avoid eating sugar from GM sugarbeets.
- Support farmers who fight GM: buy food directly from farmers who do not plant GM corn, canola or soy or use GM grains for meat, dairy or egg production.

CHECK WWW.CBAN.CA

FOR MORE INFORMATION AND TO TAKE ACTION

