

Guide to Securing Your Non-GMO Produce Section

There is no mandatory labelling of genetically modified organisms (GMOs) in Canada but you can help your customers make a choice.

There are very few GM whole fruits and vegetables on the market, with a marginal market presence.

GM Sweet Corn



Genetically modified sweet corn is **the only GM vegetable cultivated in Canada**. There is very little of it grown in Canada or the US. GM sweet corn is not hard to identify and eliminate in the supply chain because there are only two companies selling GM sweet corn seed: Bayer/Seminis (Monsanto) sells “Performance Series” GM sweet corn and Syngenta sells “Attribute II” GM sweet corn.

www.cban.ca/corn

GM Squash (from the U.S. only)



There is a slim possibility that just a few varieties of summer squash and zucchini imported from the U.S. are genetically modified.

www.cban.ca/squash

GM Papaya (from the U.S. only)



Most papaya grown in Hawaii, U.S. is genetically modified to be virus resistant.

www.cban.ca/papaya

GM Pink Pineapple (from Costa Rica only)



A pineapple called “PinkGlow” is genetically modified to have pink flesh, grown by Del Monte in Costa Rica. It is sold in Costco stores in Canada and online.

www.cban.ca/pineapple

GM Salad Greens



GM greens could appear on the market in 2025 as “mixed leaves, bunched, baby and teen leaf.” These are mustard greens that are gene edited to taste less mustardy/spicy so they can be sold like a lettuce.

www.cban.ca/salad

Certified Organic Products



One sure way to remove GM produce is to source organic. The Canada Organic Standards prohibit the use of GM seeds - all organic fruits and vegetables are non-GM by definition. www.cban.ca/organics

GM FOODS ON THE MARKET IN CANADA

GM Food in Canada	Where	What
1. CORN	In processed food and animal feed, and a very small amount of GM sweet corn	Herbicide-tolerant & insect-resistant
2. CANOLA	As oil in processed food and animal feed	Herbicide-tolerant
3. SOY	In processed food (not in tofu or soy milks)	Herbicide-tolerant
4. SUGARBEET (white)	Processed into sugar	Herbicide-tolerant
5. ALFALFA	Animal feed	Herbicide-tolerant & low-lignin
6. SALMON (Atlantic)	Production stopped (2024)	Faster growing
7. PAPAYA	Imported from the US or China	Virus-resistant
8. SQUASH	Imported from the US only	Virus-resistant
9. PINEAPPLE	Whole pineapple, in a few grocery stores	Pink coloured flesh.

More info: cban.ca/gmfoods

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