

# Where are Genetically Modified Foods?

## 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 sweet corn
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
5. Alfalfa	Herbicide tolerant Low lignin	Eggs, milk and meat*

## GM ANIMALS Grown in Canada

FOOD	GROWN	WHERE ON THE SHELVES
6. Atlantic Salmon	Canada	Frozen or fresh seafood • Products with salmon • Restaurants

## GM FOODS Imported to Canada

FOOD	GROWN	WHERE ON THE SHELVES
7. Cottonseed oil	U.S.	Cottonseed oil • Vegetable oil in processed foods such as potato chips
8. Papaya	U.S. (Hawaii)	Papaya in fruit juices and other processed foods
9. Squash	U.S.	Some zucchini • Yellow crookneck and straightneck squash
10. Apple slices	U.S.	Snack-sized bags of sliced apples • Hotels • Restaurants
11. Pink Pineapple	Costa Rica	Fresh pineapple in produce sections • Boutique "Pinkglow" packages

\*GM corn, canola, soy and/or alfalfa are commonly fed to livestock to produce meat and dairy products

## HOW CAN I AVOID GM FOODS?

1. Avoid ingredients from these GM crops
2. Buy organic food. Organic farming prohibits the use of GM seeds and GM feed for animals
3. Look for the Non-GMO Project Verified seal



[www.cban.ca/gmfoods](http://www.cban.ca/gmfoods)