

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	<i>Herbicide-tolerant & insect-resistant</i>
2. CANOLA	As oil in processed food and animal feed	<i>Herbicide-tolerant</i>
3. SOY	In processed food (not in tofu or soy milks)	<i>Herbicide-tolerant</i>
4. SUGARBEET (white)	Processed into sugar	<i>Herbicide-tolerant</i>
5. ALFALFA	Animal feed	<i>Herbicide-tolerant & low-lignin</i>
6. SALMON (Atlantic)	Production halted (2024)	<i>Faster growing</i>
7. PAPAYA	Imported from the US or China	<i>Virus-resistant</i>
8. SQUASH	Imported from the US only	<i>Virus-resistant</i>
9. PINEAPPLE	Whole pineapple, in a few grocery stores	<i>Pink coloured flesh.</i>
GM Foods Coming Soon?		
APPLE	Sliced apples in small bags or for foodservice (restaurants, catering etc.) sold in the US	<i>Non-browning</i>
POTATO	Innate brand “White Russet” sold in the US	<i>Non-browning, less acrylamide</i>

What are genetically modified foods?

Unlike conventional breeding and hybridization, the lab techniques of genetic modification (GM or engineering engineering) introduce new characteristics to an organism by **directly intervening in its DNA**. This includes the new GM techniques of **gene editing**.

Scientists can change the traits of the plants and animals we eat by deleting genes or introducing genetic material to silence genes, for example. GM also enables the direct transfer of genes between organisms in different species **that would never breed in nature**.

New regulations in Canada mean that many future genetically modified organisms (GMOs) made by gene editing will not be assessed for safety by Health Canada. Instead, companies can put their own GMOs on the market **without any independent testing or government oversight**, and without notifying the government or public.

Most GM food safety tests are conducted by companies and the results are confidential. There are very few long-term, independent safety tests on GM foods. Health Canada does not do its own testing. **There is no mandatory labeling of GM foods in Canada**, and no tracking or monitoring of GMOs for possible health impacts.

Organic food is non-GM because organic farmers do not use any GMOs. The Canadian Organic Standards prohibit the use of GMOs and synthetic pesticides such as the herbicide glyphosate.



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