



Beware - Hazardous Food!

Shop to Avoid Genetically Engineered Foods



- **60%-70% of the processed food on grocery shelves now contains some Genetically Engineered ingredients.**
- **To see a list of FDA approved crops go to http://www.saynotogmos.org/avoiding_gmos.htm**
- **The biotech industry's stated goal is that in the next 5-10 years all staple crops will be genetically engineered.**

GUIDELINES FOR AVOIDING GENETICALLY ENGINEERED FOODS

- **EAT CERTIFIED ORGANIC FOODS:** Genetic engineering by is not allowed in the production of Certified Organic foods. However, Certified Organic processed (packaged) foods - may contain up to 5% non-organic ingredients. These ingredients could be genetically engineered.
- **EAT ONLY ORGANIC DAIRY PRODUCTS:** Conventional dairy products may contain rBST (or rBGH), a genetically engineered hormone injected into cows to increase milk production. This hormone gives cows mastitis (leading to increased use of antibiotics) and greatly increases the hormone IGF-I in the milk and in those who drink it. IGF-I has been identified as the key factor in the growth of breast, prostate and other cancers.
- **AVOID ALL CONVENTIONAL SOY, CORN AND CANOLA AND COTTONSEED OIL:** Genetically engineered versions of these crops have been approved and have been on the market since 1996. Read labels carefully because soy and corn are found in up to 30,000 products.
- **EAT RENNETLESS CHEESE, EVEN WHEN ORGANIC:** Several types of rennet are used for making cheese, including genetically engineered versions called chymosin or chymax, as well as animal rennet.
- **CUT DOWN ON PROCESSED FOODS:** Many processed foods contain, genetically engineered yeast, enzymes, and additives. In baked goods, avoid "dough conditioner," a mixture of genetically engineered enzymes and additives.
- **CHECK WITH MANUFACTURERS OF VITAMIN SUPPLEMENTS:** Many supplements contain enzymes, soy, or corn ingredients, which can be genetically engineered.
- **DO NOT EAT PRODUCTS CONTAINING NUTRASWEET OR ASPARTAME:** Aspartame is a genetically engineered chemical. Although we think of it as being mainly an ingredient found in diet soft drinks, it can also be found in as many as 9,000 products, such as, children's vitamins and medicines, chewing gum and many low-fat products, such as jelly, jam and yogurt.
- **AVOID MEAT, POULTRY AND EGGS:** Unless the animals have been fed organically grown feed.

Please visit <http://www.saynotogmos.org/> for more information

You Can Make a Difference!

HEB Grocery

HEB's Central Market has recently launched Central Market Organic and Central Market All Natural product lines. The Central Market All Natural ingredients are sourced from seeds that were not genetically engineered and they have included this information on the product labels:

THIS PRODUCT WAS MADE FROM INGREDIENTS THAT
WERE NOT GROWN FROM GENETICALLY MODIFIED SEED.

With this label, HEB is leading the way in an industry that has been reluctant to label and they deserve a lot of credit. However, HEB should be encouraged to follow a similar policy for ALL their house brand products not just those catering to elite shoppers. You can read more about the Say No To GMOs! HEB campaign at <http://www.saynotogmos.org/heb.htm>. You can send a letter directly to HEB from the site or contact them using one of the other available options.

Whole Foods

At the April 4, 2005 shareholder's meeting, Whole Foods announced that they will begin to label their house brand products with regard to GMOs. While this decision is very welcome, until labels appear it is only an empty promise. Come on Whole Foods . . . show us the label!!!

Food Companies & Your Grocery Store

Phone the companies that make the processed foods that you use regularly. If they are not organic 1) insist that they use only ingredients that are non-GMO and 2) clearly label their products whether or not they contain GMO ingredients. Phone numbers can often be found on the label or on the company's website. Many websites also allow for comments to be submitted by e-mail.

Talk to the supermarket where you shop and tell them your concerns about GMOs. If they have private label products, ask that non-GMO ingredients be used and clearly labeled.

Consumers have the power to initiate changes in the food supply.

It's up to you!