

HOW CAN YOU AVOID GMOS?

- Look for the Non-GMO Project Verified seals.
- Buy organic: certified organic products cannot intentionally include any GMO ingredients.
- Avoid at risk ingredients: corn, soybeans, canola, cottonseed, sugar beets, papaya from China or Hawaii, a small amount of zucchini and yellow crookneck squash, alfalfa, dairy from rBGH treated cows, and meat from GE fed animals.
- Use www.nongmoshoppingguide.com and download app.
- TRADER JOES brand products are sourced from non-GMO ingredients.

Watch out for GE Salmon, GE Apples and GE Pineapple that may soon be on store shelves.

Beware: Most conventional infant formula contains GE ingredients. Children are more vulnerable to the effects of GE food. **Pet food also contains GE ingredients.**

If GMOs "have not been proven dangerous", then why has the biotech industry spent over half a billion dollars since 1999 lobbying the US Congress to block labeling bills?

Source: <http://www.foodandwaterwatch.org> Issue Brief Nov 2010

WE CANNOT TRUST THE PESTICIDE, CHEMICAL AND JUNK FOOD CORPORATIONS WHO MAKE AND SELL GE FOOD. Pesticide and chemical companies like Monsanto have long histories of deceiving the public, polluting the environment, and endangering public health.

GET EDUCATED:

WATCH DOCUMENTARIES: Genetic Roulette (geneticroullettemovie.com), The Future of Food (Hulu.com), The World According to Monsanto (Netflix), TEDxAustin, Robyn O'Brien (You tube)

Books: *Genetic Roulette, Seeds of Deception, Healing the New Childhood Epidemics: Autism, ADHD, Asthma and Allergies, and The Unhealthy Truth*

Web sites: labelgmos.org, responsibletechnology.org, allergykids.com, momsacrossamerica.com

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