

How To Eat If You're Avoiding GMOs

Fresh Produce

Very few GMO crops end up in your local produce department. These five are considered to be "high-risk" for GMOs unless they are grown organically.



Zucchini



Sweet Corn



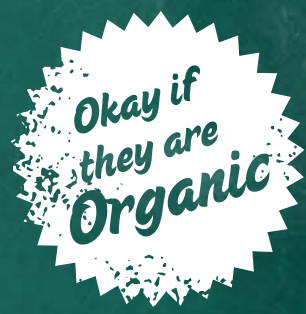
Hawaiian Papaya



Yellow Summer Squash



Edamame (Soy)



Fast Fact

In 1994, the transgenic FlavrSavr tomato hit the market but none have been grown since 1997. Currently, no GMO tomatoes are in commercial production.

Here are just a few of the MANY fruits and vegetables that have NOT been planted from GMO seed in 2013

Carrots
Onions
Potatoes
Grapes
Avocados
Broccoli

Lettuce
Leafy greens
Tomatoes
Berries
Bananas
Cucumbers

Peas
Celery
Melons
Apples



Packaged Foods

Over 70% of packaged foods in North America contain GMOs.

The five most prevalent GMO crops are:

- Canola
- Corn
- Sugar Beets
- Cotton
- Soy

These end up as ingredients in all kinds of packaged foods.

- corn (corn syrup, corn starch)
- soy (hydrolyzed vegetable protein)
- canola (Canola oil)
- sugar beets (processed sugar)
- cotton (cottonseed oil)
- Various food additives including flavoring agents, nutritional supplementation, thickeners and pH regulators



Seafood



- Wild-caught seafood or farmed bi-valves like oysters, mussels and clams (they don't receive supplemental feed) are non-GMO choices.
- Some farmed fish eat GMO feed.
- There is limited availability of verified Non-GMO feed at this time.
- There are no USDA organic standards for seafood.

Meat & Dairy



- Animals eat soy, corn and alfalfa that can be grown from GMO seed.
- GMOs are prevalent in the commodity grain market.
- There is limited availability of verified Non-GMO feed at this time.



GMO: Your Right to Know
wholefoodsmarket.com/gmo