

## HOW CAN I AVOID GM FOODS?

Our government does not require labeling.

But you can still make a choice:

1. Eating certified organic food is one way you can avoid GM food because GM is prohibited in organic farming. This includes organic dairy, eggs and meat because animals in organic farming are not fed GM grains like corn or soy.
2. You can avoid eating processed foods with corn, canola and soy ingredients.
3. You can buy cane sugar to avoid eating sugar from GM sugarbeets.
4. Support farmers who fight GM: buy food directly from farmers who do not plant GM corn, canola or soy or use GM grains for meat, dairy or egg production.



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

## WHAT CAN I DO TO STOP GM FOODS?

1. Make choices to eat non-GM foods.
2. Talk to your friends and family about GM foods. Subscribe for online news and action: [www.cban.ca/About/CBAN-e-News](http://www.cban.ca/About/CBAN-e-News)
3. Connect with a group in your community to share information and action. Contact CBAN for materials and strategic action ideas.
4. Donate today! [www.cban.ca/donate](http://www.cban.ca/donate)

More action at [www.cban.ca/Take-Action](http://www.cban.ca/Take-Action)



## TAKE ACTION WITH CBAN

- Stop the GM apple.
- Stop Monsanto's GM Alfalfa and GM Wheat.
- Stop the introduction of GM animals such as the GM Atlantic salmon (We just stopped the GM pig "Enviropig!")
- Provide consumers with reliable information.
- Ban Terminator Technology in Canada.
- Fight corporate control over seeds and protect organic farming.



For the latest action and news, subscribe to the CBAN News and Action Listserve [www.cban.ca/About/CBAN-e-News](http://www.cban.ca/About/CBAN-e-News)

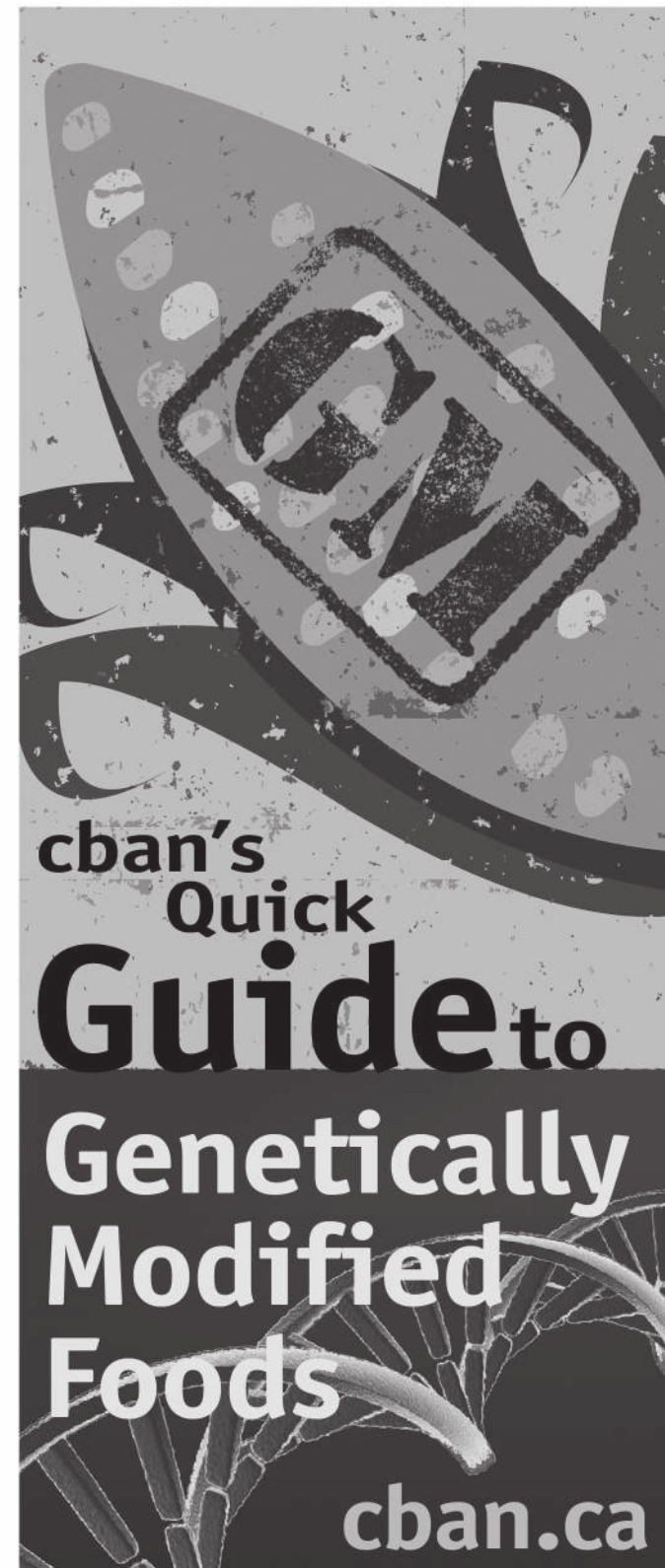
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## WHAT IS GENETIC MODIFICATION?

Genetic modification (GM) is recombinant DNA technology, also called genetic engineering or GE.

With genetic engineering scientists can change plants or animals at the molecular level by inserting genes or DNA segments from other organisms. Unlike conventional breeding and hybridization, the process of genetic engineering enables the direct transfer of genes between different species or kingdoms that would not breed in nature.

## WHAT GM FOODS ARE ON THE MARKET?

**Four GM crops are grown in Canada: corn, soy, canola and white sugar beet** (for sugar processing). These are widely used as ingredients in processed foods. There is also now some GM sweetcorn on the market.

- GM papaya, cotton and some types of squash are grown in the U.S. and can be imported, mostly as processed food ingredients.
- GM Corn: Most of the GM corn grown in Canada is hard corn used for animal feed or processed food ingredients. There is now some GM sweetcorn sold in Canada.
- X GM Tomatoes: There are no GM tomatoes on the market anywhere in the world.
- X GM Potatoes: Monsanto took GM potatoes off the market because of consumer rejection.
- X GM Wheat: In 2004, Monsanto withdrew its request for approval of GM wheat in Canada and the US because of consumer and farmer protest. Monsanto has relaunched its GM wheat research.

## ARE GM FOODS SAFE TO EAT?

We don't know what, if any, impacts GM foods could have on our health. There are many unanswered safety questions.

### Many scientists warn that:

- The process of genetic engineering could create new allergens.
- Foreign DNA may be able to survive in the human gut.
- Animal feeding studies indicate liver and kidney problems.

GM foods are approved for human consumption based on company-produced science. The data is secret and is not peer-reviewed by independent scientists. Health Canada does not do its own testing. There is no mandatory labeling in Canada, and no tracking or monitoring of possible health impacts.

## WHAT ARE THE ENVIRONMENTAL RISKS?

Once GM plants are released into the environment they cannot be controlled or recalled. Genetic pollution is irreversible living pollution that self-replicates. Contamination of other plants is a major problem because the genes from any crop can move, via seed and pollen flow. GM crops are resulting in increased pesticide use, herbicide tolerant weeds, and the expansion of industrial farming.

## WHO OWNS GM SEEDS?

GM technology facilitates corporate control because patents on genetic sequences mean that corporations can own seeds. Monsanto is the largest seed company in the world and owns about 86% of GM seeds sown globally.

### 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 sweetcorn
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

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### GM FOODS IMPORTED TO CANADA

FOOD	GROWN	WHERE ON THE SHELVES
5. Cottonseed oil	U.S.	Cottonseed oil • Vegetable oil in processed foods such as potato chips
6. Papaya	U.S. (Hawaii)	Papaya in fruit juices and other processed foods
7. Squash	U.S.	Some zucchini • Yellow crookneck and straightneck squash
8. Milk products (Bovine Growth Hormone)	U.S.	Milk solids and powder • Frozen desserts with dairy • Imported mixed drinks with milk ingredients

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