

## 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. Join the campaign to stop GM animals.
5. Donate today! [www.cban.ca/donate](http://www.cban.ca/donate)

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

## TAKE ACTION WITH CBAN

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



## CBAN MEMBERS:

ACT for the Earth (Toronto), Biofreedom (Edmonton), Canadian Organic Growers, Check Your Head, Coalition for Safe Food (B.C.), Council of Canadians, Ecological Farmers of Ontario, Food Action Committee of Ecology Action Centre, Halifax, GE Free Yukon, GeneAction (Toronto), Greenpeace Canada, Inter Pares, National Farmers Union, P.E.I. Coalition for a GMO-Free Province, Saskatchewan Organic Directorate, Society for a G.E. Free B.C., Union Paysanne, USC Canada.

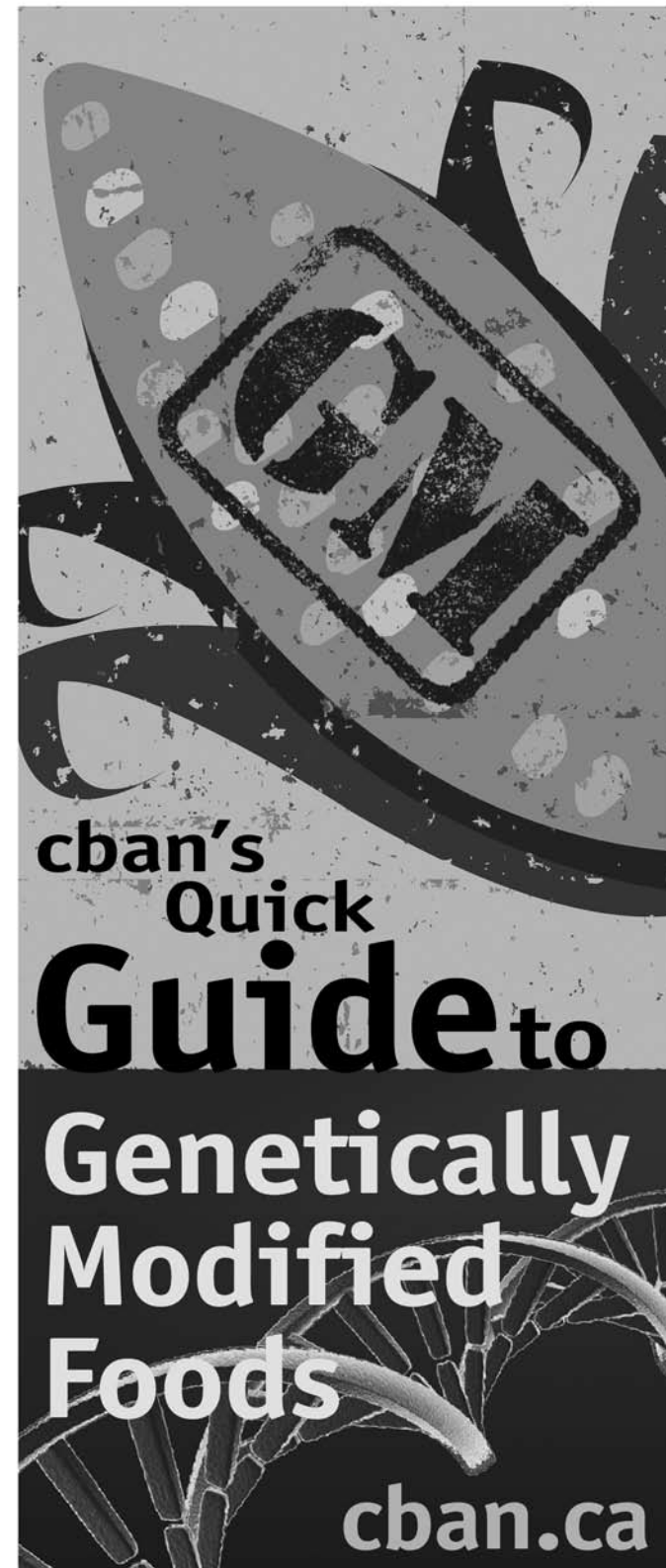
## Canadian Biotechnology Action Network

431 Gilmour St, 2nd Floor  
Ottawa, ON  
K2P 0R5

613 241 2267 ext. 25  
info@cban.ca  
[www.cban.ca](http://www.cban.ca)



This flyer was produced with support from:



## 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 from organisms in entirely different species or kingdoms that would not breed in nature.

## WHAT GM FOODS ARE ON THE MARKET?

**Three major GM crops are grown in Canada: soy, canola and corn.** These are widely used as ingredients in processed foods. Right now there is also some GM sugar on the market in Canada from GM white sugar beets. GM cotton, papaya and some types of squash are grown in the U.S. and can be imported, mostly as processed food ingredients. There are no GM vegetables or fruits grown or sold as produce 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.
- X The GM corn grown in Canada is hard corn used for animal feed and processed food ingredients. There is no GM popcorn on the market. There is one seed company that could be selling GM sweetcorn.

## ARE GM FOODS SAFE TO EAT?

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

### Many scientists warn that:

- The process of genetic engineering can create new allergens.
- Foreign DNA can 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 labelling 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 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 |
| 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  |

*Check [www.cban.ca/gmfoods](http://www.cban.ca/gmfoods) for updates*

### 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 |

*Check [www.cban.ca/gmfoods](http://www.cban.ca/gmfoods) for updates*