

For Those Interested in Limiting Dietary GMOs

Look for organic and Non-GMO verified foods. In addition, look for:

Produce

- Fresh-organic
- Frozen-organic
- Corn and corn products-organic or non-GMO

Grains

- Organic grains
- Non-GMO Project verified grains and cereals

Oil

- Canola, soy, and corn oil---from organic sources

Soy

- Soy products-organic or Non-GMO project verified
- Organic soy milk
- Organic edamame

Sugar

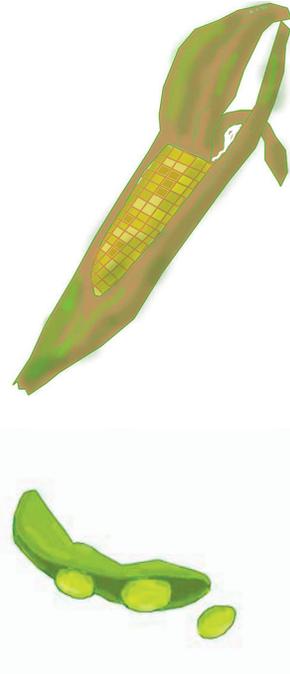
- Agave nectar
- Cane sugar (to avoid genetically modified beets)
- Maple syrup
- Organic honey
- No corn syrup/high fructose corn syrup

Read labels

- Limit processed foods
- Limit foods with many ingredients
- Choose processed foods with organic ingredients

Eating Outside

- Organic restaurant
- Locally grown-from non-GMO seeds/livestock fed non-GMO crops
- If in doubt, speak with the restaurant's manager or chef about sources of ingredients in the dish being ordered



Red Apple Concepts

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