

**What Genetically Engineered (GE) Foods Are on the Market in Canada?****GE Crops Legally Grown in Canada**

	<b>Crop</b>	<b>Trait</b>	<b>Where on the shelves</b>	<b>Note</b>
<b>1.</b>	Corn	Herbicide tolerant, insect resistant	Corn flakes, corn chips, other processed corn products. Corn starch, corn syrup, corn oil and other corn ingredients in processed foods. Sweeteners like glucose and fructose (check your beverages!). Eggs, milk and meat.	There are <b>no GE sweet corn</b> varieties sold to farmers in Ontario.  Corn is fed to livestock, poultry and dairy cows.
<b>2.</b>	Canola	Herbicide tolerant	Canola oil Eggs, milk and meat.	In Canada, many organic grain farmers have had to stop growing canola because of contamination from GE canola. Support these farmers by eliminating canola from your diet.
<b>3.</b>	Soy	Herbicide tolerant	Soy oil, soy protein, soy lecithin (a binding agent used in chocolate bars, for example), tofu, soy beverages, soy puddings. Eggs, milk and meat.	Make sure your tofu and other soy products are organic!
<b>4.</b>	Sugar beet	Herbicide tolerant	Sugar	2008 is the first growing season in Canada, sugar beet grown in Ontario will be processed in Michigan for Michigan Sugar so, <b>for now, no Canadian brand sugar is GE (Rogers/Lantic).</b>

**GE Foods Legally Imported to Canada**

	<b>Food</b>	<b>Grown</b>	<b>Where on the shelves</b>	
<b>5.</b>	Cottonseed oil	U.S.	Cottonseed oil/ vegetable oil in processed foods such as potato chips.	
<b>6.</b>	Papaya	U.S. (Hawaii)	Papaya in fruit juices and other processed foods.	
<b>7.</b>	Squash	U.S.	Some zucchini, yellow crookneck and straightneck squash.	Only a limited amount of GE virus resistant squash varieties are grown in the U.S
<b>8.</b>	Milk products	U.S.	Milk powder, frozen deserts with dairy and imported mixed drinks with milk ingredients (check your bottled or powdered cappuccinos!).	Bovine Growth Hormone (BGH) is not widely used in the U.S. It is not legal for farmers to use BGH in Canada but it is legal to import milk products from cows treated with BGH. However, less than 10% of Canada's milk products are imported.

**You can avoid eating GE foods when you:**

1. Eat organic food, because GE is prohibited in organic farming.
2. Check the ingredients list in processed foods and avoid:
  - soy, corn, and canola ingredients and cottonseed oil
  - sugar from U.S. companies (you can choose cane sugar or organic sugar)
  - papaya imported from the U.S.
  - non-organic eggs, non-organic milk, grain-fed meat
  - imported zucchini and squash
  - imported milk ingredients from the U.S.
3. Eat organically raised meat or 100% grass-fed meat, and choose organic eggs.
4. Shop at The Big Carrot which has eliminated GE foods from the store.
5. Buy directly from a farmer.

Produced by the Canadian Biotechnology Action Network  
with support from The Big Carrot Natural Food Market, 348 Danforth Avenue, [www.thebigcarrot.ca](http://www.thebigcarrot.ca)  
For details and more information see [www.cban.ca/gefoods](http://www.cban.ca/gefoods)