

7 GMO FOODS HIDING IN YOUR KITCHEN

America helps produce **90%** of the world's GMO crops. Crops that are genetically engineered or better, **SPRAYED WITH POISONOUS CHEMICALS**, that sneak into your pantry everyday. Here are the ingredients to look for.

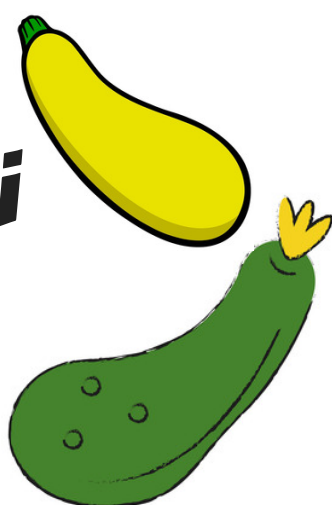


corn

High fructose corn syrup, fructose

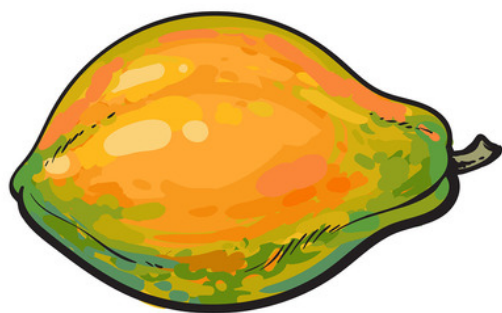
On your shelf: Campbell's Tomato Soup, Vlasic Sweet Pickles

zucchini & yellow squash



Soybean oil, soy flour, soy lecithin

On your shelf: JIF Creamy Peanut Butter, Hellmann's Mayo



Hawaiian papaya

Canola oil

On your shelf: Pepperidge Farm Goldfish Crackers

Corn starch, corn meal, and corn syrup, dextrose, glucose

On your shelf: Hamburger Helper, Bunny Bread

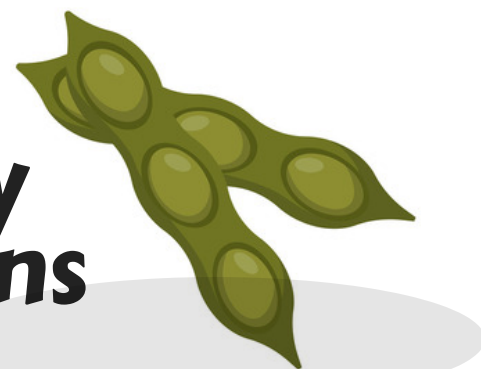
sugar beets



Not all produce is genetically engineered

Go organic: organic products can't be treated with synthetic chemicals

soy beans



Nearly all Hawaiian papayas contain pesticides

Choose wisely: select from Asia, Brazil, or Mexico



canola

KNOW WHAT'S IN YOUR FOOD!

DO IT FOR YOUR HEALTH!