

GM Foods (Genetically Modified Foods)

To assist you with avoiding any Genetically Modified (GM) Foods - South Africa, we've put together a list of the most common foods which are either GM or have been sprayed with toxic herbicides and/or pesticides. We've also put together a list of where Organic foods can be bought, from either online sources or at markets and shops.

"Organic food is the product of a farming system which avoids the use of manmade fertilisers, pesticides, herbicides, growth regulators & livestock feed additives. Irradiation and the use of genetically modified organisms (GMOs) or products produced from or by GMOs are generally prohibited by organic legislation" www.bbcgoodfood.com

Please ensure that Organic items are labelled "Organic" - do not presume that "Natural, Free Range or Gluten Free" is the same as Organic. Make sure you Eat/Drink only ORGANIC labelled items.

Items:	Common sources:	Suggested suitable alternatives:
Alcohol	Beer, Wine, and any Spirits which are made from fermented grains (wheat, barley, sorghum, corn)	Drink organic Wines (preferably Sulphite Free) & Spirits. Avoid local commercial beers, drink imported or organic
Apples, pears, & some bananas	Whilst Pears may not be GM, many Apples are GM and many of these fruits have been sprayed with a toxic Herbicide which is carcinogenic.	Eat organic fruits & vegetables wherever possible, avoid conventionally grown citrus fruits & table grapes.
Baby foods & Infant formula	Milk or soy protein is the basis of most infant formulas. The secret ingredients in these products are often soy, or milk from cows injected with rbGH. Many brands also add GMO-derived corn syrup, corn syrup solids, or soy lecithin	Eat organic baby food (Gerber range) - make your own organic baby food using organic fruits & vegetables. Kabrita Non GMO Goat milk baby formulas. Holle Organic milk powder
Barley		
Beverages	Most sweetened drinks contain high-fructose corn syrup or sugar, both of which are derived from common GM crops (corn and sugar beets). Diet or low calorie soft drinks contain Aspartame which is GM.	Drink organic fruit & vegetable juices, tea, coffee, coconut water - Avoid commercial "fizzy" drinks
Citrus & Stone fruits	Whilst possibly not GM, many of these fruits have been sprayed with a toxic Herbicide which is carcinogenic.	Eat organic fruits & vegetables wherever possible, avoid conventionally grown citrus fruits & table grapes.
Corn	On-the-cob, any products which contain ingredients such as: corn oil, corn syrup, corn starch, high fructose corn syrup. Corn Crisps/chips, Polenta, thickeners, sweet corn, cornflakes, breakfast cereals baby cereals, sausages, maize meal,	Eat products that are produced with Organic / Heirloom corn or eat Organic corn on the cob.
Dairy products	Milk, cheese, cream, butter, yoghurt - If you're vegan, lactose intolerant or have allergies to dairy, you're probably already familiar with dairy alternatives, such as soy milk, almond milk, rice milk, and other substitute products. Since so many alternative dairy products are made from soybeans, be aware that they may contain GMO ingredients.	Raw unpasteurised milk and milk products, Organic milk, Organic Almond milk, Organic Coconut milk. Organic Soya milk. Organic goats milk. Organic Rice milk. Look for organic or "rBGH- and rBST-free" milk products. rBGH (recombinant bovine growth hormone) is a synthetic growth hormone developed from genetically engineered E. coli bacteria. A rule from the USDA's "Guidelines for Organic Certification of Dairy Livestock" dictates that organic cows must be fed grains and forages that contain no antibiotics, GMO-derived products, synthetic preservatives, & animal by-products. Conventional dairy cows are not required to comply with these standards.
Eggs		Eat organic GMO free eggs only from chickens that are not fed corn or soy that has been genetically engineered eg: Farmer Angus/ Eddies eggs .
Fish	Fresh, Frozen, Sushi - At least 35 species of fish are currently being genetically engineered around the world, including trout, catfish, tilapia, striped bass, flounder, & many species of salmon. Avoid any farmed fish products (especially Salmon & Tilapia) - they're likely to be GM - Avoid Chinese farm-raised seafood which is located in heavily industrialized regions where the water, air & soil are contaminated by effluent waste from industry & exhausts. It is also common practice to utilise livestock & poultry waste as fish feed.	Eat Wild fish not Farmed or GM fish - Wild fish tend to have more omega-3s and are less likely to be contaminated with harmful pollutants
Fruit	Caution: Potatoes & Apples have been Genetically modified (to prevent bruising/browning)	
Grapes, table & wine	Whilst possibly not GM, many of these fruits have been sprayed with a toxic Herbicide which is carcinogenic.	Eat organic fruits & vegetables wherever possible, avoid conventionally grown citrus fruits & table grapes.
Herbs & Spices	Use organic herbs and spices which have not been irradiated	Good Life - Available at various suppliers
Honey	A variety of flower sources - avoid any irradiated, heated or treated honey products	Eat Raw, unfiltered, natural honey that is not irradiated - avoid any imported honeys especially from China
Maize	maize meal, breakfast cereals, baby cereals...	Organic maize or corn products. Substitute with organic Rice or Potatoes.
Meat	Many alternative meat products are processed and include ingredients that can be genetically modified/engineered, so check the ingredient lists closely, pay attention to avoid the Big Four at-risk ingredients, especially soy - Eat organic, veld reared only	Eat organic, Veldt reared (check for Herbicide contamination) - Organic Tofu, Organic Soya
Nuts (almonds, peanuts etc) Lentils & Seeds, Couscous, Soy beans, Sunflower seed		Eat certified organic nuts and seeds only. Substitute with organic chick peas.
Oats	Breakfast cereals, muesli, oats cereal bars, biscuits/cookies...	Eat Organic Oats. Use Organic oats for any products using oats (biscuits, cereals etc)
Oils, Palm, rape seed, cotton seed, canola	Margarine, butter, cracker breads, baby foods, spreads, crisps, peanut butter, mayonnaise, sauces etc	Avoid all rape seed and Canola oil products; Canola oil comes from Rapeseed which was originally used for industrial purposes, "rapeseed oil" was so toxic that the FDA banned it for human consumption in 1956. Canola oil is high in glycosides, which means it inhibits enzyme function. Over the long term, this destroys the protective sheath (coating) surrounding nerves. Once that sheath is gone, nerve damage is being done. Use only organic (Extra Virgin olive, coconut) oils, Grape seed oil, Organic butter - Eat organic peanut/other nut butters
Sorghum	breakfast porridges, sorghum beers	
Soya	Common examples of soy-based ingredients include: soy protein, soy flour, soy sauce, soybean oil, soy milk, & soy lecithin. Tofu, tempeh, & miso are other sources of soy Breads, pitas, wraps, rusks, English muffins, muffins, donuts, garlic bread, hot cross buns, ready-made meals, peanut butter	Eat Organic Soya
Sugar	Products containing sugar, Sugar beets - be careful with Sugar Cane as it may have been sprayed with a toxic Herbicide as a dessicant.	Use organic sugar only, sugar substitutes include Stevia, organic Xylitol, organic coconut palm sugar
Wheat	breads, pasta, pitas, wraps, rusks, English muffins, muffins, donuts, garlic bread, hot cross buns etc	Wheat products made with recommended wheat flours: Champagne Valley, Eureka Mills, James Moffett, Bio Wheat & Millstone flours. Eat bread made from Organic Rye. Eat imported Italian pasta.
Vegetables		Eat organic fruits & vegetables wherever possible, avoid conventionally grown vegetables.

Food suppliers - Countrywide (check for Organic items)

Jacksons Real Food Market (Bryanston & Kyalami) - Only buy items marked "Organic"	300 Bryanston Drive & Kyalami, Cnrn Main & R55, Jhb	http://jacksonsrealfoodmarket.co.za/	011 463 1598
Braeside Butchery (Greenside)	20 Gleneagles Road, Greenside, Jhb & at The Bryanston Organic Market	www.braesidebutchery.co.za	011 788 3613
Bryanston Organic Market	40 Culross rd (off Main rd), Bryanston, Jhb	www.bryanstonorganicmarket.co.za	011 706 3671
Wensleydale Organics (online shop)	The Wensleydale farm is located 45 kilometers north-west of Johannesburg. Also at The Bryanston Organic Market	www.wensleydale.co.za	082 779 7843
Eco Organics (supplier of various Organic produce)	Online shop - 517 West Rd, Midrand, Jhb	http://www.eco.organics1.co.za	071 859 9836
Organic Natural & Whole-Food Emporium (Expensive!)	Shop 31B, Bryanston Shopping Centre, Cnr William Nicol Drive & Ballyclare, Bryanston, Jhb	www.organicemporium.co.za	011 514 0958
Fudge-It (GMO free Mielie meal)	The Bryanston Organic Market	theorganicpeople@gmail.com	0723797459
Zeal (Suppliers of Organic Native sugar)	Metropolitain Park Unit F4, Cnr Wakkis & Tungsten Road, Strydom Park, Randburg, 2194		011 791 1907
Cakes by Seiaz (use Champagne Valley flour)	53 Conrad Dr, Blairgowrie, Randburg, 2194	http://www.sellaz.co.za/	011 029 8776
Good Life Organic	Online shop - providing a wide range of certified organic food products - wholesaler servicing health shops, delicatessens, health practitioners and the retail trade; do not sell directly to the public	https://www.goodlife.co.za/	031 766 3426
Fruits & Roots	Hobart Grove Centre, 52 Grosvenor Rd, Bryanston, Jhb, 2191	www.fruitsandroots.co.za	011 463 2928
The Green Grocery	Online shop	www.thegreengrocery.co.za	
Freshly Grown	Online shop	www.freshlygrown.co.za	
Timothy & Clover	Online shop	www.timothyandclover.co.za	
Munching Mongoose	Online shop	www.munchingmongoose.co.za	
Health Connection Wholefoods	Online shop	http://www.health-connection.co.za	
Patisserie de Paris (use Eureka Mills flour & Orvx Salt)	9 Mackay Avenue, (off Conrad Drive 100m from the Engen Garage), Blairgowrie, Jhb. Also at The Bryanston Organic Market	www.patisserieparis.co.za	011 326 0913
Bull & Bush Meat Merchants	Unit 21, 7 on Mastiff, Linbro Business Park, Sandton	http://www.bullandbush.co.za	011 454 8274
Langside Meats - Veld reared beef	Queenstown, E Cape	http://www.langsidemeats.co.za/#home	083 457 8343
Farm Table	Shop 1, 62 6th Street, Linden, Jhb, 2195		087 802 1283
Bert's Butchery	356 Republic Rd, Darrenwood, Randburg, 2194	http://www.bertsbutchery.co.za	011 782 4919
Faithful to Nature	Online store	www.faithful-to-nature.co.za	
Thrupps Grocers - Illovo	Lower Ground Floor, Thrupps Illovo Centre, Corner Oxford and Rudd Roads, Illovo, Jhb	http://www.thrupps.co.za	011 268 0298
Nutrifir - supplier of Kombucha tea, Milk & Water Kefir	Online shop	http://www.nutrifir.co.za/	076 994 0051
Springgreen Wheatgrass - Growers & Suppliers of ready to juice Wheatgrass & other related products.	Online shop	www.springgreen.co.za	
Wild Organics - Supplier of various organic fruit & veg in Cape Town	Online shop - various collection points in Cape Town	www.wildorganics.co.za	021 510 5447
Oaklands Country Manor	30km from Harrismith, near the border of KwaZulu-Natal and the Free State	http://www.oaklands.co.za/food/the-	079 529 2314
Oaklands Butchery	30km from Harrismith, near the border of KwaZulu-Natal and the Free State	https://www.oaklandsbutchery.co.za/	082 608 2469
Organic World		http://www.organicworld.co.za/	
Coobs Bistro - sources their produce from local suppliers and organic farms to create unique modern bistro-style food.	4th Ave, Parkhurst, Johannesburg	http://www.coobs.co.za/	011 447 0710
Soga Organic - Grower & supplier of certified organic citrus products	Available at various Food Lovers Markets, Dis Chem outlets, Jacksons - Sundays River Citrus Company - Addo, E Cape	https://www.sogaorganic.co.za/	042 230 1376 / 087 702 9112
The Green Bean African Coffee (Coffee, Eggs, Milk)	At Casalinga Ristorante Italiano, Rocky Ridge Rd, Off Beyers Naude Drive, Muldersdrift	https://www.greenbeancoffee.co.za/	076 469 8995
Leafy Greens (Café/Restaurant - Vegetarian)	At Casalinga Ristorante Italiano, Rocky Ridge Rd, Off Beyers Naude Drive, Muldersdrift	http://www.leafygreens.co.za/	010 595 4563
Fresh Earth (Online store, Café/Restaurant)	103 Komatie Road, Emmarentia, Jhb.	https://www.freshearth.co.za/home	011 646 4404
Local Village (Manufacturer & supplier of Organic Granola/Meusli. Honev)	The Bryanston Organic Market, Rosebank Sunday Market, Jacksons.	www.localvillage.co.za	011 026 8579
Organic Wines (Reyneke, Waverley Hills, Earthbound range from Nederburg, Laibach)	Available at Checkers, Woolworths.		
Organic Zone (shop in Cape Town selling various fruits, vegetables & other organic products)	Corner Main and Putter Road, Lakeside Shopping Centre, Lakeside, Cape Town	www.organiczone.co.za	021 788 3133
Organic Pomegranate Farm	250 Tuohyvale Road, Muldersdrift, Jhb	http://www.ganico.co/	084 853 8130
Living Seeds (online Heirloom seed & seedling store)	Online store using Courier delivery - orders can also be collected at The Walkerville Farmers Market (from Morne at the Kironia stall) - 112 Main Rd. (R82) Walkerville (079 076 7680)	https://livingseeds.co.za/	0731417101
Seeds for Africa	W Cape based Online store using Courier delivery - orders can be collected at Sandown Nursery in Milnerton	https://www.seedsforafrica.co.za/	021 201 1118
Sandveld Organics - Organic farm in W Cape. Supply Organic fruit & veg and Organic seeds	Farm Suurfontein, Lambert's Bay, 8013	http://sandveldorganics.co.za/about-the-farm.php	087 802 2680
Grassfed Association of SA	Their vision is to create an environmentally and economically sustainable grass fed meat industry for South Africa based on the principles of transparency, full traceability and fairness	http://grassfedsa.org/about-us-vision-and-mission/	Adrian Cloete 082 213 2120, Email : info@grassfedsa.org

The World Health Organization's (WHO) cancer agency, the International Agency for Research on Cancer (IARC), classified glyphosate as "probably carcinogenic to humans," which is the second-highest classification for substances that can cause cancer. Glyphosate is the most predominantly used Herbicide in SA. For more information visit: <http://www.cansa.org.za/files/2015/11/Fact-Sheet-Position-Statement-Glyphosate-Nov-2015.pdf> and <http://acbio.org.za/tag/glyphosate>

Glyphosate/herbicides/pesticides deplete: Tyrosine, Iron, Vitamin D, Vitamin B's and disorder the digestive tract and gut flora; affects the lymphatic & endocrine system including thyroid, pituitary, adrenals and much more.

For more info on GMOs or GM/GE Foods visit the following websites/pages:

GMOs revealed - A 9 part documentary revealing the truth about the food you eat.

<http://acbio.org.za/>

www.greenmedinfo.com

<http://southafrica.ecocert.com/>

<https://www.youtube.com/channel/UCIfmNFDiMwBmt2955KbLg>

www.biowatch.org.za

www.gmo-awareness.com

www.truthwiki.org

www.grassconsumeraction.wordpress.com

www.ecowatch.com

www.foodexposed.co.za

www.nongmoproject.org

www.greenaudits.co.za

www.foodsafety.gov/poisoning

www.mercola.com

www.gmo-compass.org

Consider the following

What are GMOs? - A GMO (genetically modified organism) is the result of a laboratory process where genes from the DNA of one species are extracted and artificially forced into the genes of an unrelated plant or animal. The foreign genes may come from bacteria, viruses, insects, animals or even humans.	
Where are they? - In your food! First introduced into the food supply in the mid-1990s, GMOs are now present in the vast majority of processed foods. While they are banned as food ingredients in Europe and elsewhere, there is no requirement to the labeling of GMOs in food ingredient lists.	
The World Health Organization's (WHO) cancer agency, the International Agency for Research on Cancer (IARC), classified glyphosate as "probably carcinogenic to humans," which is the second-highest classification for substances that can cause cancer. Glyphosate is the main ingredient of Monsanto's best-selling herbicide Roundup. The state of	
NB: Glyphosate/herbicides/pesticides deplete: Tyrosine, Iron, Vitamin D, Vitamin B's and disorder the digestive tract and gut flora; affects the lymphatic & endocrine system including thyroid, pituitary, adrenals and much more.	For more information visit:
http://www.cansa.org.za/files/2015/11/Fact-Sheet-Position-Statement-Glyphosate-Nov-2015.pdf and http://acbio.org.za/tag/glyphosate	
The American Academy of Environmental Medicine (AAEM) urges physicians to advise all patients to avoid genetically modified (GM) food. They state, "Several animal studies indicate serious health risks associated with GM food." These include: • Infertility • Immune problems • Accelerated aging • Faulty insulin regulation • Changes in major	
Feeding studies on laboratory animals and farm livestock have found that some GM crops, including those already commercialized, have toxic or allergenic effects. Effects, which may arise from the GM crop itself or from residues of the pesticides used on them, include:	
Liver and kidney toxicity	Intestinal abnormalities
Enlarged liver	Excessive growth in the lining of the gut, similar to a pre-cancerous condition
Disturbed liver, pancreas and testes function	Altered blood biochemistry, multiple organ damage, and potential effects on male fertility
Accelerated liver ageing	Stomach lesions and unexplained death
Disturbances in the functioning of the digestive system and cellular changes in liver and pancreas	Immune disturbances
Less efficient feed utilization and digestive disturbance	Allergic reactions
Altered gut bacteria	Higher density of uterine lining
Enzyme function disturbances in kidney and heart	Severe stomach inflammation and heavier uterus

Some "Organic" myths and misconceptions to be aware of:

- 1. Buying from organic companies that sold out to Big Food's evil corporations**
If you're one of those smart shoppers who buys mainly organic, you better take a second look at "who" you're buying, instead of just "what" you're buying. Over the past few years, several smaller organic companies sold out to huge corporations so they could retire and enjoy the good life. Problem is that "good ole" company is now a bastard child of Big Food, and you can bet all the products that were once clean are now polluted with toxic foods, even though they're still organic. Yes, it's true. Big Food loves to push unfermented soy and rapeseed (canola) oil, and even when they're organic they're still bad for the body over the long term. Watch out for those high estrogen levels
Here are some examples in case you aren't up to date on the "who owns who" of the organic world of tainted food. Purdue Farms owns Hans. Coca Cola owns Suja juice, Green Mountain Coffee and Honest Tea. Not so "honest" anymore, huh? Campbell Soup Company owns Wolfgang Puck, Plum Organics and Bolthouse Farms. Nestle owns Sweet Leaf Tea and Tribe Mediterranean Foods. Pepsi owns Naked Juice and Stacy's Pita Chips.
- 2. Buying organic foods that contain canola**
Organic or not, canola oil is synthetic oil bred from its parent rapeseed. Big Food needed a cheap substitute for imported coconut oil and palm oil and bam! A creative Canadian scientist took the most toxic of all food-oil plants and reduced the toxicity to meet FDA "standards" (nothing to write home about). Canola oil is still toxic even when it
Studies of rats consuming canola revealed degeneration of the heart, kidneys, thyroid gland and adrenals. As soon as the scientists withdrew canola from the rats' feed, the health damage rescinded. Don't forget, humans are animals too, with 96 percent the same DNA as the rest of the animals on planet Earth, so don't think this alarming canola research doesn't apply to us. Canola oil is high in glycosides, which means it inhibits enzyme function and destroys the protective coating surrounding your nerves, and once that sheath is gone, you're done for. Nerve damage sets in.
Canola oil, over the long term, can cause emphysema, constipation and respiratory distress. Don't be fooled by the happy little term "expeller pressed." It doesn't matter because canola still carries the mutated rapeseed genes. Big Food still has to bleach it and deodorize it to remove the stink. Almost all organic mayonnaise products and organic
- 3. Buying organic foods that contain unfermented soy**
Just since the year 2000, U.S. food manufacturers have introduced over 3,000 soy-based foods, many of which are labeled "certified organic," but does that even matter? Any soy that is unfermented, whether organic or not, is linked to immune-system malfunctions, thyroid dysfunction and cognitive decline. In fact, no soy was fit to eat until the discovery of fermentation techniques during the Chou Dynasty. Anyone eating unfermented soy would suffer from eating anti-nutrient toxins that block the enzymes humans need for protein digestion, and that's at just two tablespoons a day.
Hundreds of health studies reveal infant abnormalities, kidney stones and food allergies thanks to soy consumption. If you read or hear about the benefits of soy, they're talking about fermented soy only. Most organic mayonnaise products and organic salad dressings are loaded with canola or soy or both! Watch out.
- 4. Buying anything "certified organic" that was grown in China**
With three times the population of America, China suffers major environmental pollution problems, including waste management, industrial and agricultural contamination, pharmaceutical contamination, plus inadequate water treatment. At least 70 percent of China's water is so polluted it's deemed unsafe for human contact. Some of the rivers
- 5. Assuming that "USDA certified organic" means no heavy metal toxins**
The USDA does not inspect certified organic food for heavy metal toxins at all. That would include lead, aluminum, mercury, nickel, copper, tungsten and arsenic. Can you believe it? You can have your levels tested by a Naturopathic Physician. Your best bet is to avoid all organic food that's imported from China – the most polluted industrial
- 6. Putting organic food in the microwave oven**
The "nuker" not only destroys nutritive qualities of food within seconds, but produces wave energy radiation that interacts with food molecules, changing their polarity from positive to negative at millions of times per second. This severe agitation and friction bombards the food and forcefully deforms it. The scientific name for this is "structural
- 7. Cooking organic meat on an outdoor grill**
Even if meat is organic, when you grill it at high temperature and fat drips onto the heat source, potent carcinogens are created called polycyclic aromatic hydrocarbons (PAH's). There is also a chemical reaction between the amino acids and creatine in the meat that forms dangerous heterocyclic amines (HCA's). Lastly, you're increasing the
- 8. Boiling organic vegetables in water you got from the tap**

You can't boil out cancer-causing, IQ-lowering sodium fluoride from tap water. You need a high quality water filtration system like Big Berkey to do that. Don't pollute your clean food with toxic tap water. Enough said.
