

You're Eating WHAT?

**Stop eating GENETICALLY
ENGINEERED FOODS, and
please copy this for
your friends!**

JEFFREY M. SMITH author of the international bestseller, *Seeds of Deception*, describes the health dangers of genetically engineered foods, and how industry manipulation and political collusion got them approved.



Genetically Modified Foods at a Glance

Currently Commercialized GM Crops in the U.S.

- Soy (85%), cotton (76%), canola (75%), corn (40%), Hawaiian papaya (more than 50%), zucchini and yellow squash (small amount), and tobacco (Quest® brand).

Other Sources of GMOs

- Dairy products from cows injected with rbGH.
- Food additives, enzymes, flavorings, and processing agents, including the sweetener aspartame (NutraSweet®) and rennet used to make hard cheeses.
- Meat, eggs, and dairy products from animals that have eaten GM feed.
- Honey and bee pollen that may have GM sources of pollen.
- Some of the Ingredients That May Be Genetically Modified: Vegetable oil (soy,

corn, cottonseed, or canola), margarine, soy flour, soy protein, soy lecithin, textured vegetable protein, cornmeal, corn syrup, dextrose, maltodextrin, fructose, citric acid, and lactic acid.

Some of the Foods That May Contain GM Ingredients:

- Infant formula, salad dressing, bread, cereal, hamburgers and hotdogs, margarine, mayonnaise, cereals, crackers, cookies, chocolate, candy, fried food, chips, veggie burgers, meat substitutes, ice cream, frozen yogurt, tofu, tamari, soy sauce, soy cheese, tomato sauce, protein powder, baking powder, alcohol, vanilla, powdered sugar, peanut butter, enriched flour and pasta. Non-food items include cosmetics, soaps, detergents, shampoo, and bubble bath.

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