

## Canola

In 2008, GE food crops were introduced in Australia; GE canola is now grown in NSW and Victoria.

Canola is found in a range of foods from margarine and vegetable oil to ice cream, bread and sauces. Under current laws these do not have to be labelled.

Soy, corn, cotton and canola are the only major GE crops available worldwide, with canola the only GE food crop grown in Australia. All other grains and their oils are GE free.

All certified organic products are GE free.

No GE fruits or vegetables are available for sale in Australia.

Visit [www.truefood.org.au](http://www.truefood.org.au) for more info on our ratings policy.

**You may have seen the term genetically modified (GM/GMO). This has the same meaning as genetically engineered (GE).**

## Keep GE food off your plate. When customers speak companies listen

- Join the True Food Network it's free
- Keep the True Food Guide in your purse or wallet and use it while you shop
- Ask the red list food brands to be GE free

Visit [www.truefood.org.au](http://www.truefood.org.au) for a full list of GE free brands - and sign up for regular email updates.



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## Canola edition 2009

Keeping genetically engineered crops out of Australian soil and our food.

GREENPEACE

## True food guide

The majority of Australians do not want to eat genetically engineered (GE) food.

Increasingly Australian food companies are responding by removing GE ingredients from their products.

Australia's top canola oil users including Goodman Fielder (Meadow Lea), Peerless oils (Tablelands margarine), Coles Housebrand products and Unilever (Flora) have made a strong commitment not to use GE canola or other GE derived ingredients in their products.



Australia's leading chefs are opposed to GE foods. Margaret Fulton, Neil Perry, Kylie Kwong, Bill Granger, Tobie Puttock, Dur-é Dara and nutritionist Dr Rosemary Stanton OAM all endorse the GM Free Chefs Charter.

## Green List

Brands that actively avoid ingredients from GE crops.



Aldi exclusive brands  
Arnott's  
Asia@Home  
Bega  
Berri  
Campbell's  
Capilano  
Carman's Fine Foods  
Coca Cola  
Coles Finest  
Coles Smartbuy  
Devondale  
Dick Smith Foods  
ETA  
Fantastic Snacks  
Ferrero Rocher  
Flora  
Foodland-IGA  
Fountain  
Gold'n'Canola  
Heinz  
Helga's Bread  
IGA Metcash  
Jalna Dairy Foods  
Kellogg's  
Kinder Surprise  
King Island Dairy  
Leo's Fine Food and Wine  
Lillydale  
Manning Valley Eggs  
McCain

Meadow Lea  
Milawa Free Range  
Mighty Soft  
Mocopan  
Mountain Fresh  
Newman's Own  
Nudie  
Nutella  
NutteleX  
Olive Grove  
Paradise Biscuits  
Parmalat  
Pauls  
Praise  
Pura Milk  
Pureharvest  
San Remo  
Sandhurst Fine Foods  
Sanitarium  
Spiral Foods  
Streets  
Tablelands  
Tasmanian Heritage  
Tatura Milk  
Vogel's  
Wattie's  
Weet Bix  
Weis ice cream  
White Wings  
Yoplait  
You'll Love Coles

## Red List

Brands that may allow GE ingredients to contaminate their supply.



Baker's Delight  
Baiada  
Birds Eye  
Bonox  
Burgen  
Cadbury  
CC's  
Country Gold  
Dairy Farmers  
Dolmio  
Don Smallgoods  
Fonterra  
Franklins  
George Weston Foods  
Inghams  
John West  
Kan Tong  
Kraft  
Leggo's  
Lindt  
Maggi  
Mainland Dairy

Mars  
Master Foods  
Milo  
Nestlé  
Noble Rise  
Oreo  
Pace Farm Eggs  
Pepsi  
Philadelphia  
Ritz  
Safeway  
Sara Lee  
Schweppes  
Smith's  
SPC Ardmona  
Steggles  
Tip Top  
Toblerone  
Uncle Toby's  
Vegemite  
Weight Watchers  
Woolworths

**Ask these food brands to be GE free:**

- Woolworths-Safeway 1300 767 969
- Kraft 1800 033 275
- Nestlé 1800 025 361