



Organic Vs Non-GMO Labels

Organic is always the better choice

There is a difference between the organic labels and Non-GMO labels and it is important to understand the difference between the two.

What is the “Non-GMO Project”?

Aims to prevent genetically modified foods from being present in retail food products.

The “[Non-GMO Project](#)” label only verifies that a product doesn’t contain genetically modified (GMO) ingredients (or technically less than 0.9% GMOs). While that is good, it’s not the whole story about what the product contains, how it was produced, and where it came from.

There are still some [tricky loopholes](#), so that’s why you need to look for “100% certified organic” or a “Non-GMO Project” verified label to ensure it’s GMO-free.

Organic VS. Non-GMO

What's the Difference?

	<u>Organic</u>	<u>Non-GMO</u>
• No GMOs used	✓	✓
• No Synthetic Pesticides , linked to lymphoma & leukemia	✓	✗
• No Roundup Herbicides , linked to kidney disease, breast cancer & birth defects	✓	✗
• No ingredients laced with residues from the neurotoxin Hexane	✓	✗
• No Sewage Sludge , human waste contaminated with endocrine disruptors & heavy metals	✓	✗
• No Growth-Promoting Antibiotics , contributing to weight gain & antibiotic resistance	✓	✗
• No Ractopamine drug residues, banned in dozens of countries	✓	✗

More Info at FOODBABE.COM

1. **Certified organic foods are also non-GMO.** USDA organic regulations [prohibit](#) any genetically modified (GMO) ingredients in a certified organic product. NOTE: The USDA Organic label certifies that 95%-100% of the ingredients are organic, so there is a slight chance that (up to 5%) of non-organic ingredients are in the product –however they are [not supposed to be GMO](#).
2. **Organic crops cannot be grown with synthetic pesticides, and contain much lower pesticide residues overall.** Organic regulations prohibit certain toxic pesticides from being used on crops, but there are no special restrictions for non-GMO crops. So, non-GMO crops can be grown the same as other conventional crops and can still be laden with [toxic pesticide residues](#), including organophosphates that are [linked to lymphoma and leukemia](#). A bag of non-GMO [potato chips](#) can contain [residues from up to 35 different pesticides](#) used on conventional potatoes, several of which are known [carcinogens, suspected hormone disruptors, neurotoxins, or reproductive toxins](#).
3. **The most widely-used herbicide on the planet – Glyphosate (Roundup) – is prohibited on organic crops.** Non-GMO crops [such as wheat](#) can be [pre-harvested with glyphosate](#). This herbicide is a toxin that can accumulate in your body the more you are exposed to it. It has been linked to kidney disease, breast cancer, and some birth defects.
4. **Organic ingredients aren't processed with toxic hexane.** Most conventional oils (canola, soybean, corn) are [extracted with the neurotoxin hexane](#), and [some residue](#) has been shown to remain in these oils. Hexane is also used in the processing of many soy ingredients like soy protein and textured vegetable protein.
5. **Organic crops are prohibited from being fertilized with sewage sludge.** Conventional non-GMO crops created with "[biosolids](#)", which is literally the treated waste that's flushed down the toilet, and waste from hospitals and industry. This waste can be contaminated with such things as heavy metals, endocrine disruptors, pathogens, pharmaceuticals, pesticides, and dioxins – it's basically a [toxic chemical soup](#)!
6. **Organic meat isn't produced with growth-promoting drugs, like ractopamine.** Packaged non-GMO foods may contain meat that has been raised on growth-promoting steroids and drugs. Residues of some of these drugs have been [found in meat](#) and it's been shown that eating products with [traces of ractopamine](#) can lead to an [unacceptable level](#) of risk of diseases of the cardiovascular system.

7. **Organic animals aren't fattened up with growth-promoting antibiotics.** The overuse of growth-promoting antibiotics is [creating superbugs](#) that could threaten the entire human population. Antibiotics have been used for years, not just to fight infection, but to fatten up farm animals. This use is [polluting](#) our environment, water and food supply. Studies show that antibiotics have the same consequences for us, and [can fatten us up too](#). This is because antibiotics [kill off healthy bacteria in the gut](#) – beneficial bugs called probiotics that influence how we absorb nutrients, burn off calories, and stay lean. Scientists have found that lean people have more of the good, anti-obesity bacteria in their guts, compared to people who are overweight.
8. **The non-GMO label claim is unregulated.** Essentially anyone can say that their product is non-GMO, because the FDA has [not set any standards](#) to regulate the use of this claim on a label. This is not to be confused with the Non-GMO Project label, as they have [a process](#) for verifying whether products are non-GMO, and I feel that their label can be trusted (just as Whole Foods will only label products as non-GMO if they carry the Non-GMO Project verification label or are certified organic. However, some food manufacturers have been caught red-handed with unverified claims on their packages that say they are “non-GMO” when they really aren't.
9. **Organic foods prohibit many of the chemicals known as “obesogens” that trigger our bodies to store fat.** Antibiotics, growth hormones, pesticides, and synthetic preservatives are just a few of the chemicals that researchers have defined as [obesogens](#). The theory that obesogens in our food and environment could be making us fat. This is important because many of the [synthetic pesticides](#) that can be found on non-GMO conventional crops are endocrine disruptors.
10. **By choosing organic food you'll automatically avoid most chemicals** like synthetic preservatives, synthetic pesticides, growth hormones and [antibiotics](#) are not used in organic food. These are the chemicals that can make you tired, wreak havoc on your skin and immune system, make you feel fat and miserable. Even worse – they may put you at risk for scary, life-shortening diseases like cancer.