What’s In Your Food?

Wanna know if products contain genetically engineered ingredients? There’s an app for that.

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According to the Center for Food Safety (CFS), a national nonprofit public interest and environmental advocacy group based in Washington, DC, thousands of products on supermarket shelves contain ingredients from genetically modified (a.k.a. genetically engineered) crops. What’s more, many consumers don’t know what foods contain these ingredients. That’s why, a few years ago, CFS launched “True Foods,” a free mobile application that helps shoppers who want to avoid these foods.

Available on many Apple and Android products, this app reveals brands (including private-label store brands) that contain GE ingredients and those whose foods are GE-free. Also included are tips on ways to avoid these ingredients, plus a guide to dairy products containing rGBH, a genetically modified bovine growth hormone.

In addition, True Foods offers consumers contact information for companies that use GE ingredients. “This feature enables consumers to personally voice their opposition to the use of GM [genetically modified] foods directly to the parties involved,” CFS says. “As a result, the app serves not only as a shopping guide and teaching tool, but one that can be used for widespread advocacy.”

In addition, the app allows shoppers to contact state and federal officials, CFS says, “to demand better regulatory oversight, safety testing and labeling laws for GM foods and crops.”

For more information on how to join CFS, visit centerforfoodsafety.org.

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