

Fact Sheet

Labelling GM Food

Genetically modified (GM) foods sold in Australia and New Zealand have labelling requirements.

Most GM foods in our food supply are ingredients like oil, flour or sugar that are used in processed foods.

Just like other ingredients, GM ingredients are listed on food labels to help you make informed choices about the food you buy.

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Where will I find GM on the label?

You can find the statement 'genetically modified' on the label either:

- linked with the specific GM ingredient in the ingredient list
- next to the name of the food.



INGREDIENTS: WATER, TOMATO PUREE, CARROTS, CORN FLOUR (GENETICALLY MODIFIED), PARTIALLY HYDROGENATED VEGETABLE OIL (SOY BEAN, COTTONSEED), COLOUR (171), FLAVOUR, EMULSIFIERS (475, 322) (CONTAINS SOY), SALT, FOOD ACID (330)

There are some exemptions to GM labelling

Highly refined ingredients (like vegetable oils) where no GM material is present in the final food and the ingredients have the same characteristics as non-GM food don't need to be labelled.

Food from animals that eat GM feed

Foods like meat, milk or eggs from an animal which has been fed GM feed are not considered GM foods. These foods don't need to be labelled as GM.

This is because these animals and their products are not genetically modified.

'GM free' and 'non-GM' claims

Claims like 'GM free' or 'non-GM' on food labels are voluntary and regulated by fair trading laws in Australia and New Zealand.

These laws prohibit false, misleading or deceptive claims on food labels.