

GM Foods in Australia and New Zealand

Foods made from genetically modified (GM) plants and animals are called **GM foods**.

GM foods must be assessed and approved by FSANZ before they can be sold in Australia and New Zealand. This ensures GM foods are as safe as non-GM food. Most of the approved GM foods in supermarkets are produced overseas and imported into Australia and New Zealand as processed food ingredients.

Where can I find GM foods in the supermarket?

GM foods are not as common as you might think. There are no fresh GM foods such as fruit, vegetables, meat or fish available for sale in Australia or New Zealand.

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

Is there a list of GM foods?

FSANZ doesn't keep a list of individual GM food products for sale.

Once food from a GM crop is approved by FSANZ, any ingredient made from that crop (e.g. flour, oil, starch) can be used in food sold in Australia and New Zealand.

How can I tell if the food I buy is GM?

To help people make informed choices about the food they buy, any food that contains GM ingredients must include the words 'genetically modified' on the label – either next to the name of the food or linked with the specific GM ingredient.

For example: 'genetically modified soy beans' or 'soy flour (genetically modified).'

Highly refined ingredients (like vegetable oils) where no GM material is present in the final food generally aren't required to be labelled as GM under the Food Standards Code.

Food from nine GM crops have been approved for sale in Australia and New Zealand



canola



corn



cotton



lucerne



potato



rice



soybean



sugarbeet



safflower

