

## The Top 10 Breakfast Cereals Most Likely to Contain Monsanto's GMO Corn

By Mike Adams, *Natural News*

By now, nearly everyone interested in healthy living is aware of the recent research linking Monsanto's GMO corn to cancer tumors and an increased risk of premature death in both men and women. News of the research is spreading like wildfire across the 'net, and support for Proposition 37 -- which seeks to label GMOs in foods -- is growing by the day.

But the media has not yet reported on the everyday foods being sold in grocery stores right now and made with Monsanto's genetically modified corn (GM corn). Which foods are most likely to contain Monsanto GM corn? To answer this question, I visited a local grocery store in Austin, Texas and purchased **10 breakfast cereals** made with high levels of non-organic corn.

According to the Center for Food Safety, up to 85% of the corn grown in the United States is genetically modified. This means corn-based cereals that use non-organic corn have a very high likelihood of containing GM corn.

The following list presents the top 10 popular breakfast cereals most likely to contain Monsanto's genetically modified corn. For the record, none of these cereals claim to be GMO-free, nor made with organic corn. The exact GMO content of these cereals remains a mystery precisely because manufacturers of these cereals refuse to label them with their GMO content. This lack of full disclosure by the food industry underscores the urgent need for a labeling law so that consumers can make an informed decision.

Legal note: In no way are we claiming these cereals will cause cancer tumors to grow in your body or that they pose an immediate risk to your health. Those studies have not yet been done on humans. GM corn is an *experimental* crop with unknown long-term effects of humans. Breakfast cereals made with GM corn may turn out to pose a significant long-term risk to human health, but that has not yet been determined. This article is presented in the public interest, reflecting reasonable caution over a common food ingredient which French scientists have now convincingly linked to cancer and premature death in studies conducted on rats.

The top 10 popular breakfast cereals most likely to contain Monsanto's GM corn

Cocoa Puffs and Corn Chex



Frosted Flakes and Honey Graham Oh's



Honey Nut Chex and Kashi Heart to Heart



Kellogg's Corn Flakes and Kellogg's Corn Pops



## Kix and Barbara's Bakery Puffins Peanut Butter



## Which cereals contain no GMOs? Nature's Path

There is only one brand of breakfast cereal I know of that's 100% non-GMO and 100% organic across their entire product line. That company is **Nature's Path**:



If you buy breakfast cereal, and you don't want to eat Monsanto's GM corn, always choose cereals from Nature's Path. This is my No. 1 most highly trusted cereal company.

Many "natural" brands that appear to be healthful and natural are actually *not* organic or GMO-free. For example, "Barbara's Bakery" cereals are not organic. Although they are positioned in store shelves alongside other organic cereals, they are actually made with conventional crops grown with pesticides which may include Monsanto's Roundup.

You may also notice that most of the cereals most likely to contain GM corn are **children's cereals**. It is the children in America who are being fed the most GMOs. This represents a highly unethical food experiment being conducted on an entire generation, and the long-term effects of human consumption of GMOs are simply not known.

What we do know is that rats fed this very same Monsanto GM corn developed shockingly large cancer

tumors.

The photo released by the French research team, showing large cancer tumors growing at a strongly heightened risk in rats fed a "lifetime" of Monsanto's GM corn, is shown below. According to that study, **70% of females died premature** and showed significant damage to their liver, kidneys and other organs.



Pretty crazy, huh?