

## Costco scares consumers about GM, yet most of its products contain GMOs

Last week, just days after I wrote a very critical article skewering Whole Foods for lying to all of its customers about the benefits of organic food, my wife brought me a magazine that Costco was giving away in its pharmacy. She saw an article on GMOs that I just had to read. She probably knew my rising blood pressure would cause my eyeballs to explode, and she wanted to be there when it happened.

The article, titled “Food: The Next Generation,” starts like this: “[W]hile some say agricultural biotechnology can save our species, others fear we’re unwittingly sowing death and destruction.” There’s nothing quite like an apocalyptic whopper to kick off a fair and balanced debate.

Buckle up! Costco is going to teach the controversy.

If you’d like to steer clear of the most common bioengineered crops... check food labels for cottonseed, rapeseed, or canola oil; soy flour, lecithin, protein, isolate, and isoflavone; and cornmeal, corn flour, sugar, gluten, and corn syrup.

Good luck with that. Some 75 percent of the food in the grocery store contains at least one genetically modified ingredient. That includes the food at Costco. They probably should have thought of that before frightening all of their customers.

**Read the full, original article:** Costco ‘teaches the controversy’ over GMOs