

## Dietician, mom advises ‘don’t be shamed by misleading labels,’ ignore butterfly Non-GMO label

. . . As a teenager, heading back to school might inspire “label” anxiety – that of the “did I get the right sneakers?” variety. But modern moms (and dads) experience a label anxiety all their own – at the supermarket. If you’ve ever felt the wrath of mom-shaming, read on: here’s your cheat-sheet on the myriad of food labels. . . .

As a mom and wife first and foremost and a dietitian second, I shop based on budget, preference, and science. . . . Here are some tips on navigating all those labels and terms, shame-free.

. . . .

*Stop chasing butterflies.*

[I]f you’re worried about GMOs, I beg you: please, stop. . . . I could write an entire post devoted to my fascination with biotech and how I long for the reality of a non-browning avocado. I hope that engineered salmon becomes a readily available reality, allowing more consumers to meet the recommendations for fish intake. . . . Knowing that GMOs are safe and overall quite beneficial to the greater population, I consciously AVOID brands that bear the Non-GMO Project Verified seal. Check out my favorite food-myth-busting moms [here](#), [here](#), [here](#), and [here](#).

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis. Read full, original post: [Shame-Free Grocery Shopping](#)**