

Butterfly phobia: The one food label this dietitian says is best to avoid

[Editor's note: Nicole Rodriguez is a Registered Dietitian Nutritionist.]

Every day is Election Day – at the grocery store. Here's how to cut through the nonsense and vote with your food dollar. By avoiding one easy-to-spot label [the Non-GMO Project butterfly], you'll save money, enhance your diet, and take a stand for science.

This post has been a long time coming, and it's personal as much as it's professional. Here's what: I'm tired. Exasperated. Frustrated. And simply can't sit quietly while a sham of a non-profit contributes to food-shaming at its finest. By finest, I mean absolute worst.

[download](#) or type unknown

Genetically modified wheat isn't available in the United States. All pasta is Non-GMO. Same for anything else not mentioned on the list above. So, when I see the butterfly on pasta, coffee, kiwi, or any of the other thousands of foods that DO NOT HAVE A GMO COUNTERPART, it resonates in a very particular way. That way is a slap in the face.

Foods verified by this now seemingly Godly seal are not any more nutritious or wholesome than their non-labeled counterparts. And companies that choose to become verified by the Non-GMO project and label foods containing ingredients aside from potato, corn, canola, soy, papaya, sugar, or summer squash are preying on consumers' misplaced fear. I CRINGE at the thought of someone, especially another mother like myself trying to feed her young family, feeling shamed into making food purchases based on pure nonsense.

The GLP aggregated and excerpted this article to reflect the diversity of news, opinion and analysis. Read full, original post: [The One Food Label I Avoid](#)