

EWG'S GUIDE TO AVOIDING **GLYPHOSATE IN FOOD**

EWG scientists have found cancer-linked glyphosate at shockingly high levels in popular foods like cereal and hummus. Glyphosate is the key ingredient in Roundup, the most widely used pesticide in the U.S. It is often sprayed right before harvest to dry out crops, a process that leads to high levels of contamination in our food.

Glyphosate levels vary widely by sample, but your best option is to shop organic. Despite the presence of glyphosate in some organic products, they remain a better choice for reducing glyphosate exposure. Glyphosate is not allowed on organic crops, so the organic samples EWG tested that contained it may have been contaminated by the chemical drifting from nearby conventional crop fields—evidence of the need for a ban on all pre-harvest uses of glyphosate.

Join EWG in calling on food companies to get glyphosate of their products here: act.ewg.org/a/pepsico

HUMMUS

On average, conventional hummus had nearly **5 TIMES MORE GLYPHOSATE** than organic alternatives.

Average Level of
Glyphosate for
Organic Hummus*

65

Average Level of
Glyphosate for
Conventional Hummus*

296

*Note: Number of organic samples: 12;
number of conventional samples: 33.*

OAT BREAKFAST CEREAL

On average, conventional oat-based cereals had nearly **700 TIMES MORE GLYPHOSATE** than an organic alternative.

Average Glyphosate
Level for
Organic Cereals*

None Detected

Average Glyphosate
Level for
Conventional Cereals*

711

*Note: Number of organic samples: 2;
number of conventional samples: 28.*

GRANOLA

On average, conventional oat-based granola had nearly **300 TIMES MORE GLYPHOSATE** than an organic alternative.

Average Glyphosate
Level for
Organic Granola*

None Detected

Average Glyphosate
Level for
Conventional Granola*

298

*Note: Number of organic samples: 2;
number of conventional samples: 15.*

SNACK BAR

On average, conventional oat-based snacks and snack bars had nearly **320 TIMES MORE GLYPHOSATE** than an organic alternative.

Average Glyphosate
Level for
Organic Snack Bar*

None Detected

Average Glyphosate
Level for Conventional
Snack Bars*

318

*Note: Number of organic samples: 2;
number of conventional samples: 27.*

**TAKE ACTION TO GET GLYPHOSATE OUT OF OUR FOOD AT
[ACT.EWG.ORG/A/PEPSICO](https://act.ewg.org/a/pepsico)**

You can find our full results at ewg.org

* All glyphosate levels are reported in parts per billion. Glyphosate levels are based on samples collected by EWG staff from retailers in the Washington, D.C., Boulder, Colo., New York City and San Francisco metropolitan areas. Actual levels of glyphosate may vary by product.

Source: EWG, from tests by Anresco and Eurofins Central Analytical Laboratories.

