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ConsumerReports® FOOD SAFETY AND SUSTAINABILITY CENTER

THE TROUBLE WITH NATURAL APRIL 2016

ConsumerReports®

FOOD SAFETY & SUSTAINABILITY CENTER

The trouble with Natural

WHEN YOU SEE the words “natural” or “all natural” on a food label, do you think that means the product contains no artificial ingredients? Or that it was produced without GMOs, pesticides, or antibiotics? In a December 2015 survey of more than 1,000 adults by the Consumer Reports National Research Center, nearly two-thirds of respondents thought so. The truth is, on processed foods, the “natural” label doesn’t have to mean any of those things. In fact, the term is essentially meaningless. That’s why we have been working for years to ban the term “natural” on food labels or ensure the label has meaningful standards and verification behind it.

In 2014, we submitted Citizen Petitions to the two federal agencies that have authority over food labels: the Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA).

The FDA opened a public comment period on the use of the term “natural” in food labeling in November 2015, and the agency cited our Citizen Petition among the recent events that prompted its action. We submitted extensive comments in May 2016, including findings from our 2015 nationally representative consumer survey and a petition with nearly 250,000 signatures.

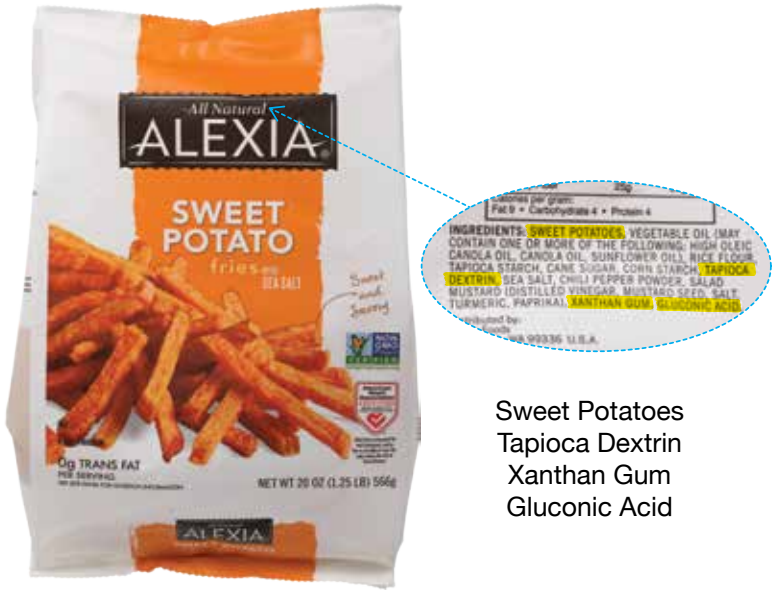
We have also met with U.S. senators and representatives and their staff members to prompt congressional action on this issue. We are a member of the National Organic Coalition (NOC), and together with other NOC members, we have met with 62 congressional offices from 19 states. In 2015, members of Congress introduced a bill—the Food Labeling Modernization Act—to strengthen labeling requirements, including a section on “natural” label claims.

As part of our ongoing campaign to fix the “natural” label, we call attention to the ways that manufacturers of processed foods use terms like “natural” and “all natural” on their packaging, and we explain exactly why these products don’t come close to meeting consumer expectations of these claims.

The 25 products featured here contain some ingredients that you probably don’t think of as natural. We bought these products in December 2015 and January 2016 in Massachusetts and New York. We contacted each company with specific questions about the ingredients and how they were produced or processed. If we didn’t receive a response, we followed up with at least one phone call and two email messages. We are not asserting that any of the products violate laws, but we do believe that the government’s lack of meaningful standards allows for misleading uses of the “natural” label.

- **Percentage of consumers who incorrectly believe “natural” means “no pesticides”:** 63
- **Signatures on our petition to fix the “natural” label:** nearly 250,000
- **Congressional offices we visited to discuss fixing the “natural” label:** 62

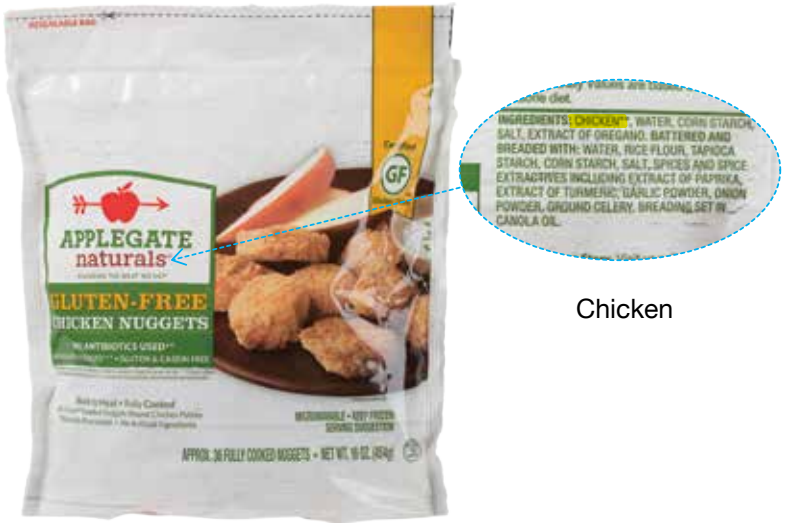
Alexia Sweet Potato Fries



Sweet Potatoes
Tapioca Dextrin
Xanthan Gum
Gluconic Acid

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Sweet potatoes	Not certified organic, may be grown with toxic pesticides	Consumers often confuse natural with organic. Nearly all toxic pesticides are prohibited in organic production. Consumer Reports has previously reported that sweet potatoes are among the top five vegetables for chemical residue risks.
Xanthan gum	Derived from non-food substances; chemical processing aids	Xanthan gum comes from fermented bacteria; chemically processed.
Gluconic acid	Chemical or biological processing aids	Gluconic acid can be derived from fermenting glucose syrup with fungi or bacteria; chemical processing aids can be used. Company responded but did not answer our specific questions.
Tapioca dextrin	Likely uses chemical processing aids	Tapioca dextrin comes from tapioca and can be processed with chemicals. ConAgra told us that tapioca dextrin is "formed from starch by the action of heat, acids or ferments" and did not specify which process or materials are used for the dextrin it uses.

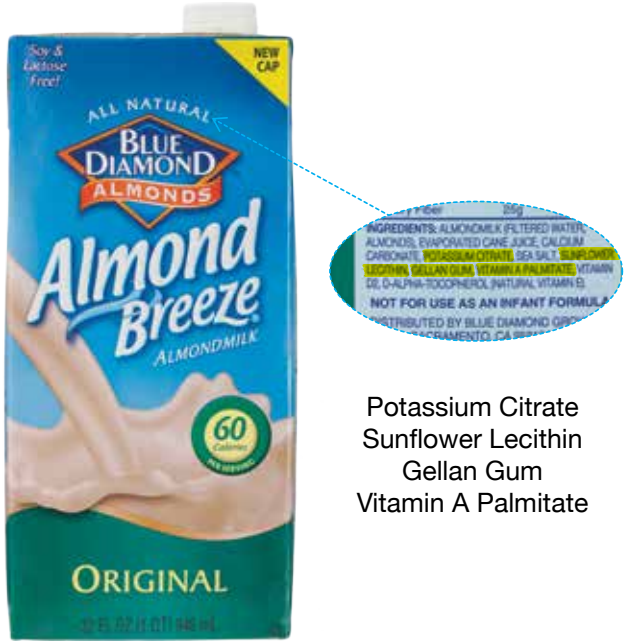
Applegate Naturals Gluten-Free Chicken Nuggets



Chicken

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Chicken	Chickens confined indoors; GMOs in animal feed	Applegate confirmed that the animals are confined indoors; chicken feed contains GMOs. Consumers often confuse natural with organic. Organic animal production prohibits GMOs.

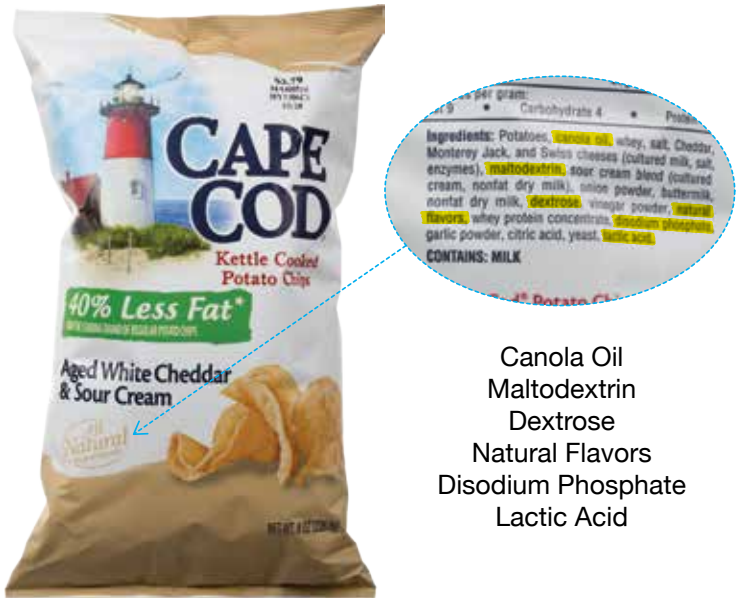
Blue Diamond Almond Breeze Almondmilk Original



Potassium Citrate
Sunflower Lecithin
Gellan Gum
Vitamin A Palmitate

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Gellan gum	Derived from non-food substances; chemical processing aids	Gellan gum comes from fermented bacteria and is chemically processed.
Sunflower lecithin	Chemical processing aids likely	Sunflower lecithin is derived from sunflowers but could be processed with chemical solvents. Company did not respond.
Vitamin A palmitate	Likely chemical ingredient	Vitamin A palmitate is often an industrially manufactured chemical. Company did not respond.
Potassium citrate	Likely chemical ingredient	Potassium citrate is often an industrially manufactured chemical. Company did not respond.

Cape Cod Kettle Cooked Potato Chips Aged White Cheddar & Sour Cream - 40% Less Fat

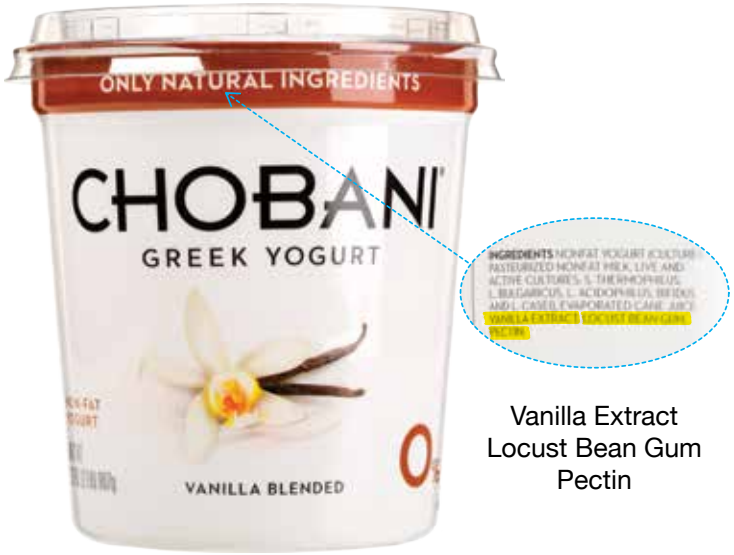


Canola Oil
Maltodextrin
Dextrose
Natural Flavors
Disodium Phosphate
Lactic Acid

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Canola oil	Likely GMO; chemical processing aids likely	If not certified organic, canola oil is likely to be GMO; likely extracted with chemical solvents. Company responded but did not answer our specific questions.
Maltodextrin	Likely GMO; chemical processing aids likely	Maltodextrin can come from corn, likely GMO corn, and can be processed with chemicals. Company responded but did not answer our specific questions.
Dextrose	Likely GMO; chemical processing aids likely	Dextrose is a corn sweetener likely from GMO corn, and can be processed with chemicals. Company responded but did not answer our specific questions.
Natural flavor	Flavor; chemical processing aids likely	"Natural flavor" is required by FDA to come from natural sources but it can be highly processed with chemicals. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company responded but did not answer our specific questions.
Disodium phosphate	Chemical ingredient	Disodium phosphate is an industrially manufactured chemical. Company responded but did not answer our specific questions.
Lactic acid	Possible chemical ingredient, or chemical or biological processing aids	Lactic acid can be made by carbohydrate fermentation and chemical extraction. It can also be industrially manufactured from chemicals. Company responded but did not answer our specific questions.

[1]The company did not answer our questions about how these ingredients were produced and states on its website that it does not actively source non-GMO ingredients unless products are Non-GMO Project Verified.

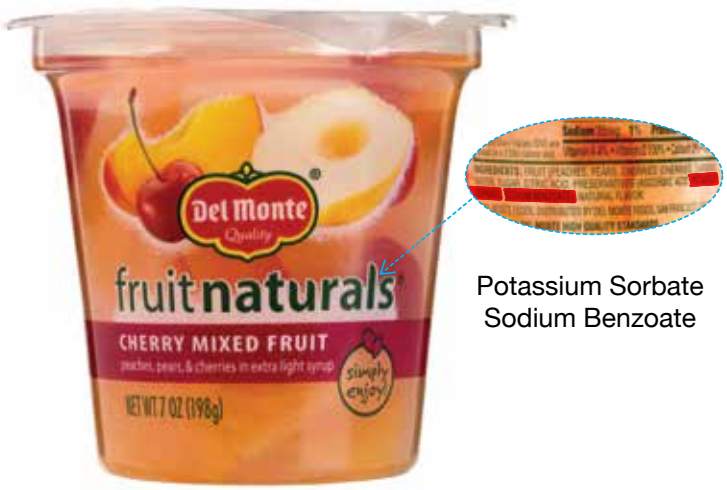
Chobani Greek Yogurt Vanilla Blended



Vanilla Extract
Locust Bean Gum
Pectin

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Locust bean gum	Chemical processing aids likely	Locust bean gum is derived from seeds of the carob tree and can be chemically processed with sulfuric acid, ethanol and/or isopropyl alcohol. Company responded but did not answer our specific questions.
Pectin	Chemical processing aids likely	Pectin in Chobani's yogurt is derived from citrus. Pectin can be processed with hot dilute acid, ethanol and/or isopropyl alcohol, and some pectins require additional processing with acids or ammonia in alcohol. Company responded but did not answer our specific questions.
Vanilla extract	Chemical processing aids	Vanilla extract is derived from vanilla beans but is typically extracted with alcohol and may also include other ingredients, including artificial ones. Company responded but did not answer our specific questions.

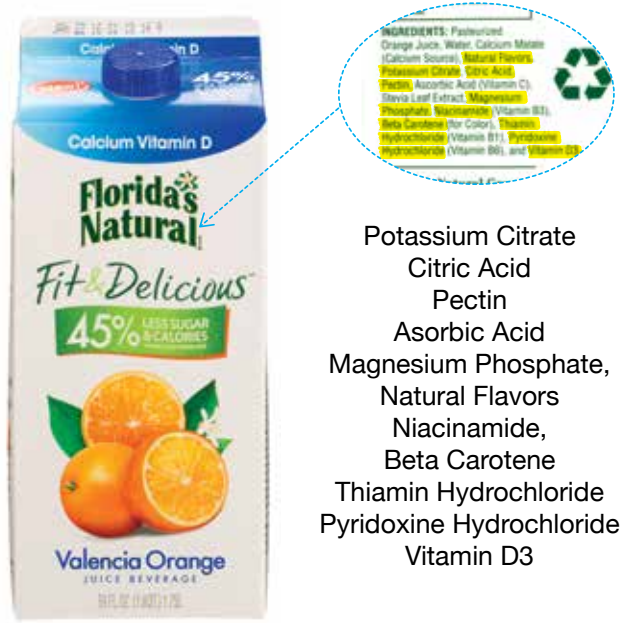
Del Monte Fruit Naturals Cherry Mixed Fruit



Potassium Sorbate
Sodium Benzoate

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Sodium benzoate	Chemical ingredient; preservative	Sodium benzoate is an artificial preservative made from industrial chemicals. It does not occur in nature.
Potassium sorbate	Chemical ingredient; preservative	Potassium sorbate is an artificial preservative made from industrial chemicals.

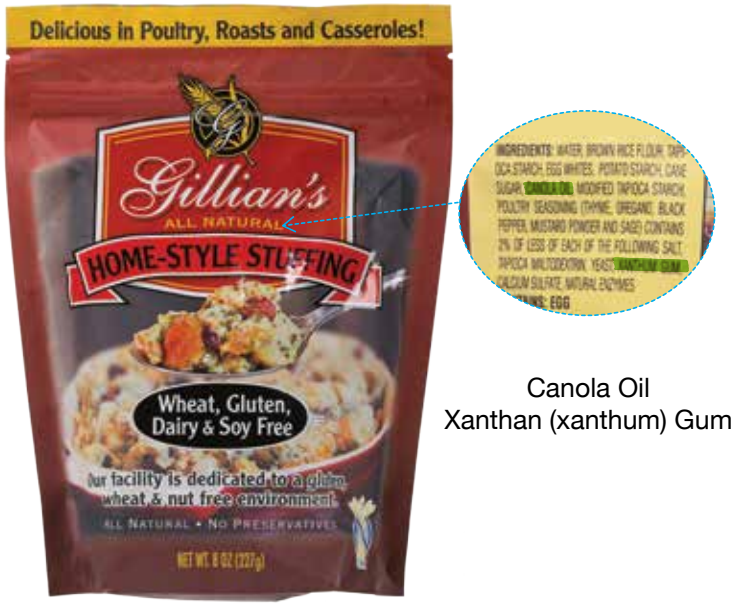
Florida's Natural Fit & Delicious Valencia Orange Juice Beverage - with Calcium Vitamin D



Potassium Citrate
Citric Acid
Pectin
Asorbic Acid
Magnesium Phosphate,
Natural Flavors
Niacinamide,
Beta Carotene
Thiamin Hydrochloride
Pyridoxine Hydrochloride
Vitamin D3

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Pyridoxine hydrochloride	Likely chemical ingredient	Pyridoxine hydrochloride is vitamin B6 which when used as a food additive is often an industrially manufactured chemical. Company responded but did not answer our specific questions.
Ascorbic acid	Likely chemical ingredient	Ascorbic acid is vitamin C which when used as a food additive is often an industrially manufactured chemical. Company responded but did not answer our specific questions.
Niacinamide	Likely chemical ingredient	Niacinamide is vitamin B3 which which when used as a food additive is often an industrially manufactured chemical. Company responded but did not answer our specific questions.
Thiamin hydrochloride	Likely chemical ingredient	Thiamin hydrochloride is vitamin B1 which when used as a food additive is often an industrially manufactured chemical. Company responded but did not answer our specific questions.
Vitamin D3	Likely derived from a non-food substance; chemical processing likely	Vitamin D3 is generally manufactured by the irradiation and chemical conversion of a compound in lanolin (which comes from sheep's wool). Vitamin D does not occur naturally in orange juice. Company responded but did not answer our specific questions.
Beta carotene	Likely chemical ingredient	Beta-carotene is vitamin A and in this product, it is used as a color. It is often an industrially manufactured chemical. Company responded but did not answer our specific questions.
Potassium citrate	Likely chemical ingredient	Potassium citrate is often an industrially manufactured chemical. Company responded but did not answer our specific questions.
Magnesium phosphate	Likely chemical ingredient	Magnesium phosphate is often an industrially manufactured chemical. Company responded but did not answer our specific questions.
Citric acid	Chemical processing aids likely; possibly GMO	Citric acid is most often produced by industrial fermentation of sugar processing byproducts which could be GMO corn, and extracted with the use of chemical solvents. Company responded but did not answer to our specific questions.
Pectin	Chemical processing aids likely	Pectin can be derived from citrus, apples or beets but can be processed with hot dilute acid, ethanol and/or isopropyl alcohol, and some pectins require additional processing with acids or ammonia in alcohol. Company responded but did not answer our specific questions.
Natural flavor	Flavor; chemical processing aids likely	"Natural flavor" is required by FDA to come from natural sources but it can be highly processed with chemicals. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company responded but did not answer our specific questions.

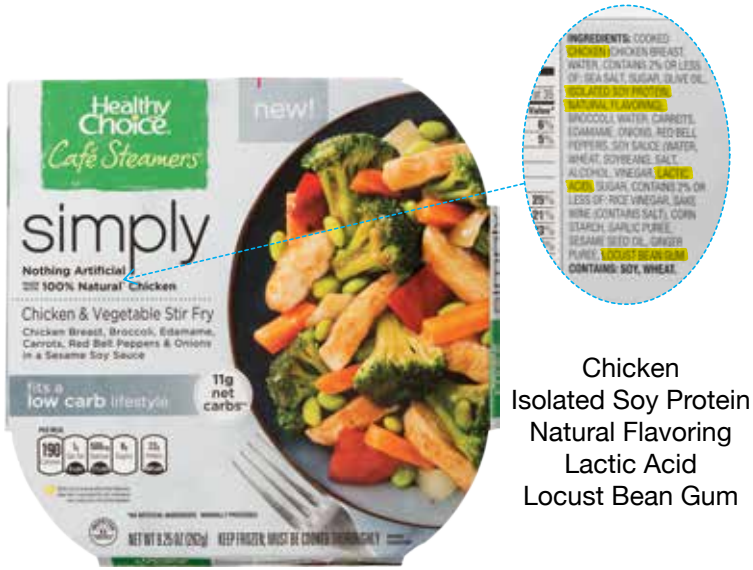
Gillian's Home-Style Stuffing



Canola Oil
Xanthan (xanthum) Gum

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Canola oil	Likely GMO; chemical processing aids likely	If not certified organic, canola oil is likely to be GMO; likely extracted with chemical solvents. Company did not respond.
Xanthan (xanthum) gum	Derived from non-food substances; chemical processing aids	Xanthan (xanthum) gum comes from fermented bacteria and is chemically processed.

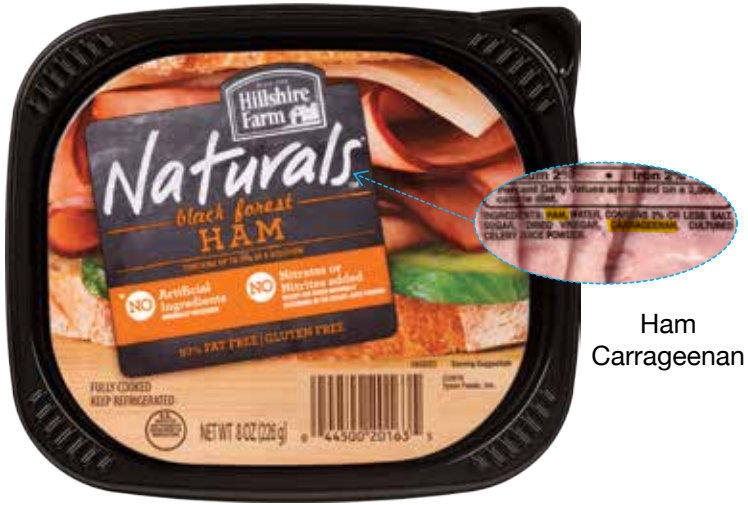
Healthy Choice Cafe Steamers Chicken & Vegetable Stir Fry



Chicken
Isolated Soy Protein
Natural Flavoring
Lactic Acid
Locust Bean Gum

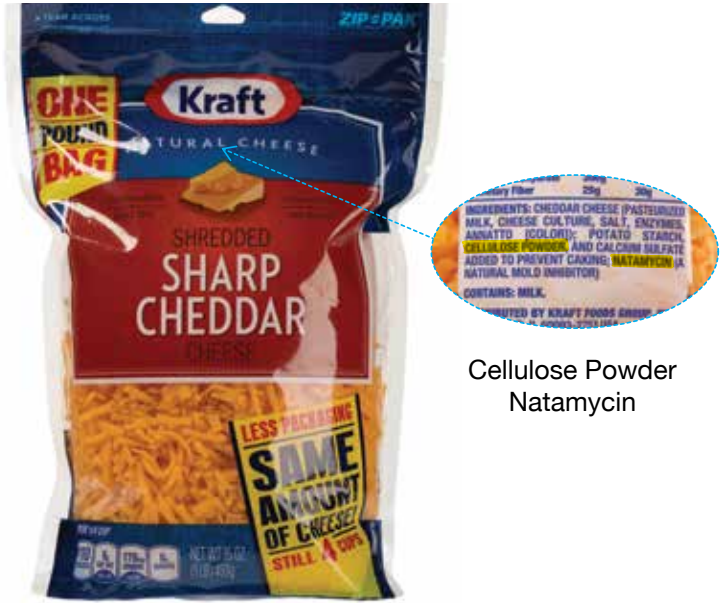
INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Chicken	Not certified organic; likely GMO feed	Consumers often confuse natural with organic. Non-organic animals are likely to be confined indoors; animal feed likely contains artificial ingredients; GMOs likely in animal feed; routine drug use in animal production likely. Organic animal production prohibits GMOs and routine drug use. Company responded that the animals were likely given GMO feed, but did not answer our other specific questions.
Isolated soy protein	Likely GMO; chemical processing aids likely	Soy protein isolate is made from chemically processed soybeans. Unless organic, soybeans are likely to be GMO. Company responded but did not answer our specific questions.
Natural flavors	Flavor; chemical processing aids likely	"Natural" flavors are required by FDA to come from natural sources but they can be highly processed with chemicals. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company responded but did not answer our specific questions.
Lactic acid	Possible chemical ingredient, or chemical or biological processing aids	Lactic acid can be made by fermentation of carbohydrates and chemical extraction. It can also be industrially manufactured from chemicals. Company responded but did not answer our specific questions.
Locust bean gum	Chemical processing aids likely	Locust bean gum is derived from seeds of the carob tree and can be chemically processed with sulfuric acid, ethanol and/or isopropyl alcohol. Company responded but did not answer our specific questions.

Hillshire Farm Naturals Black Forest Ham



INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Ham	Not certified organic; likely GMO feed	Consumers often confuse natural with organic. Conventional animals are likely to be confined indoors; animal feed likely contains artificial ingredients; GMOs likely in animal feed; routine drug use in animal production likely. Organic animal production prohibits GMOs and routine drug use. Company responded but did not answer our specific questions.
Carrageenan	Chemical processing aids likely	Carrageenan is derived from red seaweed and can be processed with chemicals. Company responded but did not answer our specific questions.

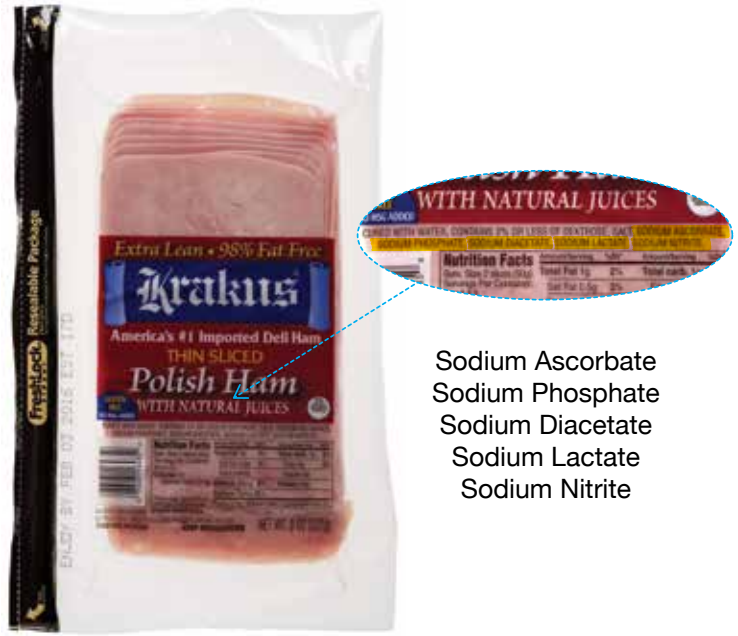
Kraft Natural Shredded Sharp Cheddar Cheese



Cellulose Powder
Natamycin

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Cellulose powder	Derived from non-food substances; chemical processing aids likely	Cellulose powder is typically created when pieces of wood, cotton, or bamboo are cooked in a caustic solution at high temperatures. In this product, it is supposed to keep shreds of cheese from sticking together. Company did not respond.
Natamycin	Derived from non-food substances; chemical processing aids likely; preservative	Natamycin is an antimicrobial that is used to inhibit the growth of molds and yeasts on cheese and other foods. It is derived from soil bacteria; can be processed with chemicals. Company did not respond.

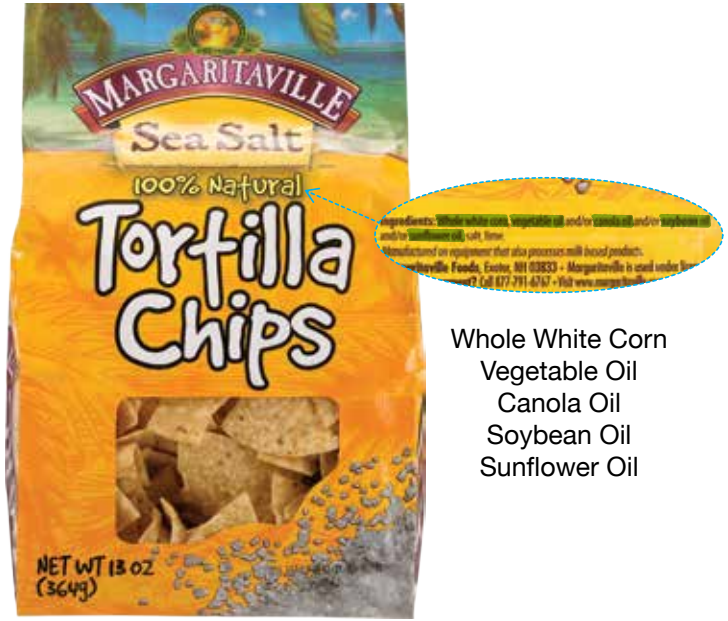
Krakus Thin Sliced Polish Ham with Natural Juices



Sodium Ascorbate
Sodium Phosphate
Sodium Diacetate
Sodium Lactate
Sodium Nitrite

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Sodium ascorbate	Chemical ingredient; preservative	Sodium ascorbate is an industrially manufactured chemical. It is used as a chemical preservative.
Sodium phosphate	Chemical ingredient	Sodium phosphate is an industrially manufactured chemical. It is used for moisture retention or flavor protection.
Sodium nitrite	Chemical ingredient	Sodium nitrite is an industrially manufactured chemical. It is used as a curing agent.
Sodium diacetate	Chemical ingredient	Sodium diacetate is an industrially manufactured chemical.
Sodium lactate	Chemical ingredient	Sodium lactate is an industrially manufactured chemical.

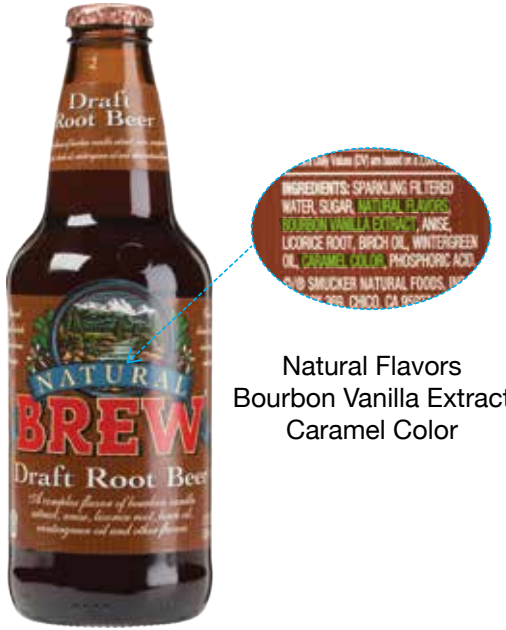
Margaritaville Tortilla Chips Sea Salt



Whole White Corn
Vegetable Oil
Canola Oil
Soybean Oil
Sunflower Oil

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Whole white corn	Likely GMO	The vast majority of corn grown in the US has been genetically engineered (GMO) to withstand herbicide applications and/or produce a natural toxin to protect the corn plant from pests. Company responded but did not answer our specific questions.
Vegetable oil and/or canola oil and/or soybean oil and/or sunflower oil	Likely GMO; chemical processing aids likely	The oils used in this product could be "vegetable oil and/or canola oil and/or soybean oil and/or sunflower oil" according to its ingredients list. These oils could be derived from GMO corn, soybeans or canola; can be extracted with chemicals. Company responded but did not answer our specific questions.

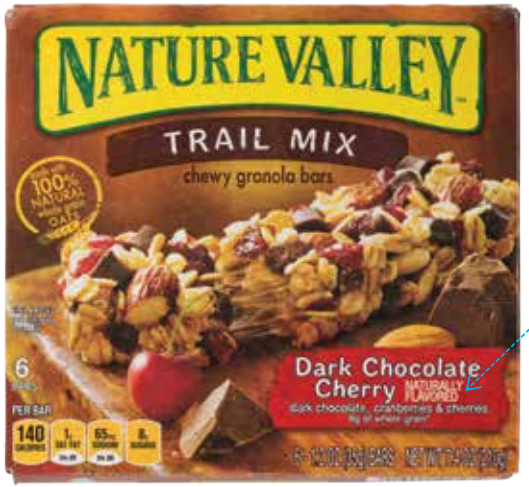
Natural Brew Draft Root Beer



Natural Flavors
Bourbon Vanilla Extract
Caramel Color

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Caramel color	Color; chemical processing aids likely	All colors are considered to be artificial by the FDA. Some caramel colors are also produced with industrial chemicals and can create a possible carcinogen called 4-Mel. The company would not say what type of caramel color it used.
Bourbon vanilla extract	Chemical processing aids	Vanilla extract is derived from vanilla beans but is typically extracted with alcohol and may also include other ingredients, including artificial ones. Company responded but did not answer our specific questions.
Other natural flavors	Possible non-food origin; chemical processing aids likely; possible GMO	The claim "with other natural flavors" indicates that those flavors are from a source other than the food whose flavor it imitates (however, the source must be a natural product). "Natural flavors" can be highly processed with chemicals and include many ingredients that are not required to be disclosed. Company responded but did not answer our specific questions.

Nature Valley Trail Mix Chewy Granola Bars Dark Chocolate Cherry

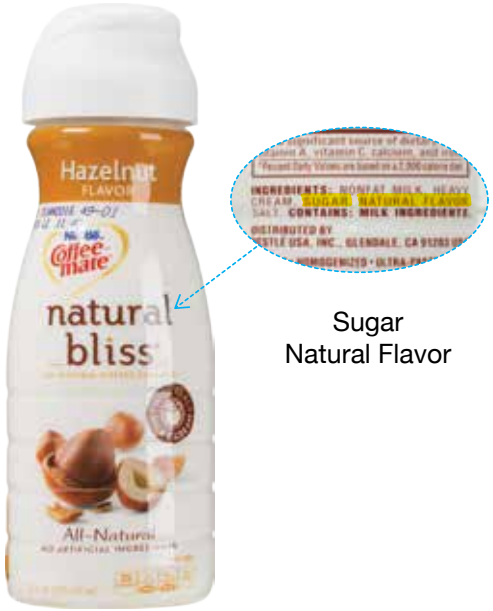


Ingredients: Whole Grain Oats, Corn Syrup, Semisweet Chocolate Chunks (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Sugar, Almonds, Rice Flour, Vegetable Glycerin, Dried Cranberries, Canola Oil, Fructose, Dried Cherries, Corn Starch, Soy Lecithin, Salt, Barley Malt Extract, Baking Soda, Natural Flavor, Mixed Tocopherols Added to Retain Freshness.
CONTAINS ALMOND, SOY; MAY CONTAIN PEANUT, SUNFLOWER AND MILK INGREDIENTS.

Natural Flavor

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Natural flavor	Flavor; chemical processing aids likely	"Natural flavor" is required by FDA to come from natural sources but it can be highly processed with chemicals. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company responded but did not answer our specific questions.

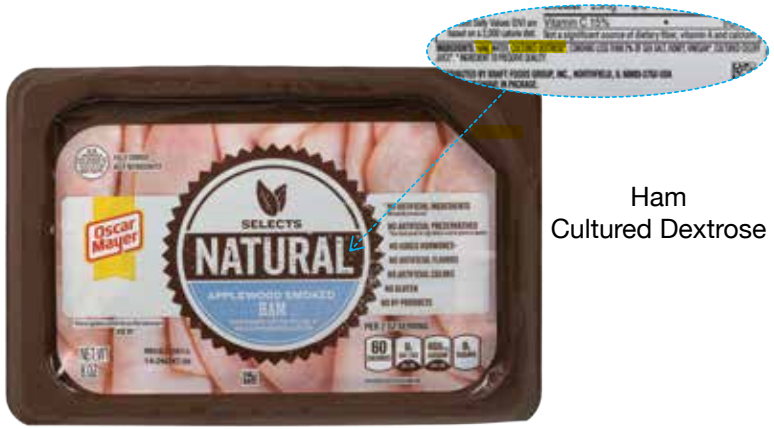
Nestle Coffee-mate Natural Bliss
All Natural Coffee Creamer Hazlenut Flavor



Sugar
Natural Flavor

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Sugar	GMO possible; chemical processing aids likely	Sugar can come from sugar cane or sugar beets; either way, it is likely processed with chemicals. If from sugar beets, likely GMO. Company responded but did not answer our specific questions.
Natural flavor	Flavor; chemical processing aids likely	"Natural flavor" is required by FDA to come from natural sources but it can be highly processed with chemicals. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company responded but did not answer our specific questions.

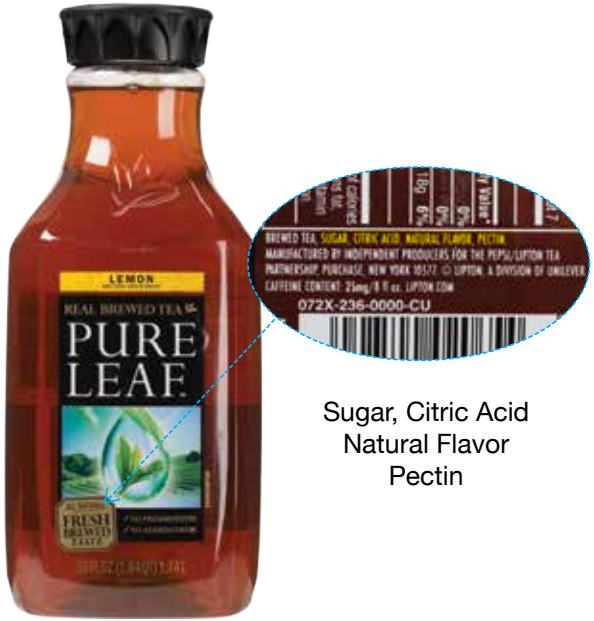
Oscar Mayer Selects Natural Applewood Smoked Ham



Ham
Cultured Dextrose

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Ham	Not certified organic; likely GMO feed	Consumers often confuse natural with organic. Conventional animals are likely to be confined indoors; animal feed likely contains artificial ingredients; GMOs likely in animal feed; routine drug use in animal production likely. Organic animal production prohibits GMOs and routine drug use. Company did not respond.
Cultured dextrose	Likely GMO; chemical processing aids likely	Dextrose is a corn sweetener likely from GMO corn, and can be processed with chemicals. According to the label, it is used in this product as a preservative. Company did not respond.

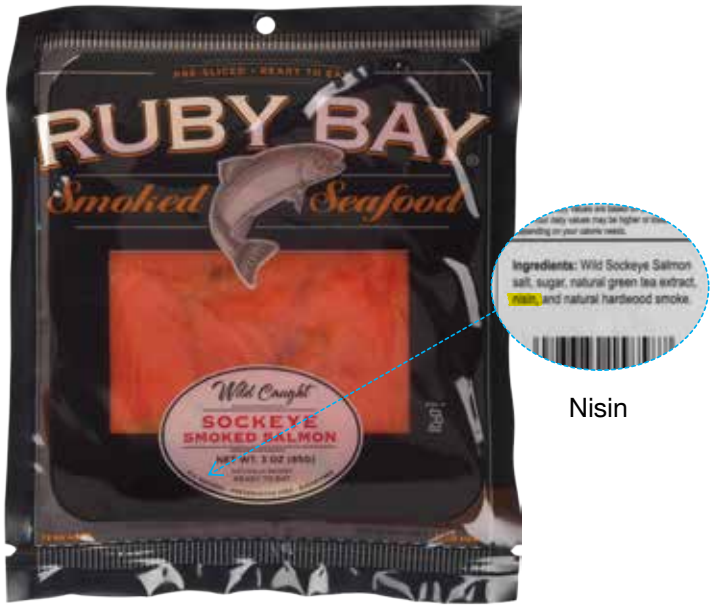
Pure Leaf Real Brewed Tea Lemon



Sugar, Citric Acid
Natural Flavor
Pectin

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Sugar	GMO possible; chemical processing aids likely	Sugar can come from sugar cane or sugar beets; either way, it is likely processed with chemicals. If from sugar beets, likely GMO. Company responded but did not answer our specific questions.
Citric acid	Chemical processing aids likely; possibly GMO	Citric acid is most often produced by industrial fermentation of sugar processing byproducts which could be GMO corn, and extracted with the use of chemical solvents. Company responded but did not answer our specific questions.
Pectin	Chemical processing aids likely	Pectin can be derived from citrus, apples or beets but can be processed with hot dilute acid, ethanol and/or isopropyl alcohol, and some pectins require additional processing with acids or ammonia in alcohol. Company responded but did not answer our specific questions.
Natural flavor	Flavor; chemical processing aids likely	"Natural flavor" is required by FDA to come from natural sources but it can be highly processed with chemicals. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company responded but did not answer our specific questions.

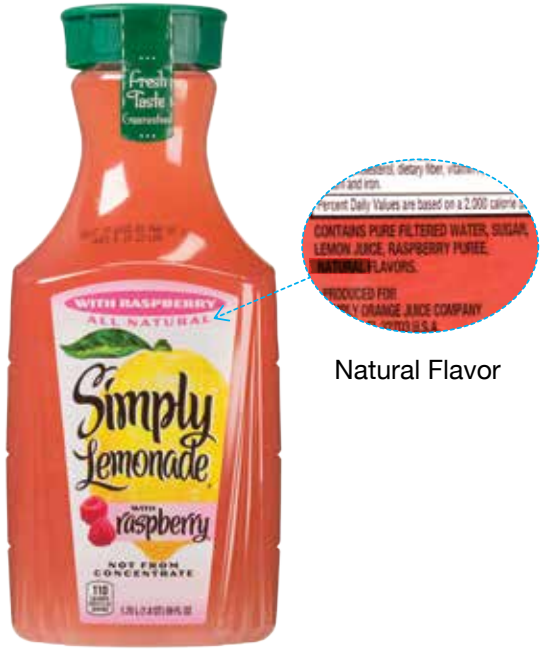
Ruby Bay Smoked Seafood
Wild Caught Sockeye Smoked Salmon



Nisin

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Nisin	Derived from non-food substance; preservative	Nisin is an antimicrobial food preservative; derived from fermented bacteria.

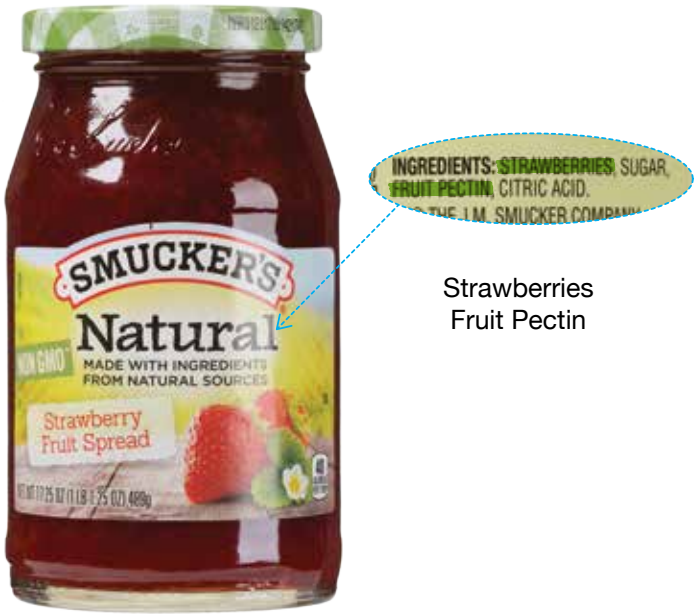
Simply Lemonade with Raspberry



Natural Flavor

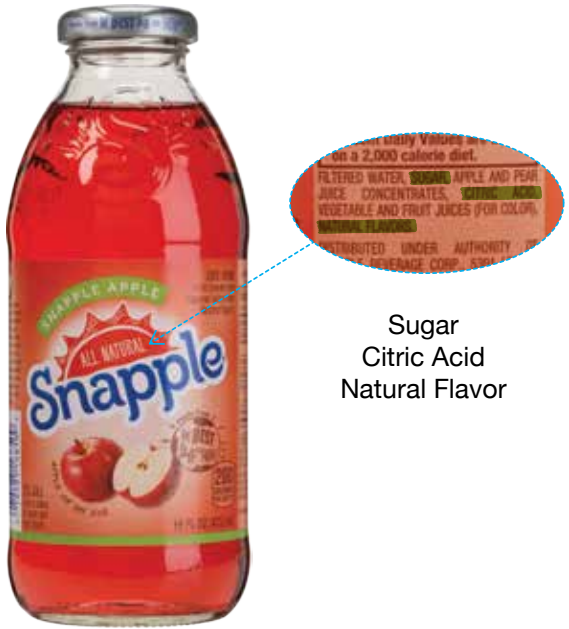
INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Natural flavor	Flavor; chemical processing aids likely	"Natural flavor" is required by FDA to come from natural sources but it can be highly processed with chemicals. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company considers information about natural flavor to be confidential.

Smucker's Natural Strawberry Fruit Spread



INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Strawberries	Not certified organic, may be grown with toxic pesticides	Consumers often confuse natural with organic. Nearly all toxic pesticides are prohibited in organic production. Consumer Reports has previously reported that strawberries are among the top five fruits for chemical residue risk.
Pectin	Chemical processing aids likely	Pectin can be derived from citrus, apples or beets but can be processed with hot dilute acid, ethanol and/or isopropyl alcohol, and some pectins require additional processing with acids or ammonia in alcohol. Company responded but did not answer our specific questions.

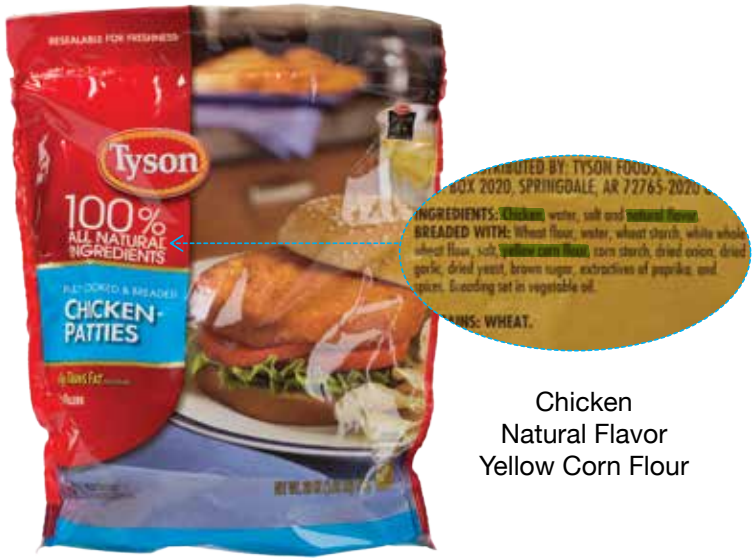
Snapple Apple



Sugar
Citric Acid
Natural Flavor

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Sugar	Chemical processing aids likely; possibly GMO	Sugar can come from sugar cane or sugar beets; either way, it is likely processed with chemicals. If from sugar beets, likely GMO. Company considers information about its sugar to be proprietary.
Citric acid	Chemical processing aids likely; possibly GMO	Citric acid is most often produced by industrial fermentation of sugar processing byproducts which could be GMO corn, and extracted with the use of chemical solvents. Company considers information about its citric acid to be proprietary.
(Other) Natural flavors	Possible non-food origin; chemical processing aids likely	The claim "with other natural flavors" indicates that those flavors are from a source other than the food whose flavor it imitates (however, the source must be a natural product). "Natural" flavors can be highly processed with chemicals and include many ingredients that are not required to be disclosed. Company considers information about its natural flavors to be proprietary.

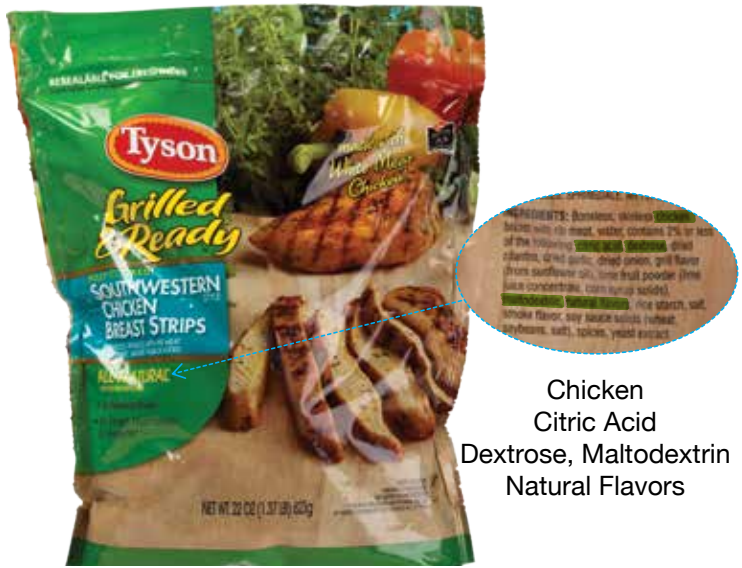
Tyson Chicken Patties



Chicken
Natural Flavor
Yellow Corn Flour

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Chicken	Not certified organic; likely GMO feed	Consumers often confuse natural with organic. Conventional animals are likely to be confined indoors; animal feed likely contains artificial ingredients; GMOs likely in animal feed; routine drug use in animal production likely. Organic animal production prohibits GMOs and routine drug use. Company responded but did not answer our specific questions.
Natural flavor	Flavor; chemical processing aids likely	"Natural flavor" is required by FDA to come from natural sources but it can be highly processed with chemicals. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company considers information about its natural flavor to be proprietary.
Yellow corn flour	Likely GMO	The vast majority of corn grown in the US has been genetically engineered (GMO) to withstand herbicide applications and/or produce a natural toxin to protect the corn plant from pests. Company responded but did not answer our specific questions.

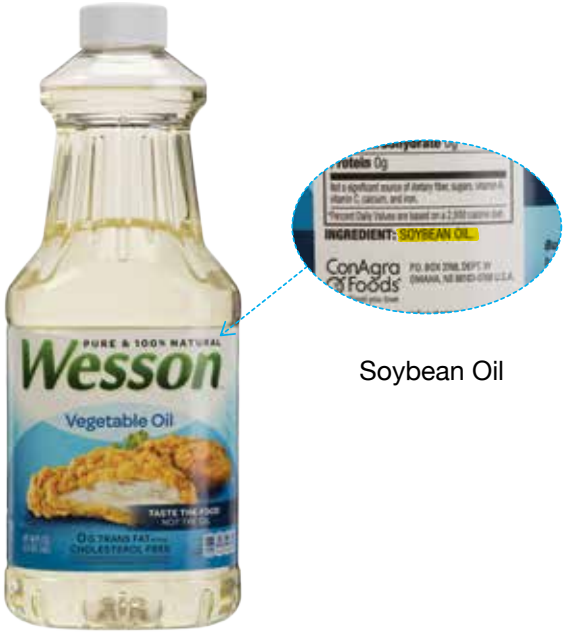
Tyson Grilled & Ready Frozen Southwestern Chicken Breast Strips



Chicken
Citric Acid
Dextrose, Maltodextrin
Natural Flavors

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Chicken	Not certified organic; likely GMO feed	Consumers often confuse natural with organic. Conventional animals are likely to be confined indoors; animal feed likely contains artificial ingredients; GMOs likely in animal feed; routine drug use in animal production likely. Organic animal production prohibits GMOs and routine drug use. Company responded but did not answer our specific questions.
Dextrose	Likely GMO; chemical processing aids likely	Dextrose is a corn sweetener likely from GMO corn, and can be processed with chemicals. Company responded but did not answer our specific questions.
Maltodextrin	Likely GMO; chemical processing aids likely	Maltodextrin can come from corn, likely GMO corn, and can be processed with chemicals. Company responded but did not answer our specific questions.
Citric acid	Chemical processing aids likely; possibly GMO	Citric acid is most often produced by industrial fermentation of sugar processing byproducts which could be GMO corn, and extracted with the use of chemical solvents. Company responded but did not answer our specific questions.
Natural flavor	Flavor; likely chemical processing aids	"Natural flavor" is required by FDA to come from natural sources but it can be highly processed with chemicals. Some of the natural flavor in this product are from a source other than the food whose flavor it imitates. Flavor formulations may include many ingredients (which are not required by the government to be disclosed on the ingredient panel). Company responded but did not answer our specific questions.

Wesson Vegetable Oil



Soybean Oil

INGREDIENT	WHAT'S THE ISSUE?	THE DETAILS
Soybean oil	GMO; chemical processing aids	Wesson's corn, soy and canola oils are made from GMO crops. The oils are processed with chemical solvents.

About Consumer Reports' Food Work and Its Food Safety and Sustainability Center

Consumer Reports has been concerned about the quality and safety of the food supply since its earliest years. It did pioneering research on the presence of nuclear fallout in the American diet (Strontium-90) in the 1950s and 1960s, which helped build support for the Test Ban Treaty of 1963. The magazine's 1974 landmark series on water pollution played a role in the Safe Drinking Water Act. The organization has been testing meat and poultry for pathogens and antibiotic resistance for more than 15 years and has used its research to successfully fight for reforms such as the 2010 campylobacter standard for chicken and turkey, the 2011 Food Safety Modernization Act, and improvements to the salmonella standards.

In 2012, ConsumerReports launched its Food Safety and Sustainability Center to fight for sweeping, systemic change and address the root causes of problems plaguing the food system. The Center's work focuses on issues including foodborne illness and antibiotic resistance; pesticide use; heavy metals (mercury, lead, arsenic); truth and transparency in labeling; and promoting more sustainable agricultural practices that advance the marketplace, such as animal welfare, organic farming, and fair trade. At the core of the Center's work is the principle that there is a clear intersection between how food is produced and the impact on public health.

Current Contributors to the Consumer Reports Food Safety and Sustainability Center

The following individuals are currently associated with Consumer Reports Food Safety and Sustainability Center. Highlights of their roles and expertise are provided below.

CR Scientists

Dr. Urvashi Rangan leads Consumer Reports' Consumer Safety and Sustainability Group and serves as the Executive Director of its Food Safety and Sustainability Center. Dr. Rangan directs all of the organization's food-safety testing and research in addition to the scientific risk assessments related to food and product safety, which she translates into actionable recommendations for lawmakers and consumers. She is an environmental health scientist and toxicologist and is a leading expert, watchdog, and spokesperson on food labeling and food safety. Dr. Rangan received her Ph.D. from the Johns Hopkins School of Public Health.

Charlotte Vallaeys is a senior policy analyst and writer for the Consumer Reports' Food Safety and Sustainability Center. She focuses on sustainability and justice in the food system and works on a variety of food policy and food safety issues, including food labeling and organic policy. She regularly attends National Organic Standards Board meetings as a watchdog for the organic label and has done work for the National Organic Coalition. She previously worked as Policy Director at The Cornucopia Institute. She received her master's degree in theological studies from Harvard University, where she studied social and environmental ethics, and a master's of science in

nutrition from the Friedman School of Nutrition Science and Policy at Tufts University.

Dr. Doris Sullivan is the Associate Director for Product Safety in Consumer Reports' Consumer Safety and Sustainability Group. She oversees product safety testing, research, and prioritization. She is also an expert in compiling and analyzing large datasets. She received her Ph.D. in chemistry from Boston University and completed postdoctoral research at the Free University of Brussels and University of Pennsylvania.

Dr. Michael K. Hansen is a Senior Scientist with Consumers Union, the policy and advocacy arm of Consumer Reports. He works primarily on food safety issues, including pesticides, and has been largely responsible for developing the organization's positions on the safety, testing and labeling of genetically engineered food and mad cow disease. Dr. Hansen served on the Department of Agriculture's Advisory Committee on Agricultural Biotechnology from 1998 to 2002 and on the California Department of Food and Agriculture Food Biotechnology Advisory Committee from 2001 to 2002.

Dr. Keith Newsom-Stewart is a Statistical Program Leader at Consumer Reports. During his tenure, he has worked on a wide range of projects, including those related to meat, seafood, and poultry safety and food additives. He specializes in linear and nonlinear mixed models, experimental design, and analysis of complex surveys. Prior to coming to CR, he worked for the Cornell Biometrics Unit and College of Veterinary Medicine. His educational background is in statistics, general biology, and genetics. He is an adjunct math professor at Western Connecticut State University and a member of the American Statistical Association.

CR Communications

Jennifer Shecter is the Director of Content Impact & Corporate Outreach. In this capacity, she manages the center's partnerships and relationships, coordinates its overall public service activities, and pursues strategic initiatives to build support for its mission. She has been with Consumer Reports for more than a decade, serving first in its Communications Department, promoting food and product safety issues, then working as the Senior Adviser to the President—writing speeches, op-eds, and briefing materials—and advising on key organizational issues.

CR Advisers

Steve Etka is the owner of Etka Consulting, an Alexandria, Virginia, government relations consulting firm specializing in agriculture and food policy reform. He served as an adviser to Consumer Reports on regulatory and legislative issues, including efforts to prevent the misleading use of the "natural" label. He also represents several policy-related coalitions, including the National Organic Coalition. Prior to forming his consulting business, Steve spent 5½ years on the staff of U.S. Senator Herb Kohl of Wisconsin, serving as Legislative Aide and Deputy Legislative Director, specializing in agriculture, environment, transportation and appropriations matters. Steve graduated from Middlebury College in Vermont.

Chantelle Norton is an artist and designer and is a lead designer of Consumer Reports' Food Safety and Sustainability Center reports. She has worked in many fields of design, from fashion to print to costume to graphic design. She lives in the Lower Hudson Valley with a medley of animals, including her pet chickens. Her latest paintings take the chicken as muse and feature portraits of her feathered friends in landscapes inspired by the Hudson Valley and Ireland.