The Center for Environmental Health found high levels of glyphosate, a toxic chemical, in many oat cereals. Read on to find out more.

**Glyphosate**

Glyphosate, often sold as Roundup, is the most widely used pesticide in the U.S.

**Key Finding**

82% of oat cereals tested positive for glyphosate

These include major brands such as Gerber, Cheerios, Quaker Oats, and store brand “O” cereals from Target, Safeway, Walmart, Dollar Tree, and Trader Joe’s.

**Health Impacts**

- Birth defects
- Reduces sperm production
- Damages liver and kidneys
- Disrupts bodies' hormones
- Causes cancer

**Safer Alternatives**

Buy organic whenever possible. Organic cereals tested negative for glyphosate.

Dollar stores currently do not offer organic oat cereals. Please ask the store managers to carry them.


[https://www.ceh.org/glyphosate-herbicide-found-popular-cereals/](https://www.ceh.org/glyphosate-herbicide-found-popular-cereals/)