



# SAFER CEREALS

## FOR YOU AND YOUR KIDS

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

**70%** of oat cereals and breakfast bars tested positive for glyphosate

These include major brands such as Cheerios and Quaker Oats.

#### 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.



**CEH**

Source: <https://www.alternet.org/food/children-may-be-eating-cereal-laced-monsantos-toxic-weed-killer>  
<https://www.ceh.org/glyphosate-herbicide-found-popular-cereals/>