Peanut Butter and Jelly  
August 5, 2015  
    
  
 Peanut butter shopping and label reading brought on a**new** experience, recently. I noticed on a jar of “JIF” peanut butter, that chef Diana had purchased at our local grocery store had new statements on the label. Boy was I surprised to read “GMO FREE” and “GLUTEN FREE”. These were found to be new statements when compared to previous purchased half empty jar.   
  
 To the best of my knowledge, peanuts are **naturally**gluten free. I have always associated gluten with wheat products (flour) and sure enough, the label lists no wheat products. Gluten is the sticky substance that gives adhesiveness to dough, such as wheat flour.   
  
 Currently there are “NO GMO PEANUTS” approved for production (being raised) or marketed by agriculture producers (farmers/ranchers). The label does list rapeseed and soybean oil. I had always thought peanuts contained sufficient oil to be creamy and smooth without other oils, but these additional oils may assist to make “my” peanut butter and jelly sandwich creamy and smooth to my liking.   
  
 However, checking the grocery store receipt, I did find the previously bought jar of JIF; without, the “NON GMO and Gluten Free” statements were somewhat cheaper.   
  
  This is just one more example of marketing a product through much mis-information. The manufactures are using the label to expand mis-information to American families, creating doubt as to GMO safety without sound science to back-up their claims.   
  
 GMO’s are and have been one of the most tested and evaluated food products during the last 20 years, plus. Also, currently there are “only eight” approved GMO crops raised and marketed: Corn (sweet and field), soybeans, canola, sugar beets, cotton, papaya, squash and alfalfa. Several others are under research and development but have not been approved by FDA, EPA, USDA and other agencies charged with food safety responsibilities.   
  
 I will continue to enjoy a creamy, smooth variety for my “peanut butter and jelly” sandwich. The new label just makes my PBJ sandwich cost a few cents more.   
  
 **Oh!** By the way the original “cheerios” are in the**same** situation because there are NO GMO oats **but** the label says GMO free.   
  
    
  
 Articles you may like:  
  
[All Food Labels Are Not Created Equal](http://weebly-file/1/8/9/9/18991133/all_food_labels_are_not_created_equal.docx)  
  
[Much A Do About Nothing](http://weebly-file/1/8/9/9/18991133/much_a_do_about_nothing.docx)  
  
[GMO Fact and Opinion](http://weebly-file/1/8/9/9/18991133/gmo_editorial_comments.doc)  
  
[Organic vs. Milk](http://weebly-file/1/8/9/9/18991133/fairlife_milk_july_11_2015_moms_kitchen_table_149.docx)  
  
[GMO Labeling Act](http://weebly-file/1/8/9/9/18991133/gmo_labeling_act_july_11_2015_thoughts_150.docx)