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## Peanut Butter:

According to

<http://www.shopwell.com/peanut-delight-peanut-butter-creamy/nut-butter/p/4149814331>  
my peanut butter just sucks at giving me what I need and is very good at adding sugars and other unwanted fats... I need to change and fast because I love peanut butter but I also want to stay healthy and give my body everything it needs and no extra sugars or fats.

## Breakfast Biscuits:

I found the EWG's food rating for these biscuits at

<https://www.ewg.org/foodscores/products/044000043551-BelvitaBreakfastBiscuitsBlueberry> it was really crazy to see the results. They were not terrible but I was very surprised. I was surprised that there was no organic ingredients and really disappointed. I really enjoy this brand and thought they were a good brand to buy.

## Dried Strawberries:

This is already a non-GMO product with only strawberries as the main ingredient. I love these as a snack and honestly think I am addicted!



- The breakfast biscuits have milk in them which according to food matters is one of the top 10 most common GMO foods.
- The peanut butter contain soy which really surprised me and shows how much I pay attention to labels. Soy is another food on the top 10 GMO list.

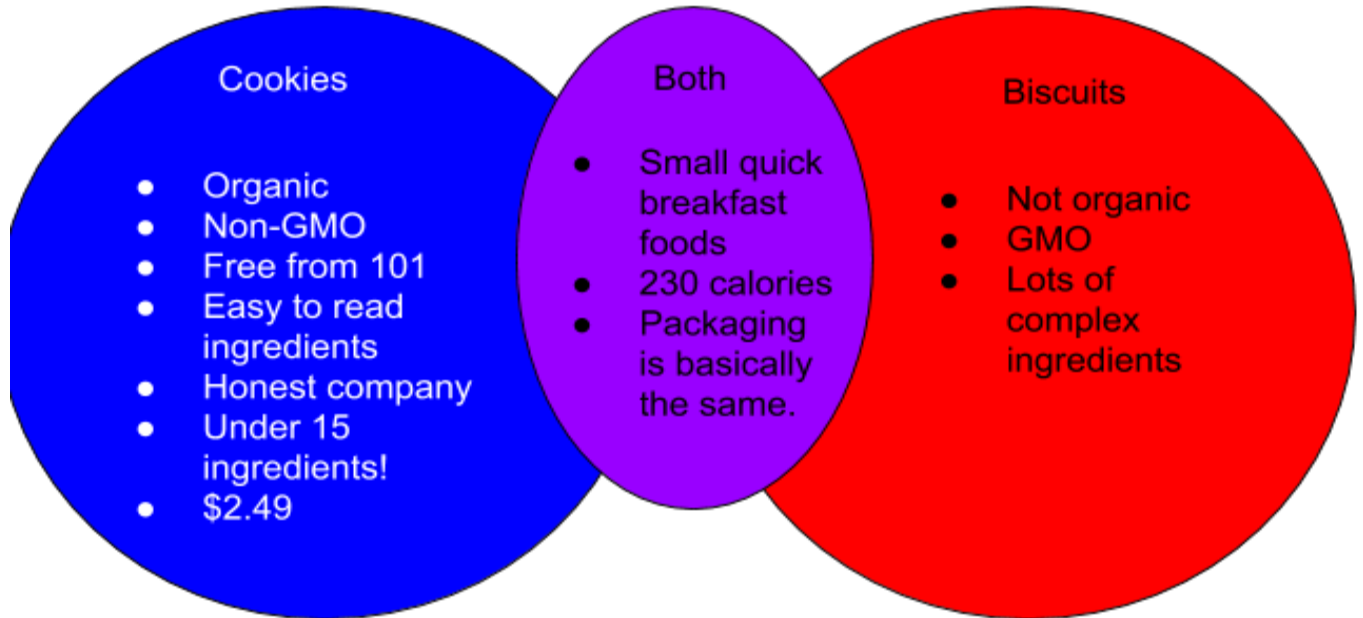
## GMO-FREE VERSIONS OF PEANUT BUTTER AND BREAKFAST BISCUITS.



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- Peanut Butter: The non-GMO is darker and looks richer. It also seems to be separated and oily which makes more sense to the almost to perfect GMO peanut butter. Most of the ingredients are also organic and very readable.
- Breakfast Biscuits: I found breakfast cookies as an alternative and I am really excited to try them!! Not only are they called cookies but they also look really good. All the ingredients are organic and there is the same amount of items per container. The ingredients are very easy to read and understand. Also, the same amount of calories so it won't mess with my diet!

## Comparative: Breakfast Cookies vs. Breakfast Biscuits



**Ingredients:** Organic Wheat Flour, Organic Whole Rolled Oats, Organic Dried Cane Syrup, Organic Whole Rolled Rye, Organic Sunflower Oil, Organic Whole Oat Flour, Organic Brown Sugar, Organic Malt Extract, Organic Nonfat Dry Milk, Sodium Bicarbonate, Organic Soy Lecithin, Salt, Natural Flavor.

**Contains wheat, milk, soy. May contain coconut.**

**INGREDIENTS:** WHOLE GRAIN BLEND (ROLLED OATS, RYE FLAKES), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, CANOLA OIL, WHOLE GRAIN WHEAT FLOUR, DRIED CRANBERRIES, INVERT SUGAR, MALT SYRUP (FROM CORN AND BARLEY), BAKING SODA, SALT, DRIED ORANGE PEEL, SOY LECITHIN, NATURAL FLAVOR, DISODIUM PYROPHOSPHATE, DATEM, FERRIC ORTHOPHOSPHATE (IRON), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1).  
**CONTAINS: WHEAT, SOY.**

