



A free guide

Where glyphosate shows up in food

How often it's found, how much is in the foods that were measured, and what that means



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Please read

General education, not individual medical advice. Reading or using this guide does not create a doctor-patient relationship. Check with your doctor before starting any new exercise, supplement or treatment. Try anything in this guide only if it is safe for you, and stop if something feels wrong. In an emergency, call 911.



How often foods test positive

Canada's food inspection agency tested 3,188 foods sold in Canada in 2015 and 2016. About 3 in 10 had a measurable amount of glyphosate. Most amounts were tiny. Only 1.3% were over Canada's legal limit.

How often each food group had a measurable amount

Canada, 3,188 samples, 2015 to 2016.

Food group	Samples	Had any	Over Canada's limit
Beans, peas, lentils, chickpeas	869	47%	0.6%
Grains (barley, buckwheat, quinoa)	869	37%	3.9%
Infant cereal	82	32%	0%
Infant food	127	31%	0%
Juice and other drinks	496	16%	0.2%
Processed fruits and vegetables	165	12%	0%
Soy products	263	11%	0%
Fresh fruits and vegetables	317	7%	0%

No infant cereal or infant food sample was over the limit. The agency's conclusion: Health Canada reviewed the data and found no human health concerns. This table shows how often it was found, not how much.

Sources: Canadian Food Inspection Agency, *Safeguarding with Science: Glyphosate Testing in 2015-2016*. The agency counted glyphosate plus its breakdown product, and judged against Canada's limits, which differ from US limits.



How much is in it

Amounts are in parts per million (ppm). 1 ppm is 1 milligram per kilogram of food.

Foods picked because they were expected to run high

Switzerland, 243 samples.

Food	Average	Highest sample
Beans, peas, lentils	0.17 ppm	2.9 ppm (1 chickpea sample)
Durum wheat products (pasta, semolina)	0.13 ppm	0.42 ppm
Breakfast cereals	0.05 ppm	0.29 ppm
Bread	0.007 ppm	0.05 ppm
Honey, wine, juice	0.005 ppm or less	0.02 ppm or less

A few high samples pull these averages up; most samples had far less. Organic foods: 37 of 43 had too little to measure. Even modelled with the highest chickpea sample, intake reached about 5% of Europe's daily limit for an adult and about 10% for a child.



How much is in it *(continued)*

Oats bought in the US

A US government lab, 13 oat products.

Oat product	Amount found
Regular oatmeal (4 samples)	0.06 to 1.1 ppm
Regular oat cereal (2 products)	0.77 to 0.90 ppm
Regular oat flour (3 products)	0.007 to 0.55 ppm
Organic oat products (4 products)	0.03 ppm or less

For scale: the US legal limit for oats is 30 ppm.

Sources: Zoller et al., *Food Additives and Contaminants Part B*, 2018 (Swiss Federal Food Safety and Veterinary Office); Cruz and Murray, *Food Chemistry*, 2021 (National Institute of Standards and Technology); 40 CFR 180.364. The surveys used different methods, so compare rows within a table, not across tables.



What this means

- **Traces are common. Amounts are small.** Detection alone doesn't show harm.
- **Beans, lentils, grains and oats carry the most,** partly because some crops are sprayed right before harvest to dry them out.
- **Organic tests lower, not zero.**
- **Whether it causes cancer is being re-reviewed** after a 2025 rat study that included doses at Europe's daily limit. Europe's chemicals agency is due to finalize its review by January 2027, and the EPA expects its own by early 2027.
- **I wouldn't cut beans, lentils or oats.** The evidence for fiber is strong, and oat fiber can help lower cholesterol.

Sources: EFSA Journal 2023 e08164 (Europe's daily limit, 0.5 mg per kg of body weight); Panzacchi et al., Environmental Health 2025; ECHA Risk Assessment Committee, deadline 1 January 2027; EPA glyphosate page, updated 2026-08-26; 21 CFR 101.81.