

GLYPHOSATE IN FOOD

Comprehensive Research Report

Popular Brands, Detection Levels & Lab Sources

Prepared for Oasis Health | February 2026

Executive Summary

Glyphosate, the active ingredient in Roundup and the world's most widely used herbicide, has been detected in a broad range of popular food products across the United States. Classified as a "probable human carcinogen" by the WHO's International Agency for Research on Cancer (IARC), glyphosate contamination in food is driven primarily by pre-harvest desiccation (spraying crops before harvest to accelerate drying) and broad agricultural use on 70+ crop types.

This report consolidates findings from all major independent testing programs: the Environmental Working Group (EWG), The Detox Project/Food Democracy Now!, the Florida Department of Health's Healthy Florida First initiative, Friends of the Earth, U.S. PIRG, and the Canadian Food Inspection Agency. Data spans 2016-2026 and covers cereals, bread, oats, legumes, snacks, pasta, hummus, beer, wine, honey, and pet food.

Key Safety Benchmarks

Standard	Threshold	Notes
EWG Health Benchmark (Children)	160 ppb	Based on 0.01 mg/day max intake for 60g serving
CA Prop 65 NSRL	1,100 ppb equivalent	No Significant Risk Level: 1.1 mg/day
EPA Tolerance (Wheat Grain)	30,000 ppb (30 ppm)	Based on lifetime dietary exposure
EPA Tolerance (Chickpeas)	5,000 ppb (5 ppm)	Crop-specific tolerance
EPA Tolerance (Oats)	30,000 ppb (30 ppm)	Crop-specific tolerance
EU ADI	0.3 mg/kg bw/day	Acceptable Daily Intake
U.S. EPA RfD	1.75 mg/kg bw/day	Reference Dose (criticized as too high)
Detox Project GRF Certification	<10 ppb (LOD)	Glyphosate Residue Free standard

1. Cereals & Oat-Based Products

Cereals and oat-based products consistently show some of the highest glyphosate levels, driven by pre-harvest desiccation of oat crops. EWG tested multiple rounds between 2018-2022 and found glyphosate in over 95% of conventional oat-based food samples. The Detox Project/Food Democracy Now! 2016 study found levels as high as 1,125 ppb in Original Cheerios.

1a. Food Democracy Now! / Detox Project (2016)

Lab: Anresco Laboratories, San Francisco (FDA-registered, ISO 17025)

Method: LC-MS/MS (liquid chromatography tandem mass spectrometry)

Product	Brand/Company	Glyphosate (ppb)	AMPA (ppb)
Original Cheerios	General Mills	1,125.3	26.4
Stacy's Simply Naked Pita Chips	PepsiCo/Frito-Lay	812.53	-
Honey Nut Cheerios	General Mills	670.2	14.5

Doritos Cool Ranch	PepsiCo/Frito-Lay	481.27	-
Back to Nature Crispy Cheddar Crackers	Back to Nature	327.22	-
Oreo Original	Nabisco/Mondelez	289.47*	-
Kashi Soft-Baked Oatmeal Dark Chocolate	Kellogg's	275.58*	-
Ritz Crackers	Nabisco/Mondelez	270.24	-
Oreo Double Stuf Chocolate	Nabisco/Mondelez	215.40*	-
Whole Foods 365 Organic Golden Crackers	Whole Foods	119.12	-
Triscuit Crackers	Nabisco/Mondelez	89.68	-
Raisin Bran	Kellogg's	82.9	-
Kellogg's Corn Flakes	Kellogg's	78.9	-
Special K	Kellogg's	74.6	-
Frosted Flakes	Kellogg's	72.8	-
Kellogg's Corn Flakes (2nd test)	Kellogg's	55.13*	-
Cheez-It Whole Grain	Kellogg's	36.25*	-
Wheaties	General Mills	31.2	-
Cheez-It Original	Kellogg's	24.6	-
Kashi Organic Promise	Kellogg's	24.9	-
Trix	General Mills	9.9	-

* Asterisk indicates rough estimate per lab report. AMPA is the main metabolite of glyphosate.

1b. EWG Round 2 Testing (October 2018)

Lab: Anresco Laboratories, San Francisco

Method: LC-MS/MS, LOQ: 10 ppb

Product	Brand	Glyphosate (ppb)	vs. EWG Benchmark
Quaker Oatmeal Squares Honey Nut	PepsiCo	2,837	17.7x above
Quaker Oatmeal Squares Brown Sugar	PepsiCo	1,171	7.3x above
Quaker Old Fashioned Oats (S1)	PepsiCo	1,148	7.2x above
Quaker Old Fashioned Oats (S2)	PepsiCo	1,040	6.5x above
Quaker Overnight Oats Raisin Walnut	PepsiCo	753	4.7x above
Quaker Overnight Oats Toasted Coconut	PepsiCo	685	4.3x above
Giant Instant Oatmeal Original	Store Brand	760	4.8x above
Cheerios (S1)	General Mills	530	3.3x above
Cheerios Toasted Whole Grain (S2)	General Mills	490	3.1x above
Honey Nut Cheerios (S1)	General Mills	410	2.6x above
Quaker Steel Cut Oats	PepsiCo	530	3.3x above
Lucky Charms	General Mills	400	2.5x above

Nature Valley Granola Oats 'n Honey	General Mills	340	2.1x above
Quaker Dinosaur Eggs Oatmeal	PepsiCo	620	3.9x above
Back to Nature Granola	Back to Nature	620 / 170	3.9x / 1.1x
Quaker Simply Granola	PepsiCo	430 / 400	2.7x / 2.5x

1c. EWG Round 3 Testing (June 2019)

Lab: Anresco Laboratories, San Francisco

Product	Brand	Glyphosate (ppb)
Honey Nut Cheerios Medley Crunch	General Mills	833
Cheerios	General Mills	729
Nature Valley Crunchy Granola Bars	General Mills	566
Nature Valley Granola Oats 'n Dark Chocolate	General Mills	529
Cheerios Oat Crunch Cinnamon	General Mills	504
Quaker Old Fashioned Oats	PepsiCo	390
Cheerios Maple	General Mills	347
Quaker Overnight Oats	PepsiCo	298

1d. EWG 2022 Testing (Latest Round)

In the most recent round, EWG found glyphosate levels declining significantly. Quaker Oatmeal Squares dropped from ~3,000 ppb (2018) to under 500 ppb (as low as 20 ppb). However, about one-third of conventional samples still exceeded EWG's 160 ppb benchmark. Baby cereals (Gerber) tested largely free of glyphosate.

2. Bread Products

2a. Florida Department of Health (February 2026)

Program: Healthy Florida First Initiative

Lab: Florida Department of Health commissioned testing (methodology not publicly disclosed)

Product	Brand / Owner	Glyphosate (ppb)	Detected?
Sara Lee Honey Wheat	Bimbo Bakeries	191.04	Yes
Nature's Own Butter Bread	Flowers Foods (NYSE: FLO)	190.23	Yes
Wonder Bread Classic White	Flowers Foods	173.19	Yes
Nature's Own Perfectly Crafted White	Flowers Foods	132.34	Yes
Dave's Killer Bread White Done Right	Flowers Foods	11.85	Yes
Dave's Killer Bread 21 Whole Grain	Flowers Foods	10.38	Yes
Sara Lee Artesano White	Bimbo Bakeries	ND	No
Pepperidge Farm Farmhouse Hearty White	Campbell's (NASDAQ: CPB)	ND	No

2b. Detox Project - Bread (2022)

Lab: ISO 17025 certified, EPA-registered laboratory in California

Method: LC-MS/MS

Product (Store)	Type	Glyphosate (ppb)
Village Hearth 100% Whole Wheat (HyVee)	Conventional	1,150
365 Whole Wheat Sandwich Bread (Whole Foods)	Non-GMO	1,040
Pepperidge Farm 100% Whole Grain Wheat (HyVee)	Conventional	587
Pepperidge Farm Jewish Rye & Pumpernickel (HyVee)	Conventional	531
Market Pantry 100% Whole Wheat (Target)	Store Brand	348
Great Value 100% Whole Wheat (Walmart)	Store Brand	340
Sara Lee 100% Whole Wheat (HyVee)	Conventional	285
Nature's Own 100% Whole Grain Wheat (HyVee)	Conventional	182
Great Value Wheat Bread (Walmart)	Store Brand	63
Big Sky Bread Honey Whole Wheat (Whole Foods)	Conventional	42
Brownberry Oatnut Whole Grains (Target)	Conventional	17
Angelic Bakehouse Sprouted Wholegrain (Whole Foods)	Non-GMO	12

3. Oats, Barley & Grains

3a. Detox Project (2022)

Product (Store)	Type	Glyphosate (ppb)
Quaker Oats (HyVee)	Conventional	535
The Grainery Fresh Milled Oats (HyVee)	Conventional	214
Natural Grocers Organic Thick Rolled Oats	Organic	26
General Mills Cheerios (Target)	Conventional	118
Natural Grocers Quick Barley	Conventional	144
Nature's Path Organic Oats (Amazon)	Organic	ND
Bob's Red Mill Organic Oats (Whole Foods)	Organic	ND

4. Legumes (Chickpeas, Lentils, Beans)

4a. Detox Project (2022)

Product (Store)	Type	Glyphosate (ppb)
Great Value Chickpeas (Walmart)	Conventional	889
Off The Eaten Path Rice, Peas & Black Beans (Target)	Non-GMO	301
WF 365 Organic Green Lentils (Whole Foods)	Organic	54

Great Value Chickpeas (Walmart, 2nd product)	Conventional	165
Natural Grocers Organic Green Lentils	Organic	13

4b. EWG Hummus Testing (2020)

Lab: Independent laboratory commissioned by EWG

Nearly 90% of conventional chickpea/hummus samples had detectable glyphosate. One-third of conventional hummus samples exceeded EWG's 160 ppb benchmark.

Product	Brand	Glyphosate (ppb)	Notes
Original Hummus	Whole Foods Market	2,000+	Nearly 15x EWG benchmark
Harris Teeter Organic Dry Chickpeas	Harris Teeter	17,718 avg	Anomalous; reported to USDA
Classic Hummus (multiple samples)	Sabra	Varied; 3 of 7 exceeded 160	Market leader >50% share
Traditional Hummus	Cava	>160	Exceeded EWG benchmark
Harris Teeter Artisan Hummus	Harris Teeter	>160	2 samples exceeded
Organic Hummus (avg conventional)	Various brands	~323 avg	Conventional average
Organic Hummus (avg organic)	Various brands	~86 avg	Much lower than conventional

5. Pasta & Wheat Products

5a. EWG Wheat-Based Testing (2019)

Glyphosate was detected in all 12 wheat-based food samples tested. Pasta samples contained glyphosate at levels ranging from 60 to 150 ppb. Cereal samples had lower levels, mostly just above the 10 ppb limit of detection.

The Canadian Food Inspection Agency found glyphosate contamination in 80-90% of popular wheat-based products including pizza, crackers, and pasta.

6. Snacks, Protein Bars & Powders

6a. Detox Project (2022)

Product (Store)	Type	Glyphosate (ppb)
Clif Bar Crunchy Peanut Butter (Amazon)	Conventional	249
Clif Bar Chocolate Chip (Amazon)	Non-GMO	120
Orgain Organic Plant Protein (Amazon)	Organic	ND
Vega One All-In-One Shake (Target)	Non-GMO	ND
Garden of Life Raw Organic Protein (WF)	Organic	ND

7. Beer, Wine & Honey

U.S. PIRG tested 15 beers and 5 wines, finding glyphosate in all but one sample, though at levels 5 to 100 times lower than oat-based products (typically single-digit to low double-digit ppb).

A study in Latvia found glyphosate in 92 of 100 beer samples, with one sample reaching 150 ppb. Analysis of 69 honey samples from various origins found average glyphosate levels around 64 ppb, with some reaching 163 ppb. UK government testing found glyphosate frequently in bread, sometimes exceeding 500 ppb in wholemeal bread.

8. Pet Food

A 2018 peer-reviewed study by Cornell University tested 18 dog and cat foods. All products contained glyphosate at concentrations ranging from approximately 80 to 2,000 ppb. Even one GMO-free certified product was contaminated.

9. FDA Internal Testing

The FDA found glyphosate in 63% of corn samples and 67% of soybean samples in its 2018 data release. Internal FDA emails obtained via FOIA revealed that an FDA chemist found "a fair amount" of glyphosate in wheat crackers, granola cereal, and cornmeal from his own home. Notably, the FDA had never routinely tested for glyphosate despite testing for hundreds of other pesticides.

10. Lab Reports & Source References

Source Organization	Report / Program	Year(s)	Access
Environmental Working Group (EWG)	Breakfast with a Dose of Roundup (Rounds 1-3)	2018-2019	ewg.org/research/breakfast-dose-roundup
Environmental Working Group (EWG)	Glyphosate in Hummus & Chickpeas	2020	ewg.org/research/glyphosate-hummus
Environmental Working Group (EWG)	Oat Products Update 2022	2023	ewg.org/news-insights (April 2023)
The Detox Project	The Poison in Our Daily Bread	2022	detoxproject.org/the-poison-in-our-daily-bread
Food Democracy Now! / Detox Project	Glyphosate: Unsafe on Any Plate	2016	detoxproject.org/alarmed-levels
Florida Dept. of Health	Healthy Florida First - Bread Testing	2026	exposingfoodtoxins.com
U.S. PIRG	Glyphosate in Beer & Wine	2019	uspirg.org
Friends of the Earth	Oats & Pinto Beans Testing	2019	foe.org
Canadian Food Inspection Agency	Glyphosate in Wheat Products	2015-2016	inspection.gc.ca
Cornell University	Glyphosate in Pet Food (peer-reviewed)	2018	PubMed / journal publication
FDA	Pesticide Residue Monitoring (glyphosate)	2018	fda.gov

All independent studies used LC-MS/MS (liquid chromatography tandem mass spectrometry), the regulatory-recognized gold standard for glyphosate residue testing. Labs include Anresco Laboratories (San Francisco, FDA-registered) and various ISO 17025 / EPA-certified third-party laboratories.

Key Takeaways for Oasis Scoring

- Whole wheat/grain products consistently show higher glyphosate levels than refined/white products due to pre-harvest desiccation practices
- Organic products show dramatically lower levels (5 of 23 organic products positive vs. 23 of 37 conventional in Detox Project study)
- Non-GMO labels do NOT indicate glyphosate-free: 18 of 26 Non-GMO products tested positive, including two of the top 5 highest levels
- EWG benchmark of 160 ppb is the most conservative widely-cited threshold for consumer health scoring
- Store brands (Great Value, Market Pantry, 365) can have very high levels comparable to national brands
- Quaker (PepsiCo) and General Mills products consistently rank among the highest across all testing programs
- Glyphosate Residue Free certification (Detox Project) is the most stringent standard at <10 ppb LOD
- Cumulative daily exposure matters: bread, oats, hummus, pasta, and snacks consumed together can result in significant total glyphosate intake

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