

GMO FOODS

GMO Foods is commonly known as Genetically Modified Foods. Genetic modification results in fast growing and disease resistant plants, and a higher crop yield. GMO foods are often used as ingredients in processed foods. With people buying and consuming more GMO foods, there is a growing concern over the safety of GMO foods and its effect on human health and the environment.

No one knows if GMO foods are harmful to humans in the long run. Animal studies suggest that GMO foods may damage the immune system, liver, and kidneys. The long term impact of GMO foods on the environment is also unknown. A large majority of GMO foods are herbicide (weed killer) resistant. This increase in herbicide resistant crops has led to the spread of “superweeds” that are resistant to herbicide, resulting in a greater use of herbicides that can potentially harm the environment and eventually our food supply.

Examples of GMO foods

- Canola oil, corn oil, cottonseed oil, soybean oil
- Corn
- Papaya
- Potatoes
- Soybean and soy products
- Sugar beets
- Tomatoes
- Yellow squash
- Zucchini

The United States currently has no law requiring the labeling of GMO foods. However, if you wish to limit your intake of GMO foods, you can select food products that carry a **Non-GMO** label.

