

Genetically Modified Foods

The controversy about the safety of genetically modified (GM) foods is complicated, to say the least. The scientific research is inconclusive and the stances of authorities are varied. Weeding out fiction from fact is challenging, especially when the jury is still out about the long-term health and environmental impacts. When it comes to making educated food decisions, there are a few things to consider about GM foods.

ARE GM FOODS SAFE?

GM foods are "generally regarded as safe" in the US. This is based on expert claims and research reporting no harmful health impacts from the consumption of GM foods. It is clear that GM technology has advanced agricultural capacities in the US and around the world. Because GM crops offer great financial and production benefits, they have been viewed as "innocent until proven guilty".



TOP 5 GM CROPS in US

- corn
- soybeans
- canola
- cottonseed
- sugar beets

BAD NEWS: the majority of processed foods contain GM ingredients
GOOD NEWS: you naturally avoid most GM foods by eating a whole food diet

However, opponents argue that this is the wrong approach, especially when the potential consequences are so profound. Even if GM foods have been deemed safe according to current research, many of those studies have been funded by the corporations that produce GM seeds (and the accompanying pesticides). And when considering the effects of GM organisms on human, microbial, animal, and environmental health, the long-term impacts are not well understood. Suspected health consequences include immune dysfunction, gut dysbiosis, infertility, and neurological issues, but again, the research is not conclusive. This is why many scientists, consumers, and health experts (and the EU) argue that GM crops should be treated as "harmful until proven safe".

AVOIDING GM FOODS

So should you avoid GM foods? That decision must be made on an individual basis (weighing the pros + cons of your situation). If you want to avoid them, here are some tips:

- **EAT WHOLE FOODS**
this automatically eliminates most GM ingredients
- **LOCATE A LABEL**
these label icons make it easy to know if a food is GM-free

