



GENETICALLY MODIFIED FOODS

What's All the Buzz About?

WHAT IS GMO?

A GMO, or genetically modified organism, is a plant, animal, microorganism or other organism whose genetic makeup has been modified using recombinant DNA methods (also called gene splicing), gene modification or transgenic technology. This relatively new science creates new combinations of plant, animal, bacterial and viral genes that do not occur in nature or through traditional crossbreeding methods.

HEALTH CONCERNS WITH GENETICALLY MODIFIED FOODS

There is no scientific consensus on the safety of GMOs. The National Academies of Sciences, reports there is no substantiated evidence of a difference in risk to human health with GMOs. On the other hand, The American Academy of Environmental Medicine urge physicians to prescribe non-GMO foods to everyone. Based on results shown in animals, it appears GMOs pose a health concern for numerous reasons including:

- Infertility
- Immune problems & allergies
- Increased antibiotic resistance
- Increase in aging symptoms
- Faulty insulin regulation
- Changes in the gastrointestinal system

Granted these are animal studies, not human studies. However, because food companies own their genetically modified seeds and won't allow for totally independent research, all the evidence on GMO foods isn't in yet. In fact, some countries and areas like the European Union do not allow GMO foods to be imported and they must be labeled so the consumer knows exactly what they're purchasing.

The good news is in June 2016, Congress passed the legislation which would require food packages to display an electronic code, text label, or some sort of symbol signifying whether or not they contain GMOs. The exact details will need to be worked out by the Department of Agriculture, which will have up to two years to write the rules.

Metcalf's



NON GMO

TIPS TO AVOID GMO'S

HAVE MORE QUESTIONS?

Contact Health & Wellness Director
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THE GOOD NEWS

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TIP #1: BUY ORGANIC



Certified organic foods are also non-GMO. USDA organic regulations prohibit any genetically modified (GMO) ingredients in a certified organic product. A growing number of organic product also carry a “Non-GMO Project” verified seal, which ensures its GMO-free.

Tip #2: Look for Non-GMO Project Seals



The Non-GMO Project is a non-profit, third-party organization committed to providing consumers with clearly labeled and independently verified non-GMO choices. The Non-GMO Project verifies per individual product, not for an entire brand, testing at-risk ingredients. Visit NonGMOProject.org for more information on this verification program.

Tip #3: Avoid At-Risk Ingredients

If it's not labeled 100% organic or verified non-GMO, avoid products made with ingredients that might be derived from GMOs. The eight GM food crops are corn, soybeans, canola, cottonseed, sugar beets, papaya from China or Hawaii (most) and a small amount of zucchini and yellow squash. GM alfalfa is also fed to livestock.

Tip #4: Use the Non-GMO Shopping Guide

Visit NonGMOShoppingGuide.com to see a complete list of non-GMO products available or use the ShopNoGMO App on your iPhone—available for free at the iTunes store.