

Genetically Modified Organisms or GMOs 101



You may not be aware that much of the food that you eat today are genetically modified. And the worst part is the difficulty in identifying them because they are not labelled as GMO. About 60 to 70 percent of food sold in major supermarkets are genetically modified. Corn Starch and soy protein are predominantly derived from GMO crops

Now the question is, can you really be sure that the processed food you buy does not contain ingredients that were genetically engineered? Well, here are some of the most genetically modified food today. If what you are buying contain any of them, then they are 100% GM food.

Corn – in the United States, 90 percent of corn crown is genetically modified. Most crops are processed as animal feed and used the production of ethanol, and the rest is made into processed food. The sweet

corn that you eat either grilled or steamed was GMO free until a big corporation started the first Genetically Engineered sweet corn.

Soybeans – The most genetically modified food in the country. It was modified to contain a high level of oleic acid, a monounsaturated omega-9 fatty acids to lower LDL cholesterol. The creation of genetically engineered soybean was given approval in 2010 to the largest U.S. producer of hybrid seeds.

Canola Oil – Its genetic modification was approved in 1996. By 2006, 90 percent of canola crops in the U.S. is genetically modified.

Milk – Cows are given recombinant bovine growth hormone to make them grow faster and increase its milk production. Some of the milk produced by these cow may contain the same growth hormones and has been shown to act in the human body. About one fifth of dairy cows in the U.S. is given growth hormones.

Zucchini – This plant is modified to contain toxic protein to make it highly resistant to insects. And this insecticide has been found in human blood which indicates that rather than being broken down somehow gets into the body when eating genetically modified zucchini. It is also hard to distinguish the difference between GMO and non-GMO zucchini.

Papaya – Those grown in Hawaii since 1999 has been genetically modified and are sold in the United States and Canada. They are modified to delay its maturity and to be resistant to ringspot virus.

These are just some of the many GM food being sold and the companies producing and selling them are not even required to inform the consumers. Not good.

Do you know that the first genetically modified food trial was done in the 1980s? A U.S. biotech company introduced the “Flavr Savr Tomato”, the first GMO approved crop. It was modified to stay ripe on its vine longer. Stay healthy. Eat organic.



GMO FACTS ... What are GMOs?

GMOs, or “genetically modified organisms,” are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This experimental technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding.

Virtually all commercial GMOs are engineered to withstand direct application of herbicide and/or to produce an insecticide. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit.

Meanwhile, a growing body of evidence connects GMOs with health problems, environmental damage and violation of farmers’ and consumers’ rights.

Are GMOs safe?

NO! Most developed nations do not consider GMOs to be safe. In 61

countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S, the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. Increasingly, Americans are taking matters into their own hands and choosing to opt out of the GMO experiment.

Are GMOs labeled? Unfortunately, even though polls consistently show that a significant majority of Americans want to know if the food they're purchasing contains GMOs, the powerful biotech lobby has succeeded in keeping this information from the public. In the absence of mandatory labeling, the Non-GMO Project was created to give consumers the informed choice they deserve.

How does GMO Awareness come in?

If people stop buying GMOs, companies will stop using them and farmers will stop growing them. We aim to make more and more people aware until a tipping point of consumer rejection happens and the market for GMOs collapses.

Do People want non-GMO foods and supplements?

Polls consistently show that a significant majority of North Americans would like to be able to tell if the food they're purchasing contains GMOs (a 2008 CBS News Poll found that 87% of consumers wanted GMOs labeled). And, according to a recent CBS/New York Times poll, 53% of consumers said they would not buy food that has been genetically modified.

How common are GMOs?

In the U.S. GMOs are in as much as 85% of conventional processed food. Now you know why Americans are considered as the sickest people of all industrialized countries. America spends the most on health care and have the sickest people. Why? The government allows poisons in the foods and does not believe the people need to know which foods have the genetic

poisons.

What are the impacts of GMOs on the environment?

Over 80% of all GMOs grown worldwide are engineered for herbicide tolerance. As a result, use of toxic herbicides like Roundup has increased 15 times since GMOs were introduced. GMO crops are also responsible for the emergence of “super weeds” and “super bugs:’ which can only be killed with ever more toxic poisons like 2,4-D (a major ingredient in Agent Orange). GMOs are a direct extension of chemical agriculture, and are developed and sold by the world’s biggest chemical companies. The long-term impacts of GMOs are unknown, and once released into the environment these novel organisms cannot be recalled.

How do GMOs affect farmers?

Because GMOs are novel life forms, biotechnology companies have been able to obtain patents with which to restrict their use. As a result, the companies that make GMOs now have the power to sue farmers whose fields are contaminated with GMOs, even when it is the result of inevitable drift from neighboring fields. GMOs therefore pose a serious threat to farmer sovereignty and to the national food security of any country where they are grown, including the United States.

Also, in Jamaica Farmers seems to be selling less produce because the very attractive GMO produce in the local supermarkets, is selling like hot bread. People need to stop looking on attractiveness and think. How can a head of harvested lettuce or cabbage stay looking fresh for six weeks? What's wrong with that picture?

More GMO Facts

Click here to download **“GMO Myths and Truths”** – An evidence-based examination of the claims made for the safety and efficacy of genetically modified crops. This 2012 document is prepared by the preeminent researchers and scientists: Michael Antoniou, Claire Robinson, and John Fagan.

10 minute mini-documentary about GMOs: Genetic Roulette.

Link to Video: <https://youtu.be/TB5EBFUwaw0>

If you buy foods exported from the United States, and your country has no GMO laws to prevent imports of GMOs, you can bet you are buying and eating foods that are genetically modified.

If you are getting sicker than usual, your kids are getting sicker and have several food allergies, chances are it because of the GMO foods and products that you are eating and using.

How can you keep your family healthy?

- Buy foods from local farmers who do not use GMO seeds or source GMO produce.
- Grow your own food. Seems difficult but it's not. You can grow a whole lot in a small space.

Link to Video: Tower Gardening

<https://youtu.be/BIMNXAV4M7M>

<https://youtu.be/OcR2p5SbN6A>

<https://youtu.be/LmcnDH77xNw>

<https://youtu.be/6tnNklmAzOA>

https://youtu.be/2T6t8wMbRow?list=UUJultFdfepCSjDbK_e2YdAg