

## Should I avoid GMOs?

What is all the fuss about GMOs?

Genetic engineering or genetic modification of food involves the laboratory process of inserting genes into the DNA of a food crop or animals. The result is called a genetically modified organism (GMO). GMOs can be engineered with genes from bacteria, viruses, insects, animals, or even humans.

Unlike most other industrialized nations, the U.S. does not require GMO labeling. Out of concern for public health and safety as well as farming conditions, the European Union countries restrict the use of GMO seeds and products. Interesting...

And since the GMO process is new, no one is certain about the long-term effects of eating these engineered food products.

Awareness about GMOs and how to avoid them is important for you and your loved ones. Here are some tips for sourcing natural food and skipping the GMOs:

- **Buy organic.** Certified Organic products are not allowed to contain any GMOs.
- **Be aware of what is usually GMO.** non-organic corn, zucchini, yellow crooked neck squash, strawberries, soy products, beets, and papayas.
- **Cereals and breakfast bars.** They will most likely have GMO ingredients because they are often made with corn and soy products. Look for organic.
- **Baked goods.** Packaged baked goods generally are made with GMO corn syrup. Put them back!
- **Sodas.** Give these terrible, nutritionless drinks up! They contain GMO corn syrup or aspartame for sweetness.
- **Frozen prepared foods.** Many are highly processed and contain GMO products. Look for organic!
- **Soy products** Be wary of tofu that is not labeled organic, any alternative meat products that are not labeled non-GMO, soy beverages that are not organic, etc.
- **Condiments.** Read the label! If they are not organic, chances are they will contain GMO corn syrup. Avoid, avoid, avoid!
- **Snack foods.** Look for organic and whole grain. Read the labels!
- **Candy and chocolate products.** Again, read the label. What is the sweetener? Is it organic? If it's not, the sugar is probably GMO.
- **Fruit juices.** Make sure it's 100% juice with no GMO corn syrup!
- **Other GMO products hidden in processed foods** include canola oil, cottonseed oil, white sugar, and aspartame.

No genetically modified fowl or beef have been approved for human consumption; however, the feed most of these animals have been raised on is likely GMO and

non-organic. Free-range and naturally fed are your best bet for good health. Look for wild-caught fish to avoid those that are raised on GMO feed.

And then there are dairy products. Again, unless they are raised organically, you have no idea what the cows and chickens have been fed.

It's not so hard to find non-GMO foods, especially if you do most of your shopping at retailers who share your philosophy of healthy eating. You need to get into the habit of reading the labels and making smart choices.

You'll be glad you did!