



# EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## What do you know about food GMOs?

With the world population continuously on the rise, one major concern is how to effectively feed a world of this size. Beginning in 1994, Genetically Modified Organisms, or GMOs, were developed in an effort to address this matter. GMOs, also referred to as bioengineered ingredients, are now required to be listed on food labels if they are present in a given product. You may have heard some controversial opinions about GMOs, so read below to get the facts on this innovative technology.

### What are GMOs?

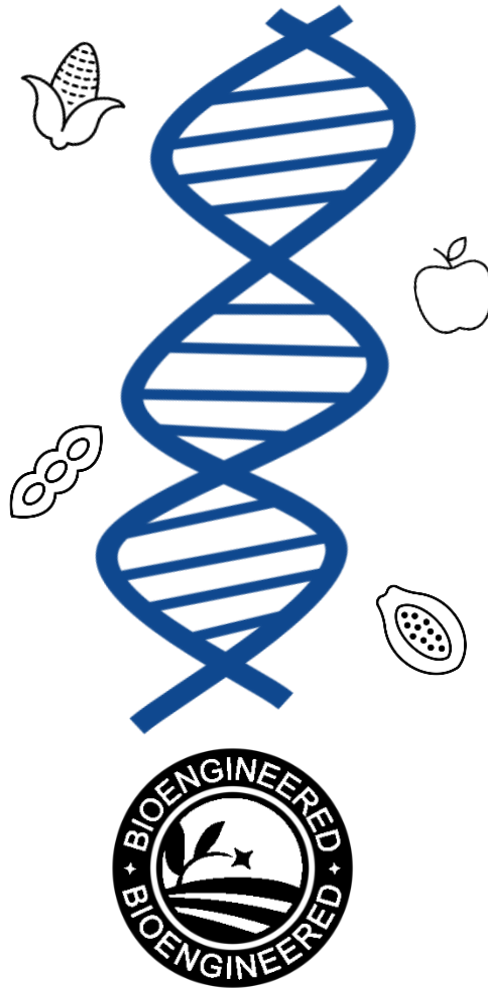
GMO stands for **Genetically Modified Organisms**. Genetic engineering is used to modify an organism's genes to express specific traits that are not normally present in certain food items.

### What are the most common GMO crops?

Soybean, corn, cotton, and canola (rapeseed). These crops are modified to be insect resistant and herbicide tolerant which helps farmers produce a larger food supply to feed an ever-growing world.

### Are there any health risks to consuming GMO crops?

No. As of right now, there is *no conclusive evidence* that consumption of GMO crops or ingredients derived from GMOs will have any adverse effects on human health.



### Why do we have GMOs?

GMOs have a variety of beneficial uses in health and agriculture. GMOs can make certain crops disease resistant, drought tolerant, and resistant to insects and pests. They can also make food more nutritious.

### Did you know these are GMOs?

- **Arctic Apples** are modified to be non-browning
- **Rainbow Papayas** are a Hawaiian staple that are now virus resistant
- **AquAdvantage Salmon** are able to grow faster than non-GMO Atlantic salmon

### Are GMOs less nutritious?

No. GMO crops have the same or better nutritional quality as conventionally grown crops. Some GMO crops may be fortified with nutrients that do not normally exist in that crop, such as Golden Rice, which is fortified with beta-carotene (a form of Vitamin A).

*Chromosomes come in pears*

Reviewed By : Jessica Van Wie

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