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.

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.

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.

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).

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.

Chromosomes come in pears

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Will GMOs Hurt My Body? The Public’s Concerns and How Scientists Have Addressed Them Available at: https://sitn.hms.harvard.edu/flash/2015/will-gmos-hurt-my-body/ Accessed on: 3/24/22
AquAdvantage Salmon Fact Sheet Available at: https://www.fda.gov/animal-vertebrate/animals-intentional-genomic-alterations/aquadvantage-salmon-fact-sheet Accessed on: 4/7/22

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