

# 5 Things You Should Know About...



## GMOs

- 1. Genetically modified foods pose no risk to human health.** As the World Health Organization sums up, GMOs “are not likely, nor have been shown, to present risks for human health.” After hundreds of studies of both animals and humans, there’s no longer any debate over GMO safety within the scientific community. Every major global health and scientific body agrees: GMOs are safe.
- 2. Genetically modified foods have decreased the quantity of pesticides used, and the cost of pesticides.** Anti-GMO activists insist that GMOs increase the use of pesticides, but in reality GM technology has “reduced pesticide quantity by 37% and pesticide cost by 39%.” These findings were based on a meta-analysis of 147 studies of pesticide applications on genetically modified crops published in PLoS One.
- 3. Genetically modified foods pose no risk to the environment.** Reduced pesticide use is an obvious environmental benefit, but GM crops have also shown to significantly reduce greenhouse gas emissions from agriculture. Regulations around the globe require strict testing of each new GM-crop before they’re commercially available, and those regulations require consideration of the impact on the environment.
- 4. Genetically modified foods produce higher yields than conventional or organic foods.** A number of studies show that organic farming is much less productive than using GMOs, resulting in up to 40-50% lower yields per acre. GM crops have increased crop yields by an average of 21%. As the global population booms and there’s less available farmland, the use of GMOs to grow more food in less space becomes increasingly important.
- 5. Genetically modified foods don’t need a mandatory, special label.** Labeling GM food implies that they contain different health attributes than conventional or organic foods, which they do not. For thousands of years, humans have been tinkering with crops through breeding techniques. Modern genetic engineering speeds up that process, with added precision. Labeling GM food bolsters the misconception that these foods are undesirable or dangerous to our health. For those who insist on GMO-free food, they can choose foods bearing the USDA Organic seal.