

# FACT SHEET: GMOS

Learn more about these controversial foods

## Avoiding GMOs

The easiest way to avoid GMOs is to buy organic foods, which cannot contain them.

According to the USDA, **“The use of genetic engineering, or genetically modified organisms (GMOs), is prohibited in organic products.** This means an organic farmer can’t plant GMO seeds, an organic cow can’t eat GMO alfalfa or corn, and an organic soup producer can’t use any GMO ingredients.”

When it comes to food labels, **manufacturers are not currently required to disclose whether they use GMOs in their products.** In fact, the FDA only requires GMOs to be labeled as such if the product is *significantly different* from the original food. To determine this, they examine composition, nutrition, and safety.

## GMOs and Your Health:

Genetically modified organisms — called GMOs or GMs for short — are foods that have had their genes altered in some way. They can also be referred to as genetically engineered (GE) foods.

GMOs are overseen and monitored by the Environmental Protection Agency (EPA), the Food and Drug Administration (FDA) and the US Department of Agriculture (USDA). Because of this scrutiny by so many government agencies, the Journal of the Royal Society of Medicine explains, “GM plants undergo extensive safety testing prior to commercialization.”

The National Institutes of Health assert, “Genetically engineered foods are generally regarded as safe. There has not been enough testing, however, to ensure complete safety. There are no reports of illness or injury due to genetically engineered foods.”

