

# GMOs in Perspective

**Genetically Modified Organisms (GMOs)** are crops that have been developed or improved through genetic engineering for desirable traits like insect and disease resistance or drought tolerance.<sup>1</sup>

## GMOs are safe<sup>2,3</sup>

Foods that contain GMO ingredients have the same makeup and nutritional value as non-GMO options.<sup>4</sup>



In the **20+** years

since GMOs were introduced, **trillions** of meals containing GM ingredients have been safely consumed.<sup>5</sup>

GMOs have been studied extensively, with **ongoing regulation and oversight by the FDA, USDA and EPA.**<sup>3</sup> **Major medical associations agree.**<sup>6,7</sup> Foods that contain GMOs pose no greater risk to humans or livestock than non-GMO foods.



### Nutritious food

GMOs help ensure the availability of vital nutrients like beta-carotene. GMOs also help farmers provide foods that are less susceptible to disease and pests.<sup>10</sup>



### Improved sustainability

GMOs enable farmers to grow more food on less land using fewer chemicals.<sup>9</sup> New apple and potato varieties eliminate browning and can help reduce food waste.



### Changing global conditions

GMOs fight viruses, disease and insects and allow crops to grow in drought and flood conditions.<sup>8</sup>

**GMOs help farmers grow safe, nutritious food**

<sup>1</sup>GMO Answers. GMO Basics. <https://gmoanswers.com/gmo-basics>. Accessed January 1, 2021.

<sup>2</sup>Genetic Literacy Project. With 2000+ global studies affirming safety, GM foods among most analyzed subjects in science, Jon Entine & JoAnna Wendel 2013. <https://geneticliteracyproject.org/2013/10/08/with-2000-global-studies-confirming-safety-gm-foods-among-most-analyzed-subject-in-science/>. Accessed January 1, 2021.

<sup>3</sup>The National Academies of Sciences, Engineering, Medicine. Genetically Engineered Crops: Experiences and Prospects 2016. <https://books.nap.edu/read/23395/chapter/2#2>. Accessed January 1, 2021.

<sup>4</sup>Van Eenennaam, A.L. and young, A.E. Prevalence and impact of genetically engineered feedstuffs on livestock populations. *J. Anim. Sci.* 2014. 92(10):4255-4278. <https://pubmed.ncbi.nlm.nih.gov/25184846/>. Accessed January 1, 2021.

<sup>5</sup>Forbes 2014. The Debate About GMO Safety Is Over, Thanks To A New Trillion-Meal Study. <https://www.forbes.com/sites/forbes/2014/09/17/the-debate-about-gmo-safety-is-over-thanks-to-a-new-trillion-meal-study/#2672d1228a63>. Accessed January 1, 2021.

<sup>6</sup>American Medical Association. AMA Report on Genetically Modified Crops and Foods. <https://www.isaaa.org/~/media/Files/Publications/Position/ama.htm#:~:text=A%20report%20issued%20by%20the>. Accessed January 1, 2021.

<sup>7</sup>World Health Organization (WHO). Modern Biotechnology, Human Health, and Development: An evidence-based study 2005. [https://www.who.int/foodsafety/publications/biotech/biotech\\_en.pdf](https://www.who.int/foodsafety/publications/biotech/biotech_en.pdf). Accessed January 1, 2021.

<sup>8</sup>Nemali, K.S., Bonin, C., et al (2015). Physiological responses related to increased grain yield under drought in the first biotechnology-derived drought-tolerant maize. 2014. <https://pubmed.ncbi.nlm.nih.gov/25210866/>. Accessed January 1, 2021.

<sup>9</sup>International Food Information Council. Fact Sheet: Benefits of Food Biotechnology 2013. <http://www.foodinsight.org/articles/fact-sheet-benefits-food-biotechnology>. Accessed January 1, 2021.

<sup>10</sup>Food Insight. One of Our Food System's Helping Hands: GMOs. <https://foodinsight.org/one-of-our-food-systems-helping-hands-gmos/>. Accessed January 1, 2021.