

“Natural” food label means almost nothing

The campaign against genetically engineered foods didn't disappear with the defeat of Proposition 37, which would have required the labeling of most foods containing bioengineered ingredients. Instead, it morphed into the [GMO Inside](#) campaign, which among other things is behind a Colorado lawsuit that claims [Goldfish crackers](#) shouldn't be labeled as “natural” because they contain genetically engineered soybean oil.

Many grocery shoppers would not consider a food natural if its genes were tinkered with in a laboratory. By that logic, it might not make sense to consider a [tangelo](#) more natural than a genetically engineered ear of corn. Tangerines and grapefruits don't cuddle up in nature; that was accomplished by man. White rice doesn't naturally shed its layer of bran. So does intervention such as cross-fertilization or processing render a food not natural?

View the original article here: [Just what is ‘natural’ food?](#)