

Do you know what your child is eating?

The following is an excerpt.

It is extraordinarily hard to avoid GMOs inside of the U.S. since companies aren't required to label their products as having been injected with a GMO, so the three best things you can do to avoid GMOs are: 1) Move to Europe, seriously, every food being sold in the European Union is required to reveal whether or not they contain GMOs. 2) Don't eat fast food ... duh. 3) Use this [handy-dandy list of alternative non-GMO foods](#) while shopping. It really difficult and it may not seem worth it to avoid these silent poisons, but your body will thank you and so will your children.

View the original article here: Genetically Modified Food: Do You Know What Your Child is Eating?