Is eating DNA safe? Of course.

Eating DNA sounds scary but it's completely safe. I do it every day. Let me explain.

DNA stands for deoxyribonucleic acid. The words "acid" and "nucleic" are in the name so it is hardly surprising that some people are concerned about its effects when eaten.

But the name is nothing to worry about. DNA is a very stable, non-reactive molecule and ideal for the long term storage of genetic information. It is also a good food.

Why am I so sure that eating DNA is safe?

I am sure because nearly all the food we eat contains DNA and lots of it. The reason is simple. Organisms are not built of continuous matter like plasticine, we are made up of tiny balloons called cells

Read the full, original story here: Is eating DNA safe?