

Biofortified analysis: Do GMOs offer nutritional advantages?

As part of Biology Fortified's serious [The Promise of GMO's](#), geneticist Anastasia Bodnar, the co-founder of the website, asks: Have GMOs lived up to their promises?

We often hear: "Biotech is helping to feed the world by: Developing crops with enhanced nutrition profiles that solve vitamin and nutrient deficiencies; Producing foods free of allergens ... and Improving food and crop oil content to help improve cardiovascular health."

While all of the nutrition-related claims about biotechnology are certainly possible, there are no crops with these types of traits available on the market yet.

Verdict: *Promise not yet met.*

Read the full original article: [The Promise of GMOs: Nutrition](#)