

## 'Food Babe' promotes misinformation on food, GMOs

Did you know that the calcium pill you may be popping contains the same chemical found in gravestones? What are these nasty food and drug companies trying to do? Poison us? What an outrage, right? Wrong! Calcium carbonate is an effective, safe calcium supplement, and calcium sulphate is a tried and true yeast nutrient.

This brings us to Vani Hari, an attractive young lady who under the moniker of the Food Babe aims to blow the whistle on brands of foods and beverages that in her very words "are trying to slowly poison us with cheap and harmful ingredients."

Hari does not have any sort of degree in food science or chemistry, but that does not seem to be an impediment when it comes to telling us that "we are getting conned by cheap, toxic chocolate" or that our beer is chock full of "shocking ingredients" or that "butter is secretly ruining our health." No, it isn't because of the fat or the cholesterol in the butter, she says. It's because of the genetically modified organisms (GMOs) in the corn or soy that the cows are fed.

It doesn't take more than a quick perusal of Food Babe's blog to reveal that she has no understanding of what genetic modification is all about.

**Read the full, original article:** [The Food Babe is anything but an expert on food matters](#)