

## Popular Science debunks 10 GMO myths

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.**

Contributing editor Brooke Borel [debunks](#) 10 common GMO claims for *PopSci* readers.

**Claim: Genetic engineering is a radical technology.**

Humans have been manipulating the genes of crops for millennia by selectively breeding plants with desirable traits. (A perfect example: the thousands of apple varieties.) Virtually all of our food crops have been genetically modified in some way. In that sense, GMOs are not radical at all. But the technique does differ dramatically from traditional plant breeding.

**Claim: GMOs cause allergies, cancer, and other health problems.**

Many people worry that genetic engineering introduces hazardous proteins, particularly allergens and toxins, into the food chain. It's a reasonable concern: Theoretically, it's possible for a new gene to express a protein that provokes an immune response. That's why biotech companies consult with the Food and Drug Administration about potential GMO foods and perform extensive allergy and toxicity testing. Those tests are voluntary but commonplace; if they're not done, the FDA can block the products.

**Read the full, original article:** [Core Truths: 10 common GMO claims debunked](#)