

Modern foods genetically modified for centuries

For the health-conscious, the prevailing wisdom is that natural food is the best food. But no matter what studies of GMOs say, one scientific fact is inescapable: basically none of our dietary staples are natural.

Some 10,000 years ago, our ancestors picked tiny berries, collected bitter plants and hunted sinewy game, because these are the foods that occurred naturally in the wild. Then came agriculture, and with it the eventual realization that farmers could selectively breed animals and plants to be bigger, hardier and easier to manage. Here are just a few of the modern supermarket offerings that we have been genetically modifying for centuries:

Grapefruit

Compared to other foods, grapefruits are relatively new and somewhat bizarre. Created sometime in the 18th century, a grapefruit is a hybrid of an orange and a pummelo. The pink variety came from a color mutation discovered in the early 20th century. Around that time, technology also brought a new, faster way for mutations to occur: deliberate radiation exposure.

By bombarding plants with x-rays, gamma rays and fast neutrons, scientists were able to create thousands of new plant varieties. Two of those are the Star Ruby and Rio Red grapefruit, with modified genes for enhanced color.

Read the full, original article: [Sorry hipsters, that organic kale is a genetically modified food](#)