

## Vegan makes case for GMOs

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

Some people think that if you eat non-GMO produce, it means you're eating natural, but that's wrong.

Almost nothing you or I eat is actually natural. Our ancestors have been selectively breeding plants for at least 20,000 years. Corn, broccoli, bananas and cauliflower—none of those foods is natural; they were altered by our ancestors.

More importantly, the practice of agriculture is also unnatural. Those organic apples you love are made from clones, grown artificially in fields that are artificially irrigated and artificially [treated](#) with biopesticides to prevent the destruction of crops by insects.

So why are so many people anti-GMO? Is it because the food is toxic? No, there's no substantive data to support this perception. A scientific [paper](#) published in 2013 that reviewed 10 years of scientific data and peer-reviewed published papers found that “scientific research conducted so far has not detected any significant hazards directly connected with the use of GE [genetically engineered] crops.” That is, GMO crops are safe!

“Ahh,” you're thinking, “but the EU has banned GMOs. Gotcha!” The EU's GMO ban is nothing but a political smoke screen. In reality, the EU eats a ton of GMO products, like cheese made with microbially derived rennet.

So why am I a pro-GMO vegan? Because I believe that mindfulness, knowledge, and science are more important than political games. I am against the use of sentient beings in the production of our food, and I think we can use science to give everyone what they want—milk, cheese, eggs, and even real meat—without harming animals.

**Read full, original post:** Go ahead—eat genetically modified foods. It's not bad for you.