

Processed food, GMO ingredients safer than what your grandmother ate

Labels on food came about in the United States from the *Federal Food, Drug, and Cosmetic Act* of 1938. . . The criteria for what gets labeled revolves around nutrition and safety.

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As to the safety of any genetically modified (GM) corn, even Gregory Jaffe of the [Center for Science in the Public Interest \(CSPI\)](#) has admitted it is safe: “. . . this is not a food safety or a nutritional issue. . . we don’t feel it should be mandated on labels that foods are produced with GM crops.”

In fact, we have the safest food (leading to healthier citizens) than any time in our country’s past, despite what Michael Pollan says...

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When was the last time you saw . . . [Pellegra?](#) . . . caused by inadequate niacin . . . A pellegra epidemic . . . cost the lives of 100,000 people. Enriching flour with niacin put away pellegra. . . . [Typhoid fever](#), scarlet fever, and [diphtheria](#)? No longer transmitted through milk because of pasteurization.

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So much for Pollan’s proscription: “Don’t eat anything your great-great grandmother wouldn’t recognize as food.”

Obesity and Type-2 diabetes, which Pollan is probably referring to, is a problem of plenty. . . not one of scarcity or processing.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis. Read full, original post: In Defense of (Processed) Food