

Don't fall for this trick: Organic, non-GMO candy treats aren't healthier

You might see more candy labeled "organic" or "non-GMO" in your little sweetie's Halloween bag this year. ... But is this a trick by some food companies to make you feel better about eating their treats?

Let's rip the mask off this marketing gimmick: There's no material difference between GMO sugar, organic sugar or regular cane sugar. ... The label only refers to how the sugar is grown, not whether it's better, healthier or safer for you to eat.

....

More than half the sugar produced in the U.S. is derived from the sugar beet, a vegetable grown from a genetically modified seed. ...[S]ugar beet farmers use these seeds ... because the crops are better for their farms ... needing fewer chemicals and less water to grow....

....

The bottom line is companies that replace GMO ingredients with organic or non-GMO ingredients hurt U.S. farmers.... Last May, the Department of Agriculture announced it will import an additional 200,000 tons of cane sugar to meet manufacturers' demands for non-GMO sugar, in part because of a "lack of consumer information about genetic technology."

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis. Read full, original post: [Commentary: Don't be tricked into thinking organic, non-GMO treats are better](#)