

## Super bananas and red-fleshed apples: Under-the-radar GMO wonder foods

Thanks to GM crops, farmers have been able to upscale production of vital crops to feed our growing world. It is estimated that GM crops have increased the income of farmers by [more than US\\$167 million since 1996](#).

GM crops are found pretty much everywhere, with more than [185 million hectares](#) cultivated worldwide.

But in some countries, GM produce also has a [long history of controversy](#), with health and environmental advocates arguing against their use, despite the science [backing up their safety](#).

As a consequence, in countries like Australia, GM produce still has a long way to go before reaching our tables.

...

Recently, scientists from Queensland University of Technology [tweaked the DNA of the humble banana to create a super banana](#). Unlike the regular banana, this GM banana is rich in provitamin A (a precursor of vitamin A in our bodies) and iron.

...

[Red-fleshed apples](#), loaded with anthocyanins, [nature's famous antioxidants](#), are another good example of a super GM fruit.

...

Sounds good? Unfortunately, you won't see these super fruits in Australian supermarkets.

...

[U]ltimately, if you want to see super bananas or red-fleshed apples on your table, a change of heart is needed in the Australian marketplace.

**Read full, original post:** [Genetically modified produce: Misunderstood wonders](#)