

Which GMO foods are available at US grocery stores?

While GMOs typically make a disproportionate splash in the media, the reality is that there are very few different types of GMO crops grown today in the U.S.

This is partly because of the massive time and expense that goes into researching, developing, and testing the kinds of food items that the public typically considers to be a GMO. We're talking roughly five years and over \$100 million, in many cases. That doesn't even take into account the approval process of the government entities that are involved, which can add five to seven years onto getting the product to market.

C.A.P.S. is a common mnemonic device used to help people remember what high-tech genetically engineered products are currently available:

- Canola
- Cotton
- Corn (field and sweet)
- Alfalfa
- Arctic apple
- Papaya
- Potato (Ranger Russet, Russet Burbank, and Atlantic potatoes, among others)
- Soybean
- Squash (Yellow Crookneck squash and some zucchini)

Read full, original post: [These GMO crops are commercially available in the U.S.](#)