

Viewpoint: Trying to make smart food choices? Ignore what celebrities say about GMOs

[Studies have confirmed](#) that people are more likely to believe celebrities and politicians over scientists when it comes to medical advice.

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[As GMO Answers has explored](#), when you have a large following, people listen. [But] health and nutrition advice from celebrities is not always scientifically sound. This serves to further confuse consumers who are already bombarded by a flood of misinformation about their food, particularly when it contains GMOs.

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The National Academies of Science, Engineering and Medicine (NAS) issued a [comprehensive report](#) concluding that genetically modified crops are not only safe to eat, but have the same nutrition and composition as non-genetically modified crops, and have no links to new allergies, cancer, celiac or other diseases.

Yet, many celebrities, including [Kelly Clarkson](#), Gwyneth Paltrow, and more, irresponsibly use their platforms to make false statements about the safety and nutritional value of GMOs

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While it can be tempting to trust the people we see most often in the limelight, providing accurate, evidence-based information about the health and safety of our food is the job of scientists

Read full, original article: [No seriously — trust the experts](#)