

## Video: Geneticist Pamela Ronald breaks down basics of GMO safety, labeling

Name a food preference and you can likely find items in the supermarket aisles to accommodate your wants and needs: low-fat, zero fat, low carb, gluten-free, organic, vegetarian-friendly, vegan, Paleo, Keto. The list goes on.

But no label stirs up quite as much debate as the one bearing these three letters: GMO.

In case you didn't already know, those letters stand for genetically-modified organisms, referring to organisms — plants in particular — that are biologically engineered with genetic traits from other organisms that wouldn't cross in nature.

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While you won't see too many products labeled as containing genetically-modified ingredients, you will see plenty proclaiming to be "Non-GMO".

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Dr. Pamela Ronald sees the "Non-GMO" label as just another "label that people are selling."

"GMO is meaningless and 'Non-GMO' is even more meaningless," she says. "I prefer labels that are anchored to some kind of meaningful science and inspection."

Ronald is a proponent of a new label that is coming soon in the U.S. It's the U.S. Department of Agriculture's National Bioengineered Food Disclosure Standard that begins coming into place on January 1, 2020.

**Original video:** [How much do you know about genetically modified food and Non-GMO labels?](#)