

## Afraid of GMOs? Thousands of studies, strict regulations show there's nothing to fear, farmer says

GMOs have been widely misunderstood. People are concerned about their health and the environment (and they should be worried about these things!). However, thousands of research studies have been conducted by scientists worldwide. The consensus: GMOs are safe to consume and for our environment.

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GMO crops must go through rigorous regulatory testing before they are allowed on the market. It typically takes 13 years for a new trait to be introduced to the marketplace. In the U.S., GMO technologies are thoroughly analyzed by organizations such as the EPA, FDA and the USDA.

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On my family's farm, we grow corn and soybeans using GMO technology. Because of this, we are able to grow more crops with [fewer] resources. Our crops are more tolerant to drought and more resistant to harmful insects, reducing our water and pesticide use on our fields.

**[ Editor's note: Deb Gangwish is a Nebraska farmer.]**

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As a farmer, I feed my family with GM crops on my farm, and I can assure you that these foods are extremely safe for you and your family as well.

**Read full, original article:** [Global research stands behind safety of GMOs](#)