

## Viewpoint: USDA bioengineered food labels could clear up GMO confusion—if consumers educate themselves

In this day of ready-to-eat, highly processed food, it is understandable that consumers want to know what is in their food .... A new label to appear over the next couple of years is the bioengineered label. The law implementing this labeling begins Jan. 1, 2020 and is fully mandated by Jan. 1, 2022. Any product containing genetically modified organism (GMO) products or byproducts must display a label indicating that fact.

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This new label will be the most reliable way for consumers to differentiate foods containing GMOs from those that do not. Meanwhile, GMO food labeling can be confusing and misleading.

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The phasing in of the new U.S. Department of Agriculture (USDA) bioengineered label has the goal of clearing up confusion on GMOs. Whether it achieves that goal depends on consumers making themselves familiar with what that label means. This knowledge will help them make better decisions, ease shopping stress, and allow them to focus on dietary choices that most improve their health.

**Read full, original article:** [New label denoting bioengineered ingredients will soon appear on food items in 2020](#)