

Viewpoint: With more than 70 countries producing GM foods, it's time to get beyond tired debate over technology and embrace innovation

Transgenics began nearly three decades ago in world agriculture with the aim of increasing agricultural productivity. In other words, produce more food for the global population.

And it has worked! In 1996, 1.7 million hectares were cultivated with transgenics in the world. In 2018, this area jumped to 191.7 million hectares, an increase of 113 times. More than 70 countries produce this type of food (with the strictest rules and laws and a lot of research behind it). Brazil is the second largest producer, only behind the United States.

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Furthermore, many of our daily treats, which you may be eating while reading this column, even without paying attention, probably have some transgenic food in the composition. Want proof? Oils, flour, cassava, cereals, margarine, mayonnaise, cake, pudding, chocolate, macaroni, cheese and yogurt (the list is enormous) are produced with transgenic ingredients.

So, instead of worrying about terms and symbols, which are checked by researchers, doctors and nutritionists before going to the supermarket gondola, enjoy the soy in your salad or your vegan hamburger or even that fried pastry in hot oil and leave the myths involving transgenics and vaccines for the class of WhatsApp fake news.

[Editor's note: This article was originally published in Portugese and has been translated and edited for clarity.]

[This is an excerpt. Read the original post here.](#)