Viewpoint — Why the non-GMO label is a deceptive farce

Everyone is able to choose what they want to consume, that's the good thing about the U.S. food system. There are almost too many options, and it can be hard to determine what food labels mean and what options are best for your family. But here's why I don't buy anything that says “non-GMO.”

First of all, let's be real: There is no such thing as truly “non GMO.” Pretty much everything has been genetically modified through thousands of years of selective breeding, crossbreeding, and mutant breeding.

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Since GMOs are safe for you and your family and have already done so much good, no one should be avoiding them at the grocery store.

There are only 12 GMO foods approved for use in the U.S. These crops are available in the United States: corn, soybeans, potatoes, papaya, summer squash, canola, alfalfa, apples, sugar beets, pink pineapple. Genetically engineered salmon and pork have also been approved for use in food, but they are not widely available so you'll be unlikely to see them in your local grocery store. (A 13th GMO used in the U.S. is cotton.)

There are no other GMO animal products available. This means that any “non GMO” label you see doesn't mean anything since there is no genetically modified chicken, turkey, beef, eggs or milk.

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