

# Top 10 Most Common GMO Foods



**Genetically modified organisms**, such as plants and [livestock](#) are already found in our supermarkets. GM plants are much more common than many people realize too. Here is a list of the 10 most common GMO foods so you can be more aware while grocery shopping. Note: The use of GMO inputs is expressly prohibited in *organic* food and agriculture.

## 1. Soy

Up to 90% of soybeans in the market have been genetically modified to be naturally resistant to an herbicide called, Round Up. This increased resistance to the herbicide allows farmers to use more Round Up to kill weeds. However, this results not only in a genetically modified food product, but also a food product loaded with more chemicals.

## 2. Corn

Half of the US farms growing corn to sell to the conglomerate, Monsanto, are growing GMO corn. Most of this corn is going to be used for human consumption. Genetically modified corn has been linked to health problems, including weight gain and organ disruption.

## 3. Canola oil

Canola oil is derived from rapeseed oil. It is considered one of the most chemically altered oils sold in the US.

## 4. Cotton

Even cotton has been genetically modified to increase yield and resistance to disease. Most concern relates to the cotton oil. Cotton originating from India, and China, in particular, is considered higher risk for personal health.

## 5. Milk

One fifth of the dairy cows in the United States have been given growth hormones to help them grow faster and increase their yield. These hormones can be found in some of the milk produced by these cows. These growth hormones have been shown to act inside the human body.

## 6. Sugar

Genetically modified sugar beets were introduced to the US market in 2009. These sugar beets are modified to resist Roundup, like corn.

## **7. Aspartame**

Aspartame is an artificial sweetener used instead of sugar by many people. There is some question concerning the safety of aspartame in the body, including its possible link to certain cancers. Aspartame is manufactured from genetically modified bacteria.

## **8. Zucchini**

Genetically modified zucchini contains a toxic protein that helps make it more resistant to insects. This introduced insecticide, has recently been found in human blood, including that of pregnant women and fetuses. This indicates that some of the insecticide is making its way into our bodies rather than being broken down and excreted.

## **9. Yellow squash**

Yellow squash has also been modified with the toxic proteins to make it insect resistant. This plant is very similar to zucchini, and both have also been modified to resist viruses.

## **10. Papaya**

Genetically modified papaya trees have been grown in Hawaii since 1999. These Papayas are sold in the United States and Canada for human consumption. These papayas have been modified to be naturally resistant to Papaya Ringspot virus, and also to delay the maturity of the fruit. Delaying maturity gives suppliers more time to ship the fruit to supermarkets.

These are just 10 of the most prevalent GMO foods found in the supermarket. There are many others currently for sale and being grown for the market. GMO safety is not yet certain, so if you want to stay away from it always keep an eye out for a label that indicates food is organic or non-GMO.

Resources:

- [www.nongmoproject.org](http://www.nongmoproject.org)
- <http://eatdrinkbetter.com>

Reference:

- Kennan, C. (2013, June 19). Top 10 Most Common GMO Foods. Retrieved from <http://www.cornucopia.org/2013/06/top-10-most-common-gmo-foods/>

## What Are Genetically Modified Organisms (GMOs)?

- Genetic Modification is a technique that changes the genetic makeup of cells including alteration of genetic materials and other biologically important chemicals, and allows genes to move across species.
- It produces new combinations of genes and traits that do not occur in nature.
- Plants that have been altered in this way are called GMOs, or genetically modified organisms, or GE, genetically engineered.
- GMO plants are modified to include genes allowing them to survive the application of chemical herbicides, or cause the plants to produce pesticides.

## Why Are They Harmful To Your Health?

- The health consequences of eating genetically modified organisms are largely unknown.
- Numerous studies have shown that GMOs cause disease in mice. You can find much detailed information about this topic online.

## How Can I Avoid Them?

- Choose organic products.
- All organic foods sold in the U.S. must be certified to the USDA National Organic Standards, which prohibit the use of GMOs.
- Look for the Non-GMO Project Verified seal on products.



## How Do I Know If I Am Eating GMOs?

- GMOs are pervasive.
- The government does *not* require all GMO foods to be labeled.
- While there is no way a retailer or a shopper can determine exactly which foods do contain GMOs, some products can be ruled out if they are made with high-risk ingredients.

### Reference:

- [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)
- [www.whfoods.com](http://www.whfoods.com)