

6 Things You Really Should Know About GMOs Before Your Next Shopping Trip

By: Maressa Brown



For years now, a battle has raged between those who want labels on foods that either are or are made with genetically modified organisms (GMOs), and large food corporations who say there's absolutely no cause for labels -- or concern. So, what's the truth?

To steer clear of GMOs, you'll have to look closely at labels. "GMOs are in many of the processed foods found in our grocery stores -- I've heard upwards of 75 percent -- but they aren't labeled, so steering clear is a big challenge," acknowledges Clow.

That said, buying 100 percent certified organic/USDA organic-labeled products is usually the easiest way to identify and avoid genetically modified ingredients, says holistic physician Gabrielle Francis, ND. "The U.S. and Canadian governments do NOT allow companies to label products '100 percent certified organic' if they contain GMOs."

"Look for the verified seal from The Non-GMO Project," advises Clow. "This program offers a rigorous program for verifying that a product is made according to the best practices for GMO avoidance."

There are several guidelines available which are designed to help consumers find foods without GMOs, such as The Non-GMO Shopping Guide.