

**FEED YOUR MIND**

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# GMOs AND YOUR HEALTH

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## Are GMO foods on the market safe to eat?

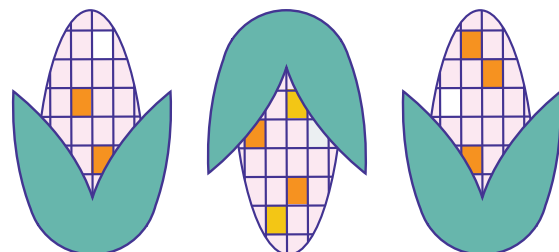
Yes. GMOs are rigorously studied before they are sold to the public to ensure they are as safe as the foods we currently eat. These studies show that GMOs don't affect you differently than non-GMO foods.

## Am I allergic to GMOs?

Not unless you're allergic to the non-GMO version of that food. Most food allergies (90%) are caused by allergens found in just eight foods: peanuts, tree nuts, milk, eggs, wheat, soy, shellfish, and fish. For example, soy is a common allergen available in a GMO version. If you are allergic to foods made with conventional (non-GMO) soy, you will be allergic to foods made with GMO soy. If you're not allergic to foods made with conventional soy, you won't be allergic to foods made with GMO soy. Scientists developing GMOs run tests to make sure allergens aren't transferred from one food to another.

A review of scientific studies that tested GMOs for allergenicity concluded that GMO foods are no more allergenic than non-GMOs. There is no evidence that someone who isn't allergic to a certain food would develop an allergy after eating the GMO version of that food.

Some people wonder if the cases of celiac disease are rising because of GMOs. Celiac disease is a serious condition that affects the digestive system. It is caused by an abnormal sensitivity to gluten, a protein found in wheat, rye, and barley. There is no evidence that GMOs on the market today cause celiac disease. Plus, GMO wheat, rye, and barley are not being grown commercially, so GMOs would not be related to current cases of celiac disease.



## Are GMOs creating new allergies?

No. The way GMOs are created allows scientists to know precisely which new proteins are produced in a plant. Scientists perform tests to make sure these proteins are not allergens. This type of testing, called allergenicity testing, is always part of the process for developing GMOs. Also, FDA regulations ensure that foods derived from GMOs must be as safe as the non-GMOs you eat.

### *Did you know?*

*Scientists tried to create a more nutritional GMO soybean by adding nutrients from the Brazil nut. Tests discovered that this change added an allergen to the soybean, so that GMO never made it to market.*

## Do GMOs cause cancer?

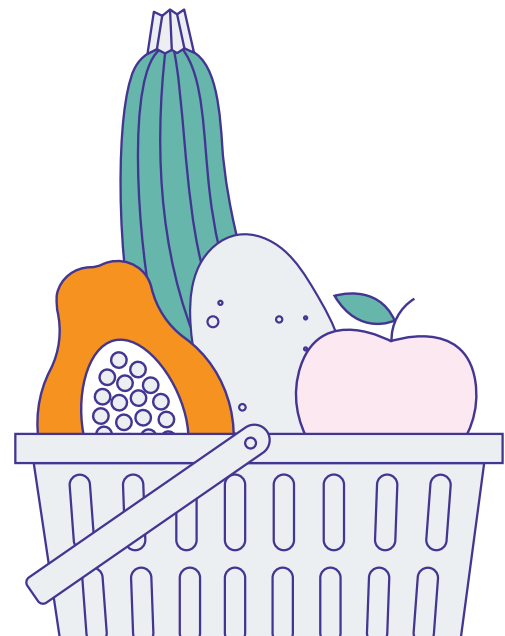
No. GMO crops are not changed in ways that would increase the risk of cancer. In addition, an analysis of data by the National Academies of Sciences concluded that GMOs did not increase the rate of cancer in the U.S.

## Do GMO foods have more antibiotics or added steroids than non-GMO foods?

No. GMO meats do not contain antibiotics or steroids.

## What's on the horizon for food production?

Scientists are continuing to look for new ways to develop GMO foods with increased nutritional value. Scientists are also using a new technology for food modification called genome editing. CRISPR, ZFN, and TALENs are examples of genome editing tools being used today.



Get more information about GMOs at [feedyourmind.gov](https://www.fda.gov/food/feedyourmind).

