

## **GMO—WHAT'S THAT???**

October was designated Non-GMO month. The goal of the Non-GMO Project is to empower consumers to be more aware of genetically modified organisms (GMOs). Information obtained from *The New Southwest* newsletter.

Most of us are unaware that *a majority of the processed foods available today are derived from genetically modified (GM) sources*—whereby genes have been taken from one species and inserted into another to obtain specific traits or characteristics. Scientists first began working with this in the 1970s and we still don't know whether these products can cause health or environmental problems.

Many other countries (not USA) require food producers to label GM products clearly so consumers can decide for themselves whether they want to take the risk in partaking of the product. Food companies have lobbied hard to ensure that U.S. regulators don't require producers to distinguish GM from traditional foods. The result is that we don't know what kinds of strange genes may have been inserted into common foods we are eating.

According to a survey, 53 percent of Americans would not eat GM foods if given the choice, while 87 percent believe GM products should be clearly labeled.

In 2005 natural food retailers launched the Non-GMO project to develop a certification system to help consumers identify Non-GMO products. The Non-GMO seal is now appearing on products. It has a butterfly and green plant on the left side and says Non-GMO on the right.

The last few months I have been working on providing information on Healthy Eating. I said earlier that we should be utilizing fresh fruits and vegetables and I would like to repeat that. We need to avoid all processed foods.

I'm not an expert on diet but I do a lot of reading and have always worked hard on keeping a healthy diet and exercise program. I feel a good plan is necessary for each of us. We can better serve others by keeping ourselves in good condition.

Please give this some thought and attention. Have a good month.