

# Pros and cons of GMO foods

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## DESCRIPTION

A manufacturer creates GMOs by introducing genetic material, or DNA, from a special organism through a process called gene-splicing. Most currently available GMO foods are plants, like fruit and vegetables. There is some controversy over the advantages and risks of GMO foods.

### Safety and concerns

Although current research suggests that GMO foods are safe, there are some concerns around their safety and environmental impact on long run. Here are a number of the key concerns around GMO consumption.

### Allergies

There is some concern that GMO foods may trigger an allergy. This is because GMO foods contain foreign genes, so some people worried about genes from foods may harbor inside the body which can prompt an allergy. A study from the mid-1990s found that addition of a protein from Brazil nuts to GMO soybeans could trigger an allergy in people sensitive to Brazil nuts. However, after scientists discovered this, they immediately abandoned these GMO foods. Although allergy concerns are valid, there are no reports of allergies to GMO foods currently on the market.

According to the FDA, researchers who develop GMO foods run tests to make sure that allergens aren't transferred from one food to a special. In addition, research has shown that GMO foods are not any likelier to trigger allergies than their non-GMO counterparts. Yet, if you've soy allergy, both GMO and non-GMO soy products will prompt an allergy.

### Cancers

Similarly, there's a typical concern that GMO foods may aid the progression of cancers. Because cancers are caused by DNA mutations, some people believe that eating foods with added genes may affect DNA. This worry may stem partly from an early mice study, which linked GMO intake to a way better risk of tumors and early death. However, this study was later retracted because it had been poorly designed. Currently, no human research ties GMO intake to cancers. All the same, no long-term human studies exist. Thus, more long-term human research is required.

### Other environmental and health concerns

Although GMO crops are convenient for farmers, there are environmental concerns. Most GMO crops are resistant to herbicides, like roundup, this means that farmers can use Roundup without fear of it harming their own crops. However, a growing number of weeds have developed resistance to the present herbicide over time. This has led to even more Roundup being sprayed on crops to kill the resistant weeds because they will affect the crop harvest Roundup and its active ingredient glyphosate are subject to controversy because animal and test-tube studies have linked them to varied diseases.

Still, a review of multiple studies concluded that the low amounts of glyphosate present on GMO foods are safe for human consumption. GMO crops also leave fewer pesticide applications, which may be a positive for the environment. That said, more long-term human research is important. Finally, GMOs are foods that are modified using genetic techniques.

Most foods in your local supermarket contain GMO ingredients because they're easier and fewer expensive for farmers, which make them cheaper for the customer.

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