



BATHROOM BUSINESS



Volume 7 Issue 7

OMG GMOs

What are GMOs?

- GMOs, also known as, Genetically Modified Organisms, are plants and animals that are genetically engineered to meet desired traits.
- These traits include: pest resistance, problematic weather conditions, less required nutrients for growth, and increased nutrient content.



What types of foods are genetically modified?

- Alfalfa, corn, tomatoes, soy, papaya, potatoes, apples, zucchini, rice, wheat, carrots, peppers, and many others.
- Artificial Sweeteners
- Scientists are even beginning to genetically modify meat, although it's not approved for human consumption yet.



Foods you can buy that do not contain GMOs:

- 100% certified organic food
- Drinks with 100% juice
- Products with the "Non-GMO Project" verified seal

Benefits of GMOs:

- It allows for cheaper food production, minimizing costs and potential waste, while increasing overall yields.
- Allows for longer shelf-life and resistance to potential growth hazards like: drought conditions, pest infestation, and spoilage.
- Reduced environmental impact due to fewer pesticides and more efficient land use.

Disadvantages of GMOs:

- There is not much known about GMOs and their overall effects on our health
- No consensus regarding whether there are actual nutritional benefits
- GMO foods are not tightly regulated by the government



Nutrition:
What's in it for me?
Brown Bag Lunch Series
 OMG GMOs
 To Modify or Not to Modify
 December 6th at 9:00 AM in the
 Business Administration building
 Room 116