

## The Green Notebook

### Seeds of Deception

*Seeds of Deception* is the title of a book by Jeffrey Smith that I am going to find and read immediately. What's it about? The realities of genetically modified foods, which are present in about 70 percent of the foods we eat here in the USA. This is a wake up call.

I have been doing some research and reading about genetic engineering of food lately, trying to keep an open mind and feel out both sides of the issue. Genetic Modification of food involves the laboratory process of artificially inserting genes into the DNA of food crops or animals. The result is called a genetically modified organism or GMO. GMOs, according to the Center for Food Safety, can be engineered with genes from bacteria, viruses, insects, animals, or even humans. Sounds rather "Frankensteinish", doesn't it? Who would voluntarily eat such foods?

Well, guess what? Unlike other industrialized countries, the U.S. does not require labeling. (See [www.gmofoodlabel.org](http://www.gmofoodlabel.org) for information about the truth in labeling coalition). This novel approach does not appear to be very good for us either, so we need to sit up and take notice.

What are we consumers to do? First, get educated. Lift the blinders and find out about the dangers of GMO foods and how it is affecting our crops, food supply and, most importantly, our health. On the internet, check out [www.seedsofdeception.com](http://www.seedsofdeception.com) and if you don't read anything else, click on the tab Dangers of Genetically Modified Foods. If you can't get online, go to the library and look for books like the one listed above or *Genetic Roulette* by Jeffrey Smith or *Your Right to Know* by Andrew Kimbrell.

Then, get angry and vow to do something about it. Thanks to The Campaign for Healthy Eating in America and The Center for Food Safety, there is a Non-GMO Shopping Guide which you can order or download at [www.nongmoshoppingguide.com](http://www.nongmoshoppingguide.com). It outlines how to avoid buying foods produced with GM crops.

Too overwhelmed by the whole thing? I understand. But here are a few tips from the Guide I can share in this short column:

- Buy organic when you can—certified organic products are not allowed to contain any GMOs.
- Look for Non-GMO labels—some companies voluntarily label products as "non-GMO."
- Avoid at-risk ingredients—most GM ingredients are products made from the "Big Four:" corn, soybeans, canola, and cottonseed (check all processed foods). Also avoid anything not listed as 100% cane sugar...sugar is a big culprit.
- Download the shopping guide and keep it with you while you shop. The web address is above or call 641-209-1765.

There is a lot to learn, but with education and action, we can make changes in protecting our food supply. Vote with your dollars.

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