

# 8 FACTS YOU SHOULD KNOW ABOUT GMOs



To learn more, visit [livingnongmo.org](http://livingnongmo.org)

**A GMO IS** a living organism whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This creates combinations of plant, animal, bacteria, and virus genes that do not occur in nature or through traditional crossbreeding methods.

**THE MOST COMMON GENETICALLY ENGINEERED CROPS ARE** alfalfa, canola, corn, cotton, papaya, soy, sugar beets, zucchini and yellow summer squash.

**GMOs CAN SHOW UP IN** all types of foods and products. Over 80% of processed foods in North American grocery stores contain genetically engineered ingredients.

**MORE THAN 60 COUNTRIES** around the world, including Australia, Japan, and all of the countries in the EU require genetically modified foods to be labeled.

**A GROWING BODY OF EVIDENCE** connects GMOs with health problems, environmental damage, and violation of farmers' and consumers' rights.

**DESPITE BIOTECH INDUSTRY PROMISES** there is no evidence that any of the GMOs in widespread commercial production offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit.

**THE NON-GMO PROJECT BELIEVES** you have a right to know what's in your food. As a nonprofit organization, our mission is to preserve and build sources of non-GMO products, educate consumers and provide verified non-GMO choices.

**TO AVOID GMOs, LOOK FOR THE BUTTERFLY!** The Non-GMO Project verification mark is shoppers' best assurance that a product has been produced according to the most rigorous standards in North America for GMO avoidance.

