Which crops are genetically modified?

- Sugar Beets
- Corn
- Alfalfa
- Papaya
- Soybeans
- Cotton
- Squash
- Canola
- Canola

The USDA has approved several additional GMO crops that are in the process of being commercialized.

What are GMOs?

GMO stands for “genetically modified organism.” GMOs are created by intentionally making a copy of a gene for a desired trait from one plant or organism and using it in another plant.

Farmers have been using selective breeding to alter crops for taste, yield and disease resistance for hundreds of years. GMOs simply speed up that process.
**Why grow GMOs?**

**PROTECTING OUR ENVIRONMENT**
- GMO crops allow farmers to apply pesticides in a more targeted way, reducing their overall use.
- Herbicide-tolerant crops allow farmers to plow less often, which means fewer trips across the field and reduced greenhouse gas emissions.
- GMOs have been bred to resist drought, and new varieties are in development that will use nitrogen and other resources more efficiently.

**KEEPING FOOD COSTS DOWN**
- Corn and soybeans are ingredients in many food products, and are also used to feed the animals that produce our meat, milk and eggs.
- GMOs boost yields and protect crops from tough conditions like droughts. That means more food is available at lower prices for consumers.

**IMPROVING NUTRITION**
- In the future, GMOs could help reduce allergies and improve nutrition in common crops. For example:
  - Golden Rice that helps deliver vitamin A to children in developing nations.
  - Pineapple with lycopene, which may help prevent certain types of cancers.
  - Peanuts with very low allergen levels that could eliminate life-threatening allergies.

**Are GMOs safe?**
**Yes!** Crops from GM seeds are studied extensively to make sure they are safe for people, animals and the environment before they even reach the market. Today’s GMOs are the most researched and tested agricultural products in history. Currently available GMO crops are compositionally and nutritionally the same as their conventional counterparts; for example, GM corn is the same as non-GM corn.

**Will GMOs make me sick, trigger allergies or cause other diseases?**
**No!** According to the U.S. Food and Drug Administration, GMOs do not present any health risk. Farmers have been growing GM crops since 1994, and in that time there has not been a single documented instance of harm to human health resulting from genetic modifications, including new allergic reactions, cancers, infertility, ADHD or any other diseases.

**Do GMOs contain pesticides?**
**No!** GMOs are bred to resist chemicals and/or insects. They do not contain pesticides or herbicides.

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**18 Million farmers in 28 countries plant GM crops**
- Canada
- United States
- Mexico
- Cuba
- Honduras
- Costa Rica
- Colombia
- Brazil
- Bolivia
- Paraguay
- Uruguay
- Chile
- South Africa
- Burkina Faso
- Sudan
- Spain
- Portugal
- Slovakia
- Romania
- Pakistan
- India
- Bangladesh
- Myanmar
- China
- Philippines
- Australia
- Argentina
- Czech Republic

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