

GMOs

Avoid GMO's by eating Certified Organic Foods

A genetically modified organism is an organism whose genetic material (DNA) has been altered using genetic engineering techniques to create patterns for new genes to last in any condition, adaptive to pesticides, greater crop yield and larger or smaller species.

Most developed nations do not consider GMOs to be safe. In more than 60 countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. Currently there is no labeling laws for GMO's by the USDA therefore it is best to choose organic and/or heirloom varieties of foods.

[Click here to view current agriculture crops that have a risk of being GMO](#)

What's in a label?



Did you know that those pesky little stickers on your fruit and vegetables have more of a function than helping scan the price at the checkout stand? The **PLU** code, or **price lookup number** printed on the sticker, also tells you how the fruit was grown. By reading the PLU code, you can tell if the fruit was genetically modified, organically grown or produced with chemical fertilizers, fungicides, or herbicides.

Here are the basics of what you should know:

- 1** If there are only four numbers in the PLU, this means that the produce was grown conventionally or “traditionally” with the use of pesticides. The last four letters of the PLU code are simply what kind of vegetable or fruit. An example is that all bananas are labeled with the code of **4011**.
- 2** If there are five numbers in the PLU code, and the number starts with **#8**, this tells you that the item is a genetically modified fruit or vegetable. Genetically modified fruits and vegetables trump being organic. So, it is impossible to eat organic produce that are grown from genetically modified seeds. A genetically engineered (GE or GMO) banana would be: **84011**
- 3** If there are five numbers in the PLU code, and the number starts with **#9**, this tells you that the produce was grown organically and is not genetically modified. An organic banana would be: **94011**