

ENVIRONMENTAL FAST FACTS

SUSTAINABILITY THROUGH FOOD CONSUMPTION

THE DANGERS OF GENETICALLY ENGINEERED FOOD. As contained in the book *Seeds of Deception* by Jeffrey M. Smith.)

<http://www.seedsofdeception.com/Public/MediaCenter/Backgrounder/index.cfm>

1. Industry manipulation and political collusion-not sound science-allow dangerous genetically modified (GM) foods on the market. Government employees who complained were harassed, stripped of responsibilities, or fired.⁷⁷⁻⁸³ Scientists were threatened. Evidence was stolen. Data was omitted or distorted. FDA scientists warned that genetically modified (GM) foods could create toxins, allergies, nutritional problems, and new diseases; their superiors, including a former attorney for Monsanto, ignored their recommendations for long-term safety tests.¹³¹⁻¹⁴⁰ None are required.¹⁴⁶
2. There are only ten published animal feeding studies on GM foods - two are independent. One found damage to the immune system and vital organs, and a potentially pre-cancerous condition.¹²⁻¹³ When the scientist tried to alert the public, he lost his job and was silenced with threats of a lawsuit.¹⁸⁻²⁰ Two other studies likewise showed evidence of a potentially pre-cancerous condition.³⁷ And an unpublished study revealed that laboratory rats fed a GM crop developed stomach lesions and seven of the forty died within two weeks. The crop was approved without further tests.^{37, 137-140}
3. Industry studies appear rigged to avoid finding problems. With genetically engineered bovine growth hormone (rbGH), for example, researchers injected cows with only one forty-seventh the normal dosage before reporting hormone residues in milk.⁹¹⁻⁹² They heated the milk 120 times longer than standard, to report that pasteurization destroys the hormone.⁹³⁻⁹⁴ They added cows to their study that were pregnant before treatment, to claim that rbGH didn't impede fertility.⁸⁹ Cows that fell sick were dropped from studies altogether.⁸⁰⁻⁸¹ Similarly, nutritional differences between GM and natural soy varieties were omitted from a published paper.³⁵⁻³⁶ Feeding studies diluted GM soy by 10 to 1,34 and tests on GM corn used 1,250 times the amount of a digestive enzyme recommended by international standards.
4. There are no tests to guarantee that GM food is not allergenic. Although recommended international testing standards can minimize that possibility, GM corn on the market today would most certainly fail those tests.¹⁷⁹
5. The only human feeding trial of GM food ever conducted confirmed that engineered genes transferred from a soy burger and soy milkshake to the bacteria inside the digestive tract after only one meal. The World Health Organization and the British and American Medical Associations are concerned that if the "antibiotic resistant marker genes" used in GM foods transferred to

gut bacteria, it could create super-diseases-immune to antibiotics.⁵⁹⁻⁶⁰ Scientists are also worried that the "promoter" used inside GM foods may transfer to bacteria or internal organs. Promoters permanently turn genes on and might create unpredictable health effects, including the potentially pre-cancerous cell growth found in the animal feeding studies mentioned above.³⁷ Although the biotech industry says that millions have been eating GM foods without ill effect, this is misleading.

6. About 100 people died and 5-10,000 fell seriously ill from a genetically modified food supplement L-tryptophan.¹⁰⁷⁻¹²⁵
7. Milk from rbGH-treated cows contains an increased amount of the hormone IGF-1, which is one of the highest risk factors associated with breast and prostate cancer.⁹⁴⁻⁹⁷
8. Soy allergies skyrocketed by 50% in the UK, coinciding with the introduction of GM soy imports from the U.S.¹⁶⁰⁻¹⁶¹
9. Food related illnesses in the U.S. increased substantially, corresponding to the period when Americans have been eating GM food. There is no way to confirm a connection since no one has looked for one.

WHAT YOU CAN DO ABOUT GENETICALLY ALTERED FOOD:

1. Buy organic, locally grown foods. The average food product travels about 1,500 miles to get to your grocery store. Transporting food accounts for 30,800 tons of greenhouse gas emissions every year. Sustainable foods can be found in your community by purchasing organic and/or locally grown produce and products. It's easy to find farmers markets, Community Supported Agriculture programs, restaurants and more with the user-friendly Eat Well Guide. Simply type in your zip code to find out what's in season near you.
2. Avoid buying or consuming "factory farm" meat. Approximately 10 billion animals (chickens, cattle, hogs, ducks, turkeys, lambs and sheep) are raised and killed in the US annually. Nearly all of them are raised on factory farms under inhumane conditions. These industrial farms are also dangerous for their workers, pollute surrounding communities, are unsafe to our food system and contribute significantly to global warming.
3. Tell Congress that kids should be served healthy meals, not soda and junk food. High calorie, sugar laden processed foods coupled with our sedentary lifestyles is growing our waistlines and contributing to serious health issues like diabetes, heart ailments and cancers. One-third of children and adolescents are overweight or obese..
4. Learn about what pesticides are in your food and their effects. Cancers, autism and neurological disorders are associated with the use of pesticides especially amongst farm workers and their communities.

THE GLOBAL FOOD CRISIS

National and international food and agricultural policies have helped to create the global food crisis. Approximately 1 billion people worldwide do not have secure access to food, including 36 million in the US.

WHAT YOU CAN DO ABOUT THE GLOBAL FOOD CRISIS:

1. Urge Congress to reauthorize the Child Nutrition Act
2. Urge Congress to reconsider “**Kevin's Law: Foodborne Illness**”.
Barbara Kowalczyk’s 2 year old son, Kevin, died from E.coli poisoning after eating a hamburger. The Centers for Disease Control and Prevention estimates that 76 million Americans are sickened, 325,000 are hospitalized and 5,000 die each year from foodborne illnesses.
3. Support the following pending national food safety legislation:
 - A. **Put Nutritional Labels on Restaurant Food.** Ever wondered how many calories are in your restaurant food? Most restaurants don’t list the actual nutritional value of their food. Listing calories on menus in chain restaurants is an easy way to educate consumers about calorie content to help them make the healthiest choice.
 - B. **Genetic Engineering.** Some of our most important staple foods have been fundamentally altered, and genetically engineered meat and produce have already invaded our grocery stores and our kitchen pantries.
 - C. **Farm Worker Protection.** Farm workers are the backbone of our agricultural industry, bringing fresh food everyday to our tables. They deserve basic workplace protections like good wages, access to shade and water.
 - D. **Cloning.** In January 2008, the FDA approved the sale of meat and milk from cloned livestock, despite the fact that Congress voted twice in 2007 to delay FDA's decision on cloned animals until additional safety and economic studies could be completed.