

# GMOS What You Need to Know



If you're  
concerned  
about the  
food we eat  
and feed  
our children...

You need  
the truth  
about GMOs.

by Ocean and John Robbins

**THE FOOD REVOLUTION**  
**THE NETWORK!**

How much do you know about GMOs? [Take the Quiz: gmoquiz.com](http://gmoquiz.com)

## Introduction

Thank you for taking the GMO Quiz! No matter how high or low you scored, we want to celebrate that you're curious, and that you care. In a moment, you're going to get all the correct answers to the quiz, plus an explanation. But first... we want to tell you why this is so important.

The truth is, in the last 25 years, dangerous changes have taken place that impact how our food is grown – and how safe it is to eat. Most people aren't even aware of what's happening – or are dangerously under-informed.

We don't want that to be you.

At the Food Revolution Network, we've studied the impact of GMOs extensively, and we've consulted with the world's leading experts on the topic.

We've determined that this is one of the most critical food issues of our time, and we're passionate about giving you the knowledge you need to be informed, and to protect yourself and those you love.



That's why we put together this quiz. And it's why we want to share the correct answers – and critically important explanations – with you.

Thanks for caring, and for taking action.

**Ocean Robbins, CEO**  
**John Robbins, President**

**The Food Revolution Network**



## Quiz

### Answers and Explanations

#### Question #1:

What does GMO stand for?

- Genetically Marvelous Opportunity
- Get Me Outta here
- Genetically Modified Organism

**The Truth:** A GMO is an organism whose genome has been altered by the techniques of genetic engineering so that its DNA contains one or more genes not normally found there.



#### Question #2:

GMO labeling is mandatory in...

- Communist countries
- US and Canada
- A few US states
- Every developed country in the world except the US and Canada

**The Truth:** GMOs are labeled in 64 countries, including China, Russia, Japan, Australia, and the entire European Union. The United States and Canada are the only industrialized countries on the planet where GMO labeling is not mandatory.



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## Question #3:

The most common GMO foods have been engineered to...

- Increase yields to help feed the hungry
- Withstand sprayings of toxic herbicides
- Enable crops to grow on marginal soils
- Reduce the need for pesticides

**The Truth:** For years, Monsanto and the other biotech companies have been promising that GMOs would reduce pesticide use, increase yields, reduce water consumption, and offer foods that are more tasty and more nutritious.

If only these promises were true.

In the 20 years since GMO crops first came on the market, studies have found that they have led to higher pesticide use, and no meaningful improvement in flavor, nutrition, yield, or water requirements.

Instead, more than 80% of the GMO acreage today is growing crops that have been genetically engineered to withstand sprayings of highly toxic herbicides.



## Question #4:

Foods that are labeled “natural” or “all natural” are...

- Certain to be non-GMO
- Usually non-GMO
- Often non-GMO
- No more or less likely to be non-GMO than any other foods

**The Truth:** Many people mistakenly believe that “natural” or “all natural” means non-GMO. But in reality, there is no legal definition of what “natural” means in food marketing.

So at this very moment, countless GMO-containing products have the word “natural” on their packages. That may be legal, but it’s deeply misleading.



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## Question #5:

Foods that are certified organic are...

- By definition non-GMO
- Usually non-GMO
- Rarely non-GMO
- No more or less likely to be non-GMO than any other foods

**The Truth:** Non-GMO is part of the USDA organic standards certification. Some products are not 100% organic, but contain organically grown ingredients. If that is the case – you could still find GMOs in other ingredients that aren't, themselves, organic. But any ingredient or product that declares itself to be certified organic is, by definition, also declaring itself to be certified non-GMO.



## Question #6:

In North America, which of these foods is most likely to be genetically modified if it's conventionally grown?

- Corn
- Wheat
- Potatoes
- Seedless Watermelon

**The Truth:** 88% of the corn and soybeans grown in the United States are genetically engineered. Ingredients that are derived from GMO corn and soy are found in nearly all processed foods sold in U.S. supermarkets.

The only other genetically modified foods currently grown commercially on a significant scale are canola (for canola oil) and sugar beets.

Genetically engineered "Roundup Ready" wheat has been developed, but it has not been approved to be grown in the United States – at least as of this report. No genetically engineered watermelons – seedless or otherwise – are currently approved for human consumption.





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## Question #7:

Which of these statements is true?

- Genetic modification is the same as hybridization - humans have been altering plant genes just like this for over 10,000 years.
- Monsanto puts public health ahead of profits
- There is a correlation between the introduction of GMOs into the food supply and a rise in rates of cancer, autism, and food allergies.
- GMOs have been absolutely proven to cause cancer, autism, and food allergies in humans
- Most North American food crops, of all kinds, are genetically modified.
- I have no idea...

**The Truth:** There is a definite correlation between the introduction of GMOs into the food supply and the rise in rates of cancer, autism, food allergies, and many other ailments. Correlation is not causation. But when you see a correlation this strong, it warrants deeper investigation. Regrettably, multibillion-dollar agricultural corporations, including Monsanto and Syngenta, have restricted independent research on their genetically engineered crops. They have often refused to provide independent scientists with seeds, or they've set restrictive conditions that severely limit research options.



## Question #8:

In North America, processed foods...

- Are only made with GMOs if they say so
- Occasionally contain GMO ingredients
- Nearly always contain GMO ingredients

**The Truth:** GMOs can sneak their way into a broad range of food additives and enhancers. From corn starch to textured vegetable protein, from citric acid to modified food starch to vegetable oil, there are literally hundreds of food additives that most people don't recognize as GMOs – but they actually are. If a product isn't certified organic or certified non-GMO, and if it has more than 5 or so ingredients, there is a pretty good chance that it does, in fact, contain GMOs.

For a full listing of some of the hidden ingredients that can be genetically modified, [click here](#).



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## Question #9:

Growing GMO crops has led to...

- Decreases in pesticide use
- A healthier environment
- More than 250 thousand pounds of additional pesticide use
- More than 500 million pounds of additional pesticide use

**The Truth:** Most GMO crops have been engineered to withstand week-killing herbicides like Monsanto's glyphosate and Dow Chemical's 2,4-D. But now a new generation of "super weeds" has developed that is resistant to these herbicides. As weeds became resistant, growers have applied still more herbicides to try to control them. A study conducted by Washington State University professor Charles Benbrook [found](#) that over the 16 years from 1996 to 2011, the use of GMO crops increased herbicide use by 527 million pounds, putting consumers and the environment increasingly at risk.

Other studies have linked exposure to 2,4-D to [reproductive problems](#), [Parkinson's disease](#) and an elevated risk of [non-Hodgkin's lymphoma](#).

Glyphosate, the active ingredient in Monsanto's Roundup, has been [found](#) to be a probable carcinogen.



## Question #10:

GMO crops have been...

- Tested and found safe by the US Food and Drug Administration (FDA)
- Fully tested for possible harm to humans by independent scientists, and found to be safe
- Fully tested for possible harm to humans by independent scientists, with unclear or mixed results
- Tested mainly by the companies that sell them

**The Truth:** Genetically Modified foods have [never](#) been safety tested by the U.S. Food and Drug Administration (FDA), thanks to a 25-year-old policy that says it's up to the biotech companies to determine the safety of GMOs.

So while all other developed countries require safety testing for these plants (and generally, also, require mandatory labeling), the government agency in charge of protecting U.S. citizens lets biotech companies, who stand to make billions in profits from sale of these crops, conduct their own "voluntary safety consultations."

GMOs have been linked to a number of health safety problems, including the introduction of new allergens or increased levels of naturally occurring allergens, of plant toxins and changes in nutrition, [according](#) to Michael Hansen, Ph.D. Hansen, a senior scientist for the Consumers Union, who has studied GMOs for more than 20 years.

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Meanwhile, a growing body of peer-reviewed [studies](#) in the scientific literature suggests genetic engineering is linked to allergies and other adverse effects, as well as to dramatically increased pesticide use. The United Nations/World Health Organization food standards group and the American Medical Association have [called](#) for mandatory safety testing of genetically engineered foods. The U.S. FDA continues to fail to meet that standard.



## Question #11:

**Independent scientists who have tested GMO foods and found possible harm have ...**

- Had their research followed up by government agencies
- Been thanked and provided grants so they can do further research
- Been met with vicious attacks that were designed to discredit them and/or their work
- No independent scientists have found actual possible harm

**The Truth:** Some scientists have managed to carry out truly independent research, and have found risks from the genetically modified foods they have tested. When this has happened, they have [invariably suffered persecution](#). Some have paid with their careers and funding.

A review of scientific studies on the health risks of GM crops and foods that did investigate funding sources found that either financial or professional conflict of interest (author affiliation to industry) was strongly associated with study outcomes that cast GM products in a favorable light.

Conclusions of safety were also found to be associated with studies in which source of funding was not declared. Furthermore, there was a strong connection between undeclared funding and author affiliation to industry.



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## Question #12:

Nearly 80 percent of the GMO acreage in the world is sprayed with Monsanto's Roundup, whose primary active ingredient, glyphosate...

- Is so safe that Monsanto's representatives have publicly drunk glasses containing it
- Is safe as long as it's used as directed by the product labels
- Has been declared a probable human carcinogen by the World Health Organization

**The Truth:** Over 80% of GMO crops worldwide are engineered to be sprayed with glyphosate. In 2015, the World Health Organization's International Agency for Research on Cancer [announced findings](#) that glyphosate, the main ingredient in Monsanto's Roundup line of pesticides, is "probably carcinogenic to humans." The research, [published in The Lancet Oncology](#), relies on studies conducted on the chemical over the course of several decades. Since the IARC report was released in March 2015 many countries have been looking at possible bans on glyphosate-based herbicides and Sri Lanka has already announced a [complete ban](#). Supermarkets [across Europe](#) have also removed glyphosate-based herbicides from their shelves.



## Question #13:

Mandatory labeling of GMOs would....

- Be very costly for food companies - and that cost would be passed on to the consumer
- Confuse consumers and make their lives more stressful
- Not add to the cost of foods – but it would enable consumers to make informed choices

**The Truth:** Contrary to the claims of food industry giants and biotechnology companies, requiring labels on genetically modified food [will not](#) drive up food prices. Labeling would not ban the technology or force farmers and manufacturers to switch to non-GMO ingredients; it would simply require that food containing GMO ingredients be labeled, so that consumers can make informed decisions about what they want to eat.

Food companies change labels all the time as part of their innovation cycle or to meet consumer demand, and they would have ample time to comply with mandatory GMO labeling without affecting products already on store shelves.

In early 2016, the Campbell Soup Company [announced](#) that they would label all of their products that contain GMOs, and there would be no price increase. A Campbell executive was asked if the company would have to absorb extra costs associated with labeling. His answer was "No. We've determined that the cost of labeling our products is negligible, and therefore won't mean higher costs for consumers." Within months, other companies, including Mars and General Mills, had joined them.

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## Question #14:

The segment of the American public that wants GMO labeling is...

- Composed only of paranoid people who are afraid of technology
- Found mainly on the west and east coasts
- Over 90% of the public
- Mostly health oriented people who shop at Whole Foods

**The Truth:** In poll after poll, the results are the same. Nearly 9 in 10 Americans, across all political, economic, and geographic lines, believes that GMO labels are important – and a majority thinks they are very important.



## Question #15:

The companies that produce and sell GMO seeds are...

- Big food companies like Kellogg's and General Mills
- Organizations whose mission is to serve the public interest
- Chemical companies that profit from the sale of toxic pesticides

**The Truth:** Just 6 companies — BASF, Bayer, Dupont, Dow Chemical Company, Monsanto, and Syngenta — account for nearly all the sales of genetically engineered seeds in the world. These six companies are all chemical companies that have developed a highly profitable integrated business model in which they sell seeds they have genetically engineered to be dependent on pesticides that they also sell.



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## Join The Food Revolution

We are John and Ocean Robbins, a father and son team that founded the Food Revolution Network to empower YOU with cutting edge, must-have information about the most critical diet and health related issues of our times.

We find the status quo, in which hundreds of millions of people suffer from diet-related ailments while corporate and government policies make junk food normalized and subsidized, unacceptable.

We want a health industry that acts like food matters.

We want a food industry that acts like health matters.

And we want government policy that looks out for the wellbeing of we, the people.

Most of all, we want you to be informed, so you can make healthy choices for yourself, your loved ones, and your planet. That's why we're so excited to bring you the Food Revolution Summit.

Every year, you have the opportunity to spend an inspiring and life-changing week with revolutionary thinkers and visionaries that will put the POWER IN YOUR HANDS when it comes to the food you eat!

Dare to discover the most cutting-edge information, startling facts, and inspirational wisdom that will heal you and have you CELEBRATING LIFE! (For FREE and without having to leave home.)

Perhaps you're aware that we're entering a food crisis, unless something is done. And done now. Never before have the stakes been so high - and the risks. Food is fundamental to your health and to the health of our world. Information is power. We want to empower you with what will help you and your loved ones thrive.

For each summit, we'll personally interview 24 of the world's most respected food experts and activists in a week-long "virtual summit." These visionaries have inspired hundreds of millions of people and changed

the way we think about food. You'll have direct access to 3 highly focused half-hour interviews - personally conducted by John Robbins - every day for a week. You can listen via phone (conference call), or over the Internet. Between every interview, Ocean Robbins will share his top tips and take-aways, answer live questions, and give away special prizes.

### Here's what's in it for you. You'll get...

- Information and practical tips from modern day heroes of health and sustainability.
- Extremely current answers to your burning questions.
- Tools for talking with your family and peers.
- Inspiration, useful insights, ideas, motivation and new understanding.
- A deepened relationship with the food you love!

When voices are rising up everywhere to preserve access to healthy food, it's never been more important to roll up your sleeves, get involved, listen and be heard.

Please join us and invite your friends and family along!

### Check out the latest on Food Revolution

Summits, and sign up, at

[www.foodrevolutionsummit.org](http://www.foodrevolutionsummit.org).

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