

Beware: GMOs Can Make You Fat

Are you aware of how much of the food you eat is genetically? Probably not, because the government has not required food producers to label foods that are GMOs.

What is a GMO and are They Safe?

A GMO is a plant or animal whose genetic makeup has been altered via genetic engineering. The changes in the DNA come from gene combining and sometimes includes insects and bacteria. Surprised?

Some people are under the impression that GMOs are two items that are cross-pollinated. Not so. Hybrids, such as broccolini, are the result of naturally compatible parent plants.

Many nations do not believe GMOs are safe for consumption so they are banned or require labeling. Australia, Japan and the UK are a few of the more progressive on the subject. Our government, however, has elected to believe they are safe based on the studies conducted by the companies who produce them.

What Foods are Genetically Modified

There are current lists available online, which we encourage you to review periodically. But generally speaking, most of the corn and wheat that is consumed in this country is genetically modified. Because of the modifications, wheat has become synonymous with belly fat. Wheat is no longer the wholesome grain we once thought it was and it is included in so many foods and difficult to avoid.

Today's markets are selling genetically modified sugar beets, potatoes, corn, tomatoes, squash, golden rice, soybean, cooking oils, potato chip oil and some salmon. Anything made with these ingredients is not your friend, particularly if you are concerned about your weight or health.

GMOs and Weight Gain

ScienceNordic, a magazine in Norway, reported on a study that was conducted regarding GMOs and the increasing obesity problem. Over a 90-day period rats that were fed GM corn had bigger appetites and grew fatter than the rats fed non-GMO corn.

Even more telltale, rats that were fed fish that were raised on GM corn also gained weight.

So it is not surprising that since 75 percent of processed food in this country includes GMOs and 80 percent of the consumed food is processed - the country's population is steadily gaining weight.

See how easily that can happen without being the wiser? In fact, because of the genetically modified wheat, there is now a term called "wheat belly". It is meant to describe that spare tire that will seemingly not come off, regardless of how many diets one attempts.

The only real way around it, is to avoid consuming GMOs as much as possible. Since the foods are not yet labeled as such, we need to rely on our grocers. The more pressure we put on them, the sooner we will see action.

Removing GMOs From Our Diet - Action Steps

1. Ask the manager to identify the fresh foods that are genetically modified. If he or she pleads ignorance, then persist. Eventually, the manager will take action and find out. If the manager takes action, then it is likely to have a domino effect. Although it may not make producers label GMO foods, smart marketers will come up with a system to label items that are not.
2. Buy local produce. There are now plenty of local farms that are selling their goods at farmer's markets and through food co-ops. Hook into one of these and you'll have nothing to worry about unless you are a processed food junkie.
3. Stay current with and avoid foods on the growing GMO list.

Your body. Your health. Don't be a victim of bad leadership. You can stay healthy and avoid weight gain and obesity by staying on top of the latest discoveries.



