

# CAN GMOs BE PART OF A HEALTHY DIET?

Gmo's provide up to 30 times the amount of provitamins

It would help poorer areas out with food because some area like New Guinea eat 880 pounds of bananas each year

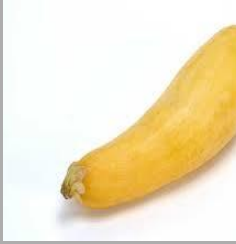
Some GMO's goes into the HT category which means they are herbicide tolerant and those tend to grow faster.

Other GMO's are Bt which are insect resistant and they are healthier when it comes to being in the ground or outside in general.





Most GMO soy is used for food for animals, like poultry and livestock, and making soybean oil



sugar you see on supermarket shelves is made from GMO sugar beets



Squash was the first GMO item on the market but its not grown widely

95% of corn we eat is in there and we're still healthy

CORN:

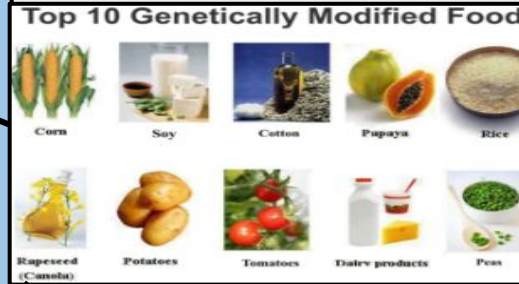
# EFFECTS of GMOs on HEALTHY DIETS

95% of corn grown in the United States are genetically Modified and healthy for the human diet.



SOY:

Soy is not organic, soy is the most common genetically modified crop in this country and four in many forms.



The Original Pineapple color was changed to the color Pink, Meaning that the DNA had to be swapped.



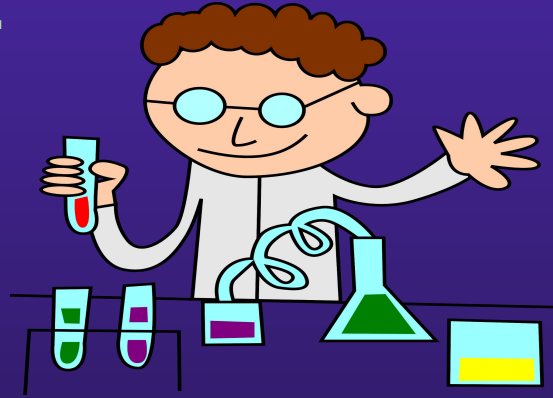
Papaya: Scientist inserted a gene from the ringspot virus into the papaya's genetic code. About 85% of hawaiian- grown papaya is genetically modified and grown in the U.S



**ARE GMOs**  
**SAFE**

**YES.** Because scientists change the  
genes of plants to make them better for our  
food.

GMOs are  
carefully  
Studied before  
sold into stores



Can  
GMOs  
Be Apart of an  
healthy diet?

**Proteins are complex  
molecules and do  
most of the work  
in cells. They are important  
to the structure,  
Function,  
and regulation of the body**

**GMOs are full of  
them.**

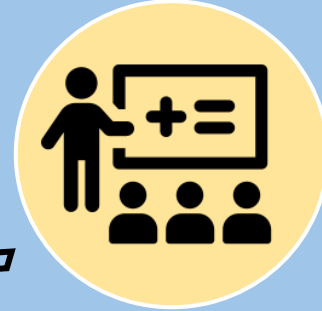


# GMOS CANNOT BE APART OF AN HEALTHY DIET

GMOS are processed foods that can get you sick



Sometimes the processed foods have things people are allergic to causing them to have allergic reactions



Regardless of using them in a healthy Diet there still processed so you will still end up getting sick



The "Healthy" foods that we eat have GMOS inside of them that's not really healthy for us