

WHERE CAN YOU FIND GMOs?

GMOs have been on the market since the 1990s and are a common part of our food supply.

Among the GMOs available to consumers in the U.S., there are certain types of alfalfa, apples, canola, corn, cotton, papaya, potatoes, soybeans, summer squash, sugar beets, and pineapple. A farm-raised Atlantic salmon and pork from a type of pig have been approved for food use. But you may not see them in the market because they are not widely available.

Most GMO crops are used in food for animals like cows and chickens. A few fresh fruits and vegetables are available in GMO varieties, but most GMOs that people eat are found in packaged foods.

Certain types of GMOs have a disclosure that lets you know if the food is “**bioengineered**.”¹ The National Bioengineered Food Disclosure Standard defines bioengineered foods as those that contain detectable genetic material that has been modified through certain lab techniques and cannot be created through conventional breeding or found in nature.



Feed your mind with more GMO facts at www.fda.gov/feedyourmind.



¹<https://www.ams.usda.gov/rules-regulations/be/bioengineered-foods-list>