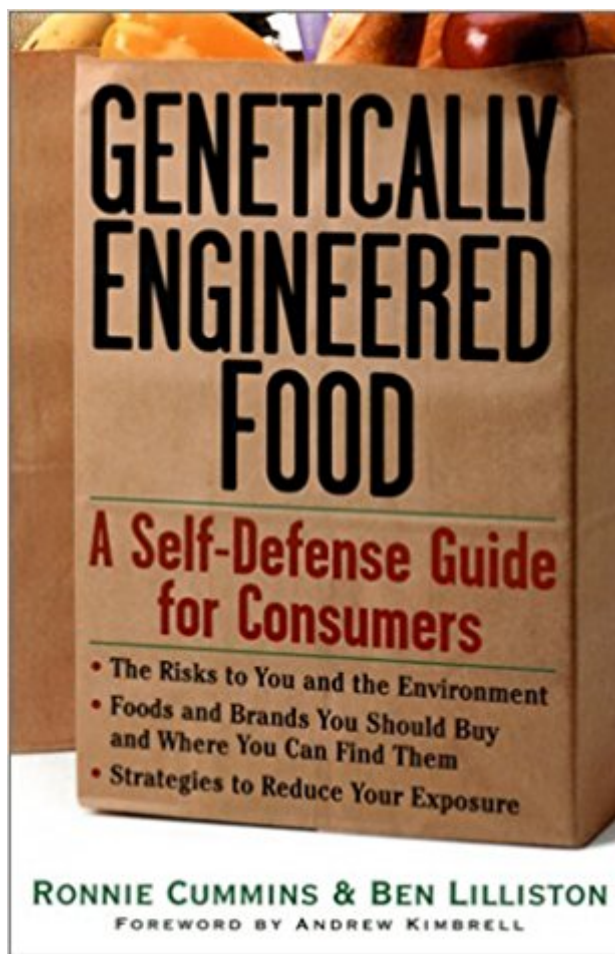


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# Genetically Engineered Foods: A Self-Defense Guide For Consumers



## Synopsis

Stormy debates about genetically engineered (GE) food have raged throughout Asia and Europe, particularly in the UK, where the 1995 outbreak of "mad cow" disease ignited a groundswell of activism and outrage about food safety. Now, as the GE food debate gains momentum in the United States and elsewhere around the world, two leading consumer advocates give us *Genetically Engineered Food*, a comprehensive, up-to-the-minute guide to the risks posed by GE foods-and what you can do to avoid them. Ronnie Cummins and Ben Lilliston discuss the ethical, environmental, and health arguments against GE food, how these foods are being regulated in the U.S. and abroad, and why consumers are right to oppose them. In addition, *Genetically Engineered Food* offers in-depth information about:

- \* How to identify the types of food most likely to be GE
- \* Where the major food companies, supermarkets, and restaurant chains stand on the issue, and which food companies and stores are going GE-free
- \* Food products, ingredients and companies to avoid
- \* Foods and brands you should buy and where you can find them
- \* How you can shop and act with a purpose.

## Book Information

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## Customer Reviews

The 1995 outbreak of "mad cow" disease in Europe provoked public attention to genetically engineered or modified food, a concern that has spread to the U.S. Cummins and Lilliston, food safety advocates, examine the scientific, political, economic, and health issues. With billions of dollars in profits at stake, the biotech food industry promises that new technology will end world

hunger and improve public health and the environment. Cummins and Lilliston weigh those promises against the unpredictability of the new technology, and the fact that much of it hasn't been adequately tested for safety and that its products are being distributed without labeling. Genetically modified organisms are so common that they are part of the average consumer's daily intake in food from breakfast cereals to infant formula to margarine. The authors include information on what consumers can do, from smart shopping to grassroots lobbying, to reduce the threat of genetically engineered food. This is a thorough and well-researched look at an issue of growing public concern.

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"Being a consumer is not a passive act. It means taking charge. This book tells you how." -- Jim Hightower, author of *If the Gods Had Meant Us to Vote They Would Have Given Us Candidates*

Cummins and Lilliston are top investigative writers and activists who spill the beans about what's wrong with genetically engineered food..." -- John Stauber, co-author of *Toxic Sludge is Good For You* and *Mad Cow USA*

Interesting and very informative ! this book tells you about staying healthy or getting healthy. Food is the fuel we need to keep us healthy. With this book you learn what's wrong and what to do to get back on track.

A must read for everyone who is concerned about food safety. I would recommend this book to anyone.

A concise explanation and good background on this epidemic to come. Enough information to help anyone sitting the fence to make up their mind, and to scare the daylights out of anyone already convinced.

I knew instinctively that I was against GE foods, and absolutely in favor of mandatory labeling of GE foods, but I did not know the actual facts behind the argument against GE foods. This book lays out those facts clearly. The authors make no attempt to hide the fact that they are against GE foods, but they do not let their bias get in the way of their reporting of the facts. There's no ranting and raving or kook-talk going on here. True, there are not enough facts to go around on this issue, but what few \*independent\* studies have been done have produced alarming results. The book also does an excellent job of illustrating how so many other countries around the world have absolutely rejected

GE foods. The costs paid by the American farmer are also discussed. And there is a ton of consumer-related info. If you eat food, you need this book.

As far as it goes, GENTICALLY ENGINEERED FOODS is an excellent book. My only complaint is that the research to date on this topic is pathetic. Of course this is exactly what Ronnie Cummings says. For whatever reason, the Clinton administration and the current administration don't seem to be overly concerned about what is happening to our food supply. The amazing thing is that most GMOs hit the market in the past 10 years. If you weren't paying attention in the 1990s, you need to know that you probably were not alone. The bottom line is that the food you are eating today is not what we ate as recently as 15 years ago. We all heard about the Monarch butterflies and the bovine growth hormone, but most of us had no idea just how many organisms--plants and animals--had been altered and were now part of the food chain. Cummins book describes just what we missed and although he writes somewhat provocatively, much of what he has to say is being said by others. In fact, the Monsanto potato has been discussed in many books and articles. Fortunately, big businesses like McDonald's are beginning to pay attention. Since the government can't or won't act, bringing about a difference will be up to the public. You can vote with your food dollars. Although you may not be ready to go completely organic (you really should for your health's sake) you can at least avoid the worst kinds of foods. The bottom line is that we really don't know what GMOs will do to the human body. I for one am not ready to be an experimental subject and I certainly don't want children to become subjects either. Read this book and act.

This new book on the dangers of genetically engineered or modified foods is a great lay persons' guide through the scientific jargon and concepts of genetic engineering or modification. Ronnie Cummins and Ben Lilliston have helped readers to become citizen scientists and to be prepared to answer and discuss the many issues surrounding the genetic engineering of our food systems. Whether you are preparing for a meeting with an elected official about food and technology policies, or meeting with your chapter of the PTA, this handbook will place facts and figures at your fingertips. They begin their story with the basics of genetic engineering agricultural biotechnology and weave through the health and ecological risks associated with this technology. But this book is not just about the risks and social and ethical hazards modern societies face with genetic engineering. The book offers practical information about what genetically modified food products and ingredients one should avoid, and the companies who make them. In presenting information about the regulatory processes in the United States and other parts of the world, Cummins and Lilliston

give us all the necessary information to bring to bear on government officials and agencies to act for the public good. There are also tips about calling and writing to companies that produce or distribute ge foods. In fact, the movement to regulate ge/gm foods may have its greatest impact upon these companies who are very sensitive to public opinion and the marketability of these new products. Besides recommendations for avoiding ge foods, their vision includes acting and shopping with a purpose. The last chapter, where to find out more, is worth the price alone as an invaluable resource for educating and agitating in your community. "Genetically Engineered Food: A Self-Defense Guide for Consumers" offers the kind of information and inspiration for us all to come back to the table of plenty by seeing a sustainable food system that re-unites consumers and producers. Get to know the farmers in your area and grow your own. If you care about what you eat and who is growing our food, this easy to read book will help you develop a better understanding of the issues and what you can do about them.

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