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“10 ways to keep your diet GMO free”

Thursday, March 27, 2014

This article speaks for itself, although I was surprised by number 10.

www.cnn.com/2014/03/25/health/upwave-gmo-free-diet/index.html?hpt=hp_bn13

As a personal choice, I've always avoided artificial sweeteners, but I never considered aspartame in the same context as GMOs.

#3 The Tipping Point campaign makes sense to me.

An example of this is the supermarkets (Kroger and Safeway) who have pledged not to carry GMO salmon even if it is approved by the FDA.

www.delish.com/food/reca-ls-reviews/gmo-salmon-rejected-by-kroger-and-safeway

So far the labeling campaigns haven't had much success because of industry opposition.

When processed foods first arrived in supermarkets, we welcomed their convenience.

I wonder if 50 years from now, we will regret the inclusion of GMOs in our diet.

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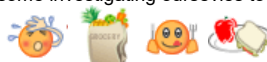
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**NUOVAELLE**

Thank you for this great article! I've never been a fan of artificial sweeteners and learning this new negative fact about aspartame makes me even more passionately opposed to it. GMOs should be avoided at all costs in my opinion. Tampering with nature has never had any good results.
2634 days ago

**SUNSET09**

It's always something, isn't it!?!?! We just need to do some investigating ourselves to know what we are putting into our bodies that maybe harmful.



Oh,





2634 days ago



MARYJEANSL

Thank you for the articles. This is an issue that I am very concerned about. However, it isn't easy to know how to fight. And, I really love sweet corn. :- (I have passed the links on to my daughter, who is probably even more concerned about GMOs than I am. I guess we will be cutting even more foods out of our lives.

2634 days ago



IFDEEVARUNS2

Hmmmm, yea, I wonder about #9, It's gotten so that if I won't eat it, I don't want it in my investment portfolio either. That certainly limits my choice of investments.

2634 days ago



MERRYMARY42

good article, and scary, I use splenda, and know it is not good for me, maybe I will kick it for sure, instead of talking about it, and corn, I really like it, in all forms,

I have known for a long time that we are slowly killing ourselves, (maybe not so slowly huh?

2635 days ago



CD13758606

Great article. All scary stuff. It is overwhelming. I try to eat whole foods, yet some of these produce items are GMO derived. Oh, my. What surprises!



2635 days ago



CD13099273

I always stay clear away from aspartame - its been know for years to be a no no for Cancer patients - I feel the red flag should have been flying for a while - but big corporate and the medical mafia have keep it under wraps.

Aspartame is a neurotoxin , has been linked to Brain Cancer and Nervous System Disorders This additive , which we have been led to believe is completely safe , is in reality a drug which interacts with other drugs , and changes brain chemistry - causes multiple illness - the FDA has always know aspartame is carcinogenic - The late Dr. Adrian Gross (FDA toxicologist) told congress that without a shadow of doubt aspartame triggers brain tumor and brain cancers and violates the Delany Amendment which forbids putting anything in food known to cause Cancer - Ty Bollinger (Cancer get outside the Box) good read .

Hoping that everyone gets on board towards riding GMO ? Karen

2635 days ago



Comment edited on: 3/27/2014 1:40:55 PM



PHOENIX1949

Informative article. Thank you for sharing.

Time to eliminate corn from my diet (don't eat this often). Other 4 GMO additives are not in my diet.

Started using Stevia in 2006 and recently tried local, natural honey.

I am firmly convinced that ADHD (Attention Deficit Hyperactive Disorder) and Autism are manifestations of our polluted food supply along with dramatic increase in Type II Diabetes and many other health issues.

There was a 70's commercial with the tag line "It's not nice to fool Mother Nature!" Ironically, the commercial was for margarine.

<http://www.youtube.com/watch?v=LLrTPRp-fW8>

2635 days ago



ROSEWAND

I read this article on the risks of GMO's to our planet's eco-system. Scary stuff:

http://www.globalresearch.ca/gmos-could-destroy-the-global-ecosystem-risk-expert/5375349?utm_source=rss&utm_medium=rss&utm_campaign=gmos-could-destroy-the-global-ecosystem-risk-expert

<http://ecowatch.com/2014/03/06/nyu-gmos-destroy-planet/>
2635 days ago



Comment edited on: 3/27/2014 1:20:16 PM



GINIEMIE

Going to start looking for the GMO seal, glad I'm planting my own garden-it makes me feel moderately safer.



2635 days ago

v



MISCHAKEO

I did not consider aspartame a gmo either.. I am trying to use stevia and to wean myself off most sweetners.

I also like zucchinis and may have to switch to organic until our garden starts producing.

Thanks for an excellent blog.

2635 days ago

v



RWETHAIRYET

The scary thing is that list only begins to skim the surface of what has been done to our food supply over the years. Wheat wasn't mentioned hardly at all, and yet is one of the most heavily modified food of all.

We eat to live. We have to eat to live. But between GMO's, pesticides, antibiotics, and pollutants and toxins in the ground and in our water, you have to wonder what exactly is safe and healthy.

2635 days ago

v



ONEKIDSMOM

Guess our "experiments of one" are really being carried out on a larger scale by the marketing and changing of our "group" consumption. Only time will tell!

2635 days ago

v

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