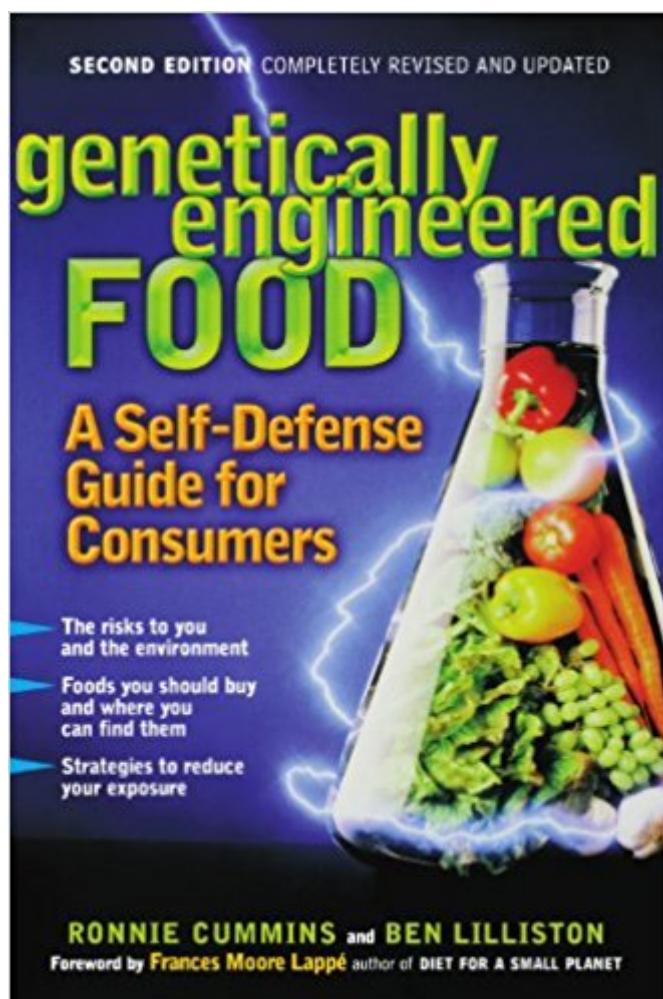


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# Genetically Engineered Food: A Self-Defense Guide For Consumers



## **Synopsis**

Stormy debates about genetically engineered (GE) food have raged throughout the world in recent years, and the issue is now more potent than ever. Seventy to eighty percent of processed foods now sold in supermarkets contain genetically engineered ingredients, and the trend is growing at a startling rate. This second, completely revised edition of Genetically Engineered Food is an all-in-one guide written specifically to help consumers educate themselves about the risks posed by GE foods. Ronnie Cummins and Ben Lilliston, both leading consumer advocates, provide comprehensive, up-to-the-minute, action-inspiring information, including how to identify GE foods, products to avoid, brands that are GE-free, and how to shop and act with a purpose. They discuss all of the ethical, environmental, and health arguments against GE food, how these foods are being regulated in the United States and abroad, and why consumers are right to oppose them. Genetically Engineered Foods is the first and still one of the few consumer-oriented guides addressing this important subject.

## **Book Information**

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## **Customer Reviews**

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.

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