

## **Summary**

A genetically modified (GM) food results from the use of recombinant DNA biotechnological procedures that allow the genetic makeup of a food or organism to be altered in some way. This 'recombination' can be accomplished by moving genes from one organism to another or by changing genes in an organism that are already present. These changes result in the expression of attributes not found in the original organism. The GM foods also referred to as biotech foods, gene foods, bioengineered foods, gene-altered foods, transgenic foods, and foods that have been created through genetic engineering. GM foods are foods produced from organisms (plants or animals) which have had specific changes introduced into their DNA using one of the methods of genetic engineering. GM has been used in a variety of ways to assist food manufacturing and to improve factors such as storage or nutritional value of food. Many processed foods contain GM ingredients. GM foods differ from non-GM (conventional) foods, in that they contain or are produced from a GMO or they contain GM ingredients.

The term GM foods is most commonly used to refer to crop plants created for human or animal consumption using the latest molecular biology techniques. These plants have been modified in the laboratory to enhance desired traits such as increased resistance to herbicides or improved nutritional content. Examples of foods that have been genetically engineered include delayed-ripening tomatoes, pest-resistant crops (such as virus-resistant squash and Colorado potato beetle-resistant potato), herbicide-tolerant crops (such as glyphosate-tolerant soybean), and many others. Genetic modification can be used to assist food growers/manufacturers in many ways such as improving crop yields, reducing insecticide use, or increasing the nutritional value of foods.