

Commonsense



GMO and the Policy of Quantity

By Anna Piva



THOUGHTS...

This is just an experiment. The information you will find in this newsletter are just a reflection on a wide variety of subjects related to healthy living, food, and nutrition.

COMMONSENSE

Is a precious weapon that allows us to make better choices. Most of the time, or too often, commonsense is underestimated or not taken in consideration as a valuable source to guide our daily decisions on health and nutrition.

In this posts I ask myself questions that I want to share with you. The aim is to open an helpful dialogue between us.

One of the biggest lies we have been told about GMOs is that stronger crops would help increase production and feed those in poverty. The reality is that GMO seeds only feed our tables, the tables of the 20% of the world's wealthiest. In fact, we, the citizens of the wealthiest countries, consume 80% of the world's natural resources. Let me say it again, we, the 20% of the world's population, consume 80% of the food produced worldwide!! GMO corporations are far from being missionary, on the contrary, their intent is to make money from our own tables, taking away our health and feeding themselves and the pharmaceutical industry.

Last week I briefly discussed how food production has changed over the past decades. But our daily life has changed as well. We have less time to prepare and cook the food that nourishes our bodies and, of course, souls. New Yorkers know this very well. The city has one of the fastest paces in

the world. Oh well, once again, lack of time was made profitable by the same group of corporations. How? Just providing ready made food, or boxed food. Once the consumer cannot control the ingredients that will he/she will put on his/her table, the game is over. All the power is in their hands. They can decide the quality of the ingredients, and the quantity, they can offer food not in season, they can alter the flavor, they can create new flavors, they can manipulate the perception about nutrition and so on. The "box" is not only the container of the food, but it is the platform for deceitful communication. The box, in other words, is powerful on many levels.

Have you ever read the ingredients on bread packaging? Well, I always do. I am Italian and we love bread. What amazed me most is the quantity of ingredients that are used to make bread. The bread with less ingredients has at

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least 7 lines! This is inconceivable to me. In fact, bread has only 3 ingredients (that takes 1 line max): flour, yeast, and salt. That is it! Just considering this example, I want to ask why, in every ready-to-eat food, there is corn syrup, vegetable (canola, palm etc) oil, and soy? It does not matter if you are buying a box of cookies or macaroni and cheese, or spinach lasagna. Those three ingredients are always present. According to the Department of Agriculture in 2012 88% of corn and 94% of soy in the US was GMO. Several American food safety organizations have claimed that 60-70% of processed food have ingredients derived from GMOs. On one side processed food contains unnecessary ingredients, and on the other most of these are GMO. The food industry's extensive use of corn syrup, for example, has created an addiction. We know very well how difficult it is to

cure. The more one eats, the more one wants.

The policy of Quantity, or the need for more food to feed the poor, was in reality a policy to control food production and consumption for the developed countries. Under the false mask of facilitating our daily life, big corporations actually took over the reins of people's lives. With processed food, corporations can dictate a taste, a trend, can control your nutrition, and ultimately your health.

If your care for your health, the health of your family, friends, and colleagues, if you care for changing food safety rules, you should take action. Use your electorate power to change people in power. Support those who are willing to fight for food safety. And ultimately, bring your revolution to the table. Buy local, in season, and support farms that respect nature's rules.

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