

# Opinion: Stop worrying about GMOs

By Henry I. Miller, Los Angeles Times

Karma can be so cruel. Just think how many times anti-GMO activists have protested against the imaginary risks of food that has been genetically modified. Now a favorite snack of those same protesters, the sacred granola bar, has been found to pose an actual health risk.

Anti-genetic engineering campaigns are among the activities bankrolled by organizations such as the Clif Bar Family Foundation, which uses the considerable profits it receives from selling “healthy” and “natural” snack foods to denigrate the products of modern farming and extol supposedly superior organic alternatives. Like Clif Bars.

The truth is that paying the “organic tax” – the price premium associated with organic products – makes you no healthier. Recalls of organic foods amounted to 7 percent of all food units recalled in 2015, even though organic farms account for only about 1 percent of agricultural acreage. In early June, several types of Clif Bars were recalled from stores because they contained organic sunflower kernels potentially contaminated with a bacterium called listeria. Food poisoning from this nasty bug kills hundreds of Americans every year.

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