GMOScience

educate to regenerate

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GMOs 2.0: CRISPR: Can You Tell if a Food Has CRISPR?

A Pediatrician's Guide for Parents Concerned About Gene-Edited Foods

What Is CRISPR?

CRISPR is a gene-editing tool that can change an organism's DNA without adding foreign genes. The claims for their use in agriculture are to make crops that are resistant to disease, reduce browning, or enhance nutrition.

However, there are serious downsides including off-target effects such as unintentionally editing the wrong part of the genome. Even a small genetic error in food crops or livestock can have unpredictable health and ecological consequences. Problem? Yes. In children, this can cause genetic damage and/or cancer risks.

Nature's systems are highly interconnected. One small change can ripple through the organism in ways we do not understand.

There are UNKNOWN effects on children. Foods edited with CRISPR can have altered proteins, nutrients, or new bioactive compounds. There are NO long-term studies on how CRISPR foods after a child's development, immunity, gut health, or growth.

Can You Tell If a Food Used CRISPR?

No. Not easily. Most foods made with CRISPR:

- **Do not require labeling**
- **Leave no traceable markers**
- **Are not classified as GMOs under US law**

That means you won't see CRISPR listed on ingredient labels even if the food was made using it.

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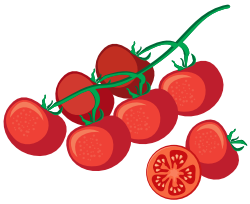
Examples of CRISPR-Edited Foods

These are already in the food supply:

Non-browning Mushrooms



High GABA Tomatoes

Disease-resistant Pigs

Low-Gluten Wheat

Oil-altered Soybeans

Why It Matters for Kids

- **CRISPR foods are very new; no long-term safety studies in children exist.**
- **Children's bodies and brains are more vulnerable to new food technologies.**
- **Parents have the right to know how their child's food is made.**

How to Avoid Gene-Edited Foods

Choose:

- **USDA Organic – CRISPR is not allowed.**
- **Non-GMO Project Verified – screens for new biotech, however, they still contain pesticides**
- **Local, heirloom, regenerative foods when possible.**

Pediatric Takeaway

As a pediatrician, I support transparency in food labeling and urge avoidance with emerging food technologies (including GMOs) especially for our most vulnerable population: our children.