Ever since the first genetically engineered crop was approved for commercial production in the early 1990s, GM foods have been closely monitored by scientists and researchers. In all this time, they have detected no negative health effects caused by GMOs. (Sources: Harvard University's Science in the News)

Long before GMO technology existed, humans were artificially modifying plant varieties through seed improvement techniques such as selective breeding. Today, nearly every plant we eat has been genetically altered through such methods to have its specific desirable traits. (Source: gmoanswers.com)

One of the most recent genetically modified crops to be approved in the U.S. is the Arctic Apple, a variety of apple that contains less of the enzyme that causes apples to brown. Preventing apples from browning helps reduce the waste of this favorite fruit. (Source: arcticapples.com)

Although there are nearly thirty genetically modified crops worldwide, only about ten of these GMOs are currently USDA approved and commercially available in the United States. (Source: gmo.geneticliteracyproject.org)

Foods that don't have genetically engineered counterparts are sometimes labeled as non-GMO products. These misleading non-GMO labels have even appeared on salt, which is not an organism but a mineral, meaning it has no genes to modify. (Source: Genetic Literacy Project)
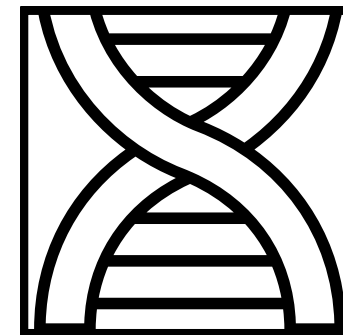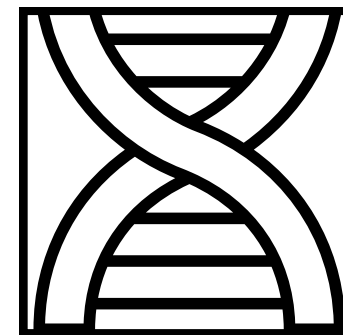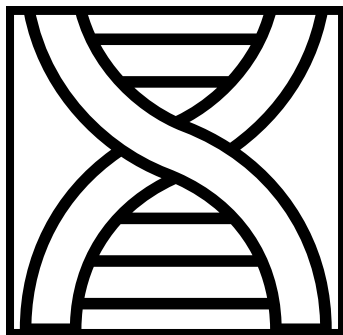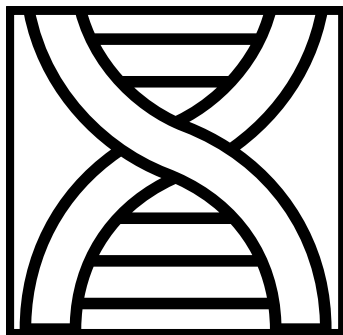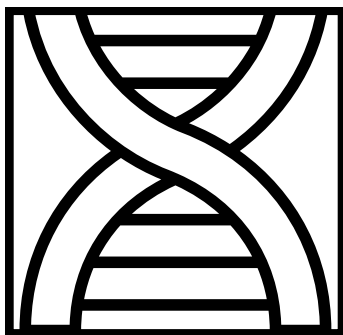
Due to their specifically engineered traits, certain genetically modified crops require little to no pesticide use. This decreases agriculture's environmental footprint and helps eliminate the potential health risks that result from using pesticides. (Source: The Food Dialogues)

GM crops can help farmers preserve their natural resources by requiring less water and encouraging no-till methods that minimize soil erosion. GM crops also generally require less work in the field with farm equipment, resulting in fewer greenhouse gas emissions. (Source: The Food Dialogues)

Genetically modified foods are rigorously tested for potential allergens before being approved for public consumption. These tests prevented one potentially allergenic GM soybean from entering the market several years ago. (Source: Genetic Literacy Project)

The extensive research that goes into approving a new genetically engineered seed takes about 13 years and requires an average of $136 million. No other seed variety produced by alternative breeding processes undergoes such careful scrutiny as GM seeds. (Source: The Food Dialogues)

With GM technology, scientists have been able to produce foods that have greater nutritional value to help poverty-stricken areas of the world. Some speculate that genetic engineering will allow us to increase food safety by removing common allergens from the food system. (Source: The Food Dialogues and Harvard University's Science in the News)