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Does Genetically Modified (GM) Food Increase the Incidence of Obesity?

Study: Genetically Modified Corn Increases Body Weight in Rats

By Washington's Blog
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Region: USA
Theme: Biotechnology and GMO

We previously reported:

> Many crops in the U.S. are now genetically modified. For example, 93 percent of soybeans grown in the US are genetically engineered, as are:
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> - 86% of all corn
> - 93% of canola
> - 93% of cottonseed oil
> - Between 2008 and 2009, 95% of all sugarbeets planted were genetically engineered to be able to tolerate high doses of the pesticide Roundup
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> Some allege that Roundup kills healthy gut bacteria, and that genetically modified crops cause other health problems.

Many people claim that genetically modified (GM) foods increase obesity:

But is there any evidence for that claim?

One study implies that there might be.

Scientists tested GM corn at Monsanto laboratories, and found that the GMs increase body weight in rats. Specifically, a paper published in the International Journal of Biological Sciences reported in 2009:

> We present for the first time a comparative analysis of blood and organ system data from trials with rats fed three main commercialized genetically modified (GM) maize (NK 603, MON 810, MON 863), which are present in food and feed in the world.
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> The three animal feeding studies were conducted in two different laboratories and at two different dates; at Monsanto (Missouri, USA) for NK 603 and MON

> 810 (June 7, 2000) and at Covance Laboratories Inc. (Virginia, USA) for MON 863 (March 14, 2001) on behalf of Monsanto.
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> Crude and relative liver weights are also affected at the end of the maximal (33%) GM maize feeding level as well as that of the heart which for corresponding parameters to a comparable extent, showed up to an 11% weight increase.
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> Additional statistically significant differences include ... higher ... overall body (3.7%) weight ...
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> Several parameters indicate increases in circulating glucose and triglyceride levels, with liver function parameters disrupted together with a slight increase in total body weight. This physiological state is indicative of a pre-diabetic profile.
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> Our data strongly suggests that these GM maize varieties induce a state of hepatorenal [i.e. kidney and liver] toxicity.
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> This can be due to the new pesticides (herbicide or insecticide) present specifically in each type of GM maize, although unintended metabolic effects due to the mutagenic properties of the GM transformation process cannot be excluded [Remember that some GM crops are engineered to have the plants produce their own pesticides, some pesticides can cause obesity, and the pesticides are not magically destroyed before making it into our bloodstream]. All three GM maize varieties contain a distinctly different pesticide residue associated with their particular GM event (glyphosate and AMPA in NK 603, modified Cry1Ab in MON 810, modified Cry3Bb1 in MON 863). These substances have never before been an integral part of the human or animal diet and therefore their health consequences for those who consume them, especially over long time periods are currently unknown.

Indeed, even animals are getting fatter ... which points to something in the environment.
