

WHAT IMPACT DO GENETICALLY MODIFIED (GM) FOOD HAVE ON OUR HEALTH?

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Abstract

In recent years there has been a notable concern on the genetically modified (GM) food safety. It was probably triggered by introduction of these transgenic products to the food market, resulted in them becoming a controversial topic. The aim of this systematic review was to present available data in the published articles concerning the effects of GM food on human health.

We referenced over 60 studies of GM food published in scientific journals. In spite of this clear assessment, it is worth of note that the review articles concerning toxicological, metabolic, allergenic, immunological and cancerogenous effects of GM food were surprisingly very limited. Results from most studies related on GM products such as potatoes, corn, rice and soybeans, and their effects on animal models were various, but nearly all of them reflected that they are as safe and nutritious as their non-GM counterparts.

In conclusion, some of the presented studies have been conducted by biotechnology companies responsible of commercializing these GM plants but without scientific evidence showing that GM food is safe. Finally, the choice between traditional and non-conventional food remains to be decided exclusively by the consumers.

Key words: *Genetically modified food, Transgenic food, Food safety, Public health.*