Does Genetically Modified Produce When Compared to Organic and School Produce Differ in Calorie Intake?

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As our country grows to the top obesity rates, the foods we deem healthy for us could potentially be harmful due to genetic modifications (GM) and chemicals used to create larger tastier foods causing calories to be at an all-time high. Beginning my research I tested various produce types (GM, Organic, and School) to see if the chemicals and genetic modifications we use to mass produce foods are potentially harming our health, creating larger calorie numbers in presumed healthy produce. I hypothesize that genetically modified produce will have a higher calorie intake compared to the different fruits and vegetables that have been processed could have a lasting effect on produce. Through my research, I found that organic and genetically modified produce did not have drastic changes from one another. Meaning GM produce and organics had similar calorie rates overall. It was found that school produce had a larger calorie rate than its counterparts leaving room for further research to be done in the future.

Awards Won: