NON-GMO SHOPPING GUIDE

How to avoid foods made with genetically modified organisms (GMOs)
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To learn more about GMOs, consult the books *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods* by Jeffrey M. Smith or *Your Right to Know: Genetic Engineering and the Secret Changes in Your Food* by Andrew Kimbrell. Information on GMOs is also available at [www.centerforfoodsafety.org](http://www.centerforfoodsafety.org) and [www.HealthierEating.org](http://www.HealthierEating.org).

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INTRODUCTION & OVERVIEW

How to avoid brands made with genetically modified organisms (GMOs)

Genetic Engineering (GE) or Genetic Modification (GM) of food involves the laboratory process of artificially inserting genes into the DNA of food crops or animals. The result is called a genetically modified organism or GMO. GMOs can be engineered with genes from bacteria, viruses, insects, animals, or even humans. Most Americans say they would not eat GMOs if labeled, but unlike most other industrialized countries, the U.S. does not require labeling.

This Non-GMO Shopping Guide is designed to help reclaim your right to know about the foods you are buying, and help you find and avoid GMO foods and ingredients. It does not cover other potentially harmful ingredients, allergens, colors or additives.

Tips for avoiding GM crops

TIP #1: BUY ORGANIC

Certified organic products are not allowed to contain any GMOs. Therefore, when you purchase products labeled “100% organic,” “organic,” or “made with organic ingredients,” all ingredients in these products are not allowed to be produced from GMOs. For example, products labeled as “made with organic ingredients” only require 70% of the ingredients to be organic, but 100% must be non-GMO.

TIP #2: LOOK FOR “NON-GMO” LABELS

Companies may voluntarily label products as “non-GMO.” Some labels state “non-GMO” while others spell out “Made Without Genetically Modified Ingredients.” Some products limit their claim to only one particular “At-Risk” ingredient such as soy lecithin, listing it as “non-GMO.”
TIP #3: AVOID AT-RISK INGREDIENTS

Avoid products made with any of the crops that are GM. Most GM ingredients are products made from the “Big Four:” corn, soybeans, canola, and cottonseed, used in processed foods. Some of the most common genetically engineered Big Four ingredients in processed foods are:

Corn
- Corn flour, meal, oil, starch, gluten, and syrup
- Sweeteners such as fructose, dextrose, and glucose
- Modified food starch*

Soy
- Soy flour, lecithin, protein, isolate, and isoflavone
- Vegetable oil* and vegetable protein*

Canola  Canola oil (also called rapeseed oil)

Cotton  Cottonseed oil

*May be derived from other sources

In addition, GM sugar beet sugar recently entered the food supply. Look for organic and non-GMO sweeteners, candy and chocolate products made with 100% cane sugar, evaporated cane juice or organic sugar, to avoid GM beet sugar.

Sugar  Anything not listed as 100% cane sugar

TIP #4: BUY PRODUCTS LISTED IN THIS SHOPPING GUIDE

Keep this Guide with you whenever you shop. Store it inside your reusable shopping bag, put into your coupon holder or check book, or leave it in your car.
**FRUITS & VEGETABLES**

Very few fresh fruits and vegetables for sale in the U.S. are genetically modified. Novel products such as seedless watermelons are NOT genetically modified. Small amounts of zucchini, yellow crookneck squash, and sweet corn may be GM. The only commercialized GM fruit is papaya from Hawai‘i—about half of Hawai‘i’s papayas are GM.

**MEAT, FISH & EGGS**

No genetically modified fish, fowl, or livestock is yet approved for human consumption. However, plenty of non-organic foods are produced from animals raised on GM feed such as grains. Look for wild rather than farmed fish to avoid fish raised on genetically modified feed, and 100% grass-fed animals.

**Meat & Fish: Non-GMO**

Organic Prairie, Tropical Traditions, Vital Choice

**Eggs: Non-GMO**

Egg Innovations Organic
Eggland’s Best Organic
Horizon Organic
Land O’Lakes Organic

Nest Fresh Organic
Organic Valley
Pete and Jerry’s Organic Eggs
WilcoxFarms Organic

**ALTERNATIVE MEAT PRODUCTS**

Many alternative meat products are processed and include ingredients that can be genetically engineered, so give the ingredient lists close attention to avoid the Big Four at-risk ingredients, especially soy.

**Non-GMO**

365 Brand (Whole Foods)
Amy’s
Bountiful Bean
Small Planet Tofu
Sunshine Burger
The Simple Soyman
Vitasoy
Wildwood

White Wave
Woodstock Farms*

**May contain GMO ingredients**

Boca, unless organic (Kraft)
Gardenburger
Morningstar Farms, unless organic soy line (Kellogg)

*SPECIAL NOTE: An asterisk * denotes brands with products enrolled in the Non-GMO Project’s third party Product Verification Program. Learn more at: nongmoproject.org
DAIRY PRODUCTS & ALTERNATIVE DAIRY PRODUCTS

Some U.S. dairy farms inject the genetically engineered hormone rbGH, also called rbST, into their cows to boost milk production. Organic dairy products are rbGH-free and do not use GM grains as feed. Products with a label that indicates cows free of rbGH or rbST may come from cows fed GM feed. Many alternative dairy products are made from soybeans and may contain GM materials.

### Dairy Products: Non-GMO

<table>
<thead>
<tr>
<th>Certified Organic</th>
<th>Produced Without rbGH National</th>
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<tbody>
<tr>
<td>Alta Dena Organics</td>
<td>Alta Dena</td>
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<tr>
<td>Butterworks Farm</td>
<td>Ben &amp; Jerry’s Ice Cream</td>
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<tr>
<td>Harmony Hills Dairy</td>
<td>Brown Cow Farm</td>
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<tr>
<td>Horizon Organic</td>
<td>Crowley Cheese of Vermont</td>
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<tr>
<td>Morningland Dairy</td>
<td>Dannon</td>
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<tr>
<td>Nancy’s Organic Dairy*</td>
<td>Franklin County Cheese</td>
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<tr>
<td>Natural by Nature</td>
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### Organic Valley

- Organic Valley

### Radiance Dairy

- Radiance Dairy

### Safeway Organic Brand

- Safeway Organic Brand

### Seven Stars Farm*

- Seven Stars Farm*

### Straus Family Creamery*

- Straus Family Creamery*

### Stonyfield Farm

- Stonyfield Farm

### Wisconsin Organics

- Wisconsin Organics

### Woodstock Farms*

- Woodstock Farms*

### Produced Without rbGH National

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<thead>
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<th>Produced Without rbGH National</th>
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<tbody>
<tr>
<td>Grafton Village Cheese</td>
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<td>Great Hill Dairy</td>
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<tr>
<td>Lifetime Dairy</td>
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<tr>
<td>Nancy’s Natural Dairy</td>
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<tr>
<td>Walmart store brand</td>
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<td>Yoplait</td>
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### West Coast

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<tr>
<td>Joseph Farms Cheese</td>
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<td>Sunshine Dairy Foods</td>
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<tr>
<td>Tillamook Cheese</td>
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<td>Wilcox Family Farms</td>
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### Erivan Dairy Yogurt

- Erivan Dairy Yogurt

### Promised Land Dairy

- Promised Land Dairy

### Westby Cooperative Creamery

- Westby Cooperative Creamery

### Midwest and Gulf States

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<td>Anderson Erikson</td>
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<td>Chippewa Valley Cheese</td>
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### East Coast

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<tr>
<td>Erivan Dairy Yogurt</td>
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<tr>
<td>Farmland Dairies</td>
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<tr>
<td>Oakhurst Dairy</td>
</tr>
<tr>
<td>Wilcox Dairy, rbST-free dairy</td>
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- Wilcox Dairy, rbST-free dairy line only
May contain GMO ingredients
Colombo (General Mills)
Kemps, aside from “Select” brand
Land O’ Lakes
Parmalat
Sorrento
The Country’s Best Yoghurt

Alternative Dairy Products
Non-GMO
Belsoy
EdenSoy*
Imagine Foods/Soy Dream
Nancy’s Cultured Soy*
Nancy’s Organic Cultured Soy*
Organic Valley Soy*
Pacific Soy*
Silk
Soy Delicious
Sun Soy
Stonyfield Farm O’Soy
Tofutti
VitaSoy/Nasoya
WestSoy
WholeSoy*
Yves The Good Slice
Zen Don
May contain GMO ingredients
8th Continent

BABY FOODS & INFANT FORMULA
Milk or soy protein is the basis of most infant formulas. The secret ingredients in these products are often soy or milk from cows injected with rbGH. Many brands also add GMO-derived corn syrup, corn syrup solids, or soy lecithin.

Non-GMO
Baby’s Only, certified organic
Earth’s Best
Gerber products
HAPPYBABY
Mom Made Meals
Organic Baby*
Plum Organics
Tastybaby
May contain GMO ingredients
Beech-Nut
Enfamil
Good Start
Nestlé
Similac/Isomil
GRAINS, BEANS & PASTA
Other than corn, no GM grains are sold on the market. Look for 100-percent wheat pasta, couscous, rice, quinoa, oats, barley, sorghum, and dried beans (except soybeans).

Non-GMO
Bob’s Red Mill, organic line
Eden certified organic grains*
Field Day*

Packaged Meals
Non-GMO
Amy’s
Annie’s*
Casbah (Hain-Celestial)
Dr. McDougall’s Right Foods
Fantastic Foods*
Ian’s Natural Foods
Lotus Foods
Lundberg Farms Rice
Sensations*
Organic Planet*

CEREALS & BREAKFAST BARS
Cereals and breakfast bars are very likely to include GMO ingredients, because they are often made with corn and soy products.

Non-GMO:
Ambrosial Granola
Barbara’s, organic line
Cascadian Farms
Eden*
EnviroKidz*
Golden Temple
Grandy Oats
Health Valley, organic line
Lundberg® Rice Cereal*
Nature’s Path*
Nonuttin’

Omega Smart Bars
Peace Cereal Organic
Ruth’s
Simple Sweets
Sunridge Farms

May Contain GMO Ingredients
General Mills
Kellogg
Post (Kraft)
Quaker
BAKED GOODS
While baking ingredients such as wheat flour, rice, kamut, and oats are not genetically modified, many packaged breads and bakery items contain other GMO ingredients such as corn syrup.

Non-GMO
Arrowhead Mills (organic)
Bakery on Main
Berlin Natural Bakery*
Bob’s Red Mill (organic line)
Dr. McDougall’s Right Foods
Dr Oetker Organics
French Meadow
Natural Ovens Bakery (organic)
Nature’s Path*
Rudi’s Organic Bakery

Rumford Baking Powder
Tumaros*

May Contain GMO Ingredients
Aunt Jemima (Pinnacle Foods)
Betty Crocker (General Mills)
Calumet Baking Powder (Kraft)
Duncan Hines (Pinnacle Foods)
Hungry Jack (Smucker’s)
Pillsbury (Smucker’s)

FROZEN FOODS
Many frozen foods are highly processed. Keep an eye out for the Big Four at-risk ingredients and stay away from frozen foods that contain them, unless they are marked organic or non-GM.

Non-GMO
A.C. LaRocco
Amy’s Kitchen
Cascadian Farms
Cedarlane
Helen’s Kitchen
Ian’s Natural Foods
Linda McCartney
Mom Made Meals
Morningstar Farms
Rising Moon*
The Simple Soyman
Woodstock Farms*

May Contain GMO Ingredients
Boca, unless organic (Kraft)

Celeste (Pinnacle Foods)
Eggo Waffles (Kellogg)
Gardenburger
Green Giant (General Mills)
Healthy Choice (ConAgra)
Kid’s Cuisine (ConAgra)
Lean Cuisine (Nestle)
Marie Callender’s (ConAgra)
Morningstar Farms, unless organic soy line (Kellogg)
Rosetto Frozen Pasta (Nestle)
Stouffer’s (Nestle)
Swanson (Campbell’s)
Tombstone (Kraft)
Totino’s (Smucker’s)
Voila! (Birds Eye/Unilever)
SOUPS, SAUCES & CANNED FOODS
Many soups and sauces are highly processed, so give the ingredient lists close attention to avoid the Big Four at-risk ingredients.

Soups: Non-GMO
Amy’s
Fantastic Foods*
Health Valley/Westbrae
Imagine Natural
Natural/Hain
ShariAnn’s Organics
Walnut Acres Certified Organic

May Contain GMO Ingredients
Chef Boyardee, Healthy Choice (ConAgra)
Campbell’s products (Healthy Request, Chunky, Simply Home, & Pepperidge Farm)
Hormel products
Progresso Soups (General Mills)

Sauces/Salsas Non-GMO
Amy’s
Annie’s*
Eden*
Emerald Valley Kitchen
Field Day*
Green Mountain Gringo*
Muir Glen Organic
Rising Moon*
Seeds of Change pasta sauce
Walnut Acres pasta sauce

May Contain GMO Ingredients
Bertolli (Unilever)
Chi-Chi’s (Hormel)
Classico (Heinz)
Del Monte
Healthy Choice (ConAgra)
Hunt’s (ConAgra)
Old El Paso (General Mills)
Pace (Campbell’s)
Prego (Campbell’s)
Ragu (Unilever)

Canned Food: Non-GMO
Amy’s
Annie’s*
Eden*
ShariAnn’s organic beans
Westbrae organic beans
Yves Veggie Cuisine (Hain Celestial)

May Contain GMO Ingredients
Chef Boyardee
Dinty Moore, Stagg, Hormel (Hormel)
Franco-American (Campbell’s)

Woodstock Farms*
CONDIMENTS, OILS, DRESSINGS & SPREADS

Unless labeled explicitly, corn, soybean, cottonseed, and canola oils probably contain genetically modified products. Choose pure olive, coconut, sesame, sunflower, safflower, almond, grapeseed, and peanut oils. Also choose preserves, jams, and jellies with cane sugar, not corn syrup.

Non-GMO
Annie’s*
Bountiful Bean
Bragg’s liquid amino
Carrington Farms Flax Seed
Crofter’s Organic
Drew’s salad dressing
Eden*
Emerald Cove
Emerald Valley Kitchen
Emperor’s Kitchen*
Field Day*
Follow Your Heart*
Harvest Moon Mushrooms
Ian’s Natural Foods
I.M. Health SoyNut Butters
Krazy Ketchup
Maranatha Nut Butters
Miso Master*
Muir Glen organic
tomato ketchup
Nasoya
Newmans Own Organic
Ruth’s
Spectrum oils and dressings

SushiSonic Asian Condiments*
The Simple Soyman
Tropical Traditions
Vegan by Nature Buttery
Spreads
Vigoa Cuisine
Wholemato
Woodstock Farms*

May Contain GMO Ingredients
Crisco (Smucker’s)
Del Monte
Heinz
Hellman’s (Unilever)
Kraft condiments and dressings
Mazola
Pam (ConAgra)
Peter Pan (ConAgra)
Skippy (Unilever)
Smucker’s, unless “Simply 100% Fruit”
Wesson (ConAgra)
Wish-Bone (Unilever)
SNACK FOODS

Look for snacks made from wheat, rice, or oats, and ones that use sunflower or safflower oils. There is no GM popcorn on the market, nor is there blue or white GM corn.

Snacks: Non-GMO
Barbara’s, organic line
Bearitos/Little Bear Organics (Hain Celestial)
Earthly Treats
Eco-Planet
Eden*
Field Day*
Garden of Eatin’
Grandy Oats
Hain Pure Snax/Hain Pure Foods
Health Valley
Ian’s Natural Foods
Kettle Foods*
Kopali Organics
Late July Organic Snacks
Mary’s Gone Crackers*
Nature’s Path*
Namaste Foods
Newman’s Own Organics
Peeled Snacks
Plum Organics Tots
Revolution Foods
Tasty Brand
Newman’s Own
Ruth’s
Simple Sweets
Sunridge Farms
Woodstock Farms, organic*

May Contain GMO Ingredients
FritoLay (Lay’s, Ruffles, Doritos, Cheetos, Tostitos)
Hostess Products
Keebler (Kellogg’s)
Kraft (Nabisco, Nilla Wafers, Oreo’s, Ritz, Nutter Butter, Honey Maid, SnackWells, Teddy Grahams, Wheat Thins, Triscuit)
Pepperidge Farm (Campbell’s) Pringles
Quaker Oats

Energy Bars: Non-GMO
Clif Bar
Divine Foods
Genisoy Bars
GoodOnYa Bar
Lara Bar
Luna Bar
Macrobars
MacroLife Naturals
Nature’s Path*
Nutiva
Odwalla
Optimum Energy Bar
Organic Food Bar
Ruth’s
Weil by Nature’s Path Organic

May Contain GMO Ingredients
Balance Bar
Nature Valley (General Mills)
Nabisco Bars (Kraft)
PowerBar (Nestle)
Quaker Granola
CANDY, CHOCOLATE PRODUCTS & SWEETENERS

Many sweeteners, and products like candy and chocolate that contain them, can come from GMO sources. Look for organic and non-GMO sweeteners, candy and chocolate products made with 100% cane sugar, evaporated cane juice or organic sugar to avoid GM beet sugar, and watch out for soy lecithin in chocolates and corn syrup in candies.

The sweetener aspartame is derived from GM microorganisms. It is also referred to as NutraSweet® and Equal® and is found in over 6,000 products, including soft drinks, gum, candy, desserts, yogurt, tabletop sweeteners, and some pharmaceuticals such as vitamins and sugar-free cough drops.

Chocolate: Non-GMO
Chocolove
Endangered Species*
Green & Black’s Organic
Kopali Organics
Lindt Chocolate
Newman’s Own
Nonuttin’
Woodstock Farms (organic)*

May Contain GMO Ingredients
Ghirardelli Chocolate
Hershey’s
Nestlé (Crunch, Kit Kat, Smarties)
Toblerone (Kraft)

Candy: Non-GMO
Jelly Belly
Pure Fun Confections
Reed’s Crystallized Ginger
certified organic
St. Claire Organic

Sunridge Farms

May Contain GMO Ingredients
Hershey’s
Lifesaver (Kraft)
Nestlé

Sweeteners: Non-GMO
Eden*
Sweet Cloud*
Tropical Traditions
Woodstock Farms, organic*
SODAS, JUICES & OTHER BEVERAGES

Most juices are made from GMO-free fruit (avoid papaya though, as it could be GMO), but the prevalence of corn-based sweeteners—e.g. high-fructose corn syrup—in fruit juices is cause for concern. Many sodas are primarily comprised of water and corn syrup. Look for 100-percent juice blends.

Non-GMO
- After the Fall organic juices
- Big Island Organics
- Blue Sky
- Cascadian Farm
- Crofters Organic
- Eden*
- Frey Vinyards
- Nancy’s Organic Lowfat Kefir
- Odwalla
- Organic Valley
- Quinoa Gold
- Mixerz All Natural Cocktail
- ...Mixers
- R.W. Knudsen organic juices and spritzers (Smucker’s)
- Santa Cruz Organic (Smucker’s)
- Sea20 Organic Energy Drink
- Teeccino Herbal Caffe
- Walnut Acres Organic Juices
- Woodstock Farms, organic*

May Contain GMO Ingredients
- Coca-Cola (Fruitopia, Minute Maid, Hi-C, NESTEA)
- Hansen Beverage Company
- Hawaiian Punch (Procter and Gamble)
- Kraft (Country Time, Kool-Aid, Crystal Light, Capri Sun, Tang)
- Libby’s (Nestlé)
- Ocean Spray
- Pepsi (Tropicana, Frappuccino, Gatorade, SoBe, Dole)
- Sunny Delight (Procter and Gamble)

NOTE: This guide was compiled based on company statements, not genetic testing. Any product labeled as Non-GMO indicates that its manufacturing process is designed to avoid GMOs, but consumers should be aware that GM contamination is possible due to natural pollen movement, weather events, seed contamination, or human error. Hence there is no guarantee such products are 100% free of GMOs.

Center for Food Safety’s participation in this guide does not necessarily imply endorsement of any of the products or labels listed in this guide.
INVISIBLE GM INGREDIENTS

Processed foods often have hidden GM sources (unless they are organic or declared non-GMO). The following are ingredients that may be made from GMOs.

Aspartame
baking powder
canola oil (rapeseed)
caramel color
cellulose
citric acid
cobalamin (Vit. B12)
colorose
condensed milk
confectioners sugar
corn flour
corn gluten
corn masa
corn meal
corn oil
corn sugar
corn syrup
cornstarch
cyclodextrin
cystein
dextrin
dextrose
diacetyl
diglyceride
Equal
food starch
fructose (any form)
glucose
glutamate
glutamic acid
gluten
glycerides
glycerin
glycerol
glycerol monooleate
glycine
hemicellulose
high fructose corn syrup (HFCS)
hydrogenated starch
hydrolyzed vegetable protein
inositol
inverse syrup
invert sugar
inversol
isoflavones
lactic acid
lecithin
leucine
lysine
malitol
malt
malt syrup
malt extract
maltodextrin
maltose
mannitol
methylcellulose
milk powder
milo starch
modified food starch
modified starch
mono and diglyceride
monosodium glutamate (MSG)
Nutrasweet
oleic acid
Phenylalanine
phytic acid
protein isolate
shoyu
sorbitol
soy flour
soy isolates
soy lecithin
soy milk
soy oil
soy protein
soy protein isolate
soy sauce
starch
stearic acid
sugar (unless cane)
tamari
tempeh
teriyaki marinade
textured vegetable protein
threonine
tocopherols (Vit E)
tofu
trehalose
triglyceride
vegetable fat
vegetable oil
Vitamin B12
Vitamin E
whey
whey powder
xanthan gum

Ascorbic acid (Vitamin C) although usually derived from corn, is probably not GM because it is not likely made in North America.
These companies support your right to choose Non-GMO products and have contributed toward the printing of this guide:

http://www.nongmoShoppingGuide.com

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