

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 and 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.

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

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 Hawaii—about half of Hawaii'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

Wilcox Farms 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)

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

Certified Organic

Alta Dena Organics	Organic Valley
Butterworks Farm	Radiance Dairy
Harmony Hills Dairy	Safeway Organic Brand
Horizon Organic	Seven Stars Farm*
Morningland Dairy	Straus Family Creamery*
Nancy's Organic Dairy*	Stonyfield Farm
Natural by Nature	Wisconsin Organics
	Woodstock Farms*

Produced Without rbGH National

Alta Dena	Grafton Village Cheese
Ben & Jerry's Ice Cream	Great Hill Dairy
Brown Cow Farm	Lifetime Dairy
Crowley Cheese of Vermont	Nancy's Natural Dairy
Dannon	Walmart store brand
Franklin County Cheese	Yoplait

West Coast

Alpenrose Dairy	Joseph Farms Cheese
Berkeley Farms	Sunshine Dairy Foods
Clover Stornetta Farms	Tillamook Cheese
	Wilcox Family Farms

Midwest and Gulf States

Anderson Erikson	Erivan Dairy Yogurt
Chippewa Valley Cheese	Promised Land Dairy
	Westby Cooperative Creamery

East Coast

Blythedale Farm Cheese	Erivan Dairy Yogurt
Crescent Creamery	Farmland Dairies
Derle Farms, milk with	Oakhurst Dairy
“no rbST” label only	Wilcox Dairy, rbST-free dairy line only

May contain GMO ingredients

Colombo (General Mills)	Parmalat
Kemps, aside from "Select" brand	Sorrento
Land O' Lakes	The Country's Best Yoghurt

Alternative Dairy Products

Non-GMO

Belsoy	Sun Soy
EdenSoy*	Stonyfield Farm O'Soy
Imagine Foods/Soy Dream	Tofutti
Nancy's Cultured Soy*	VitaSoy/Nasoya
Nancy's Organic Cultured Soy*	WestSoy
Organic Valley Soy*	WholeSoy*
Pacific Soy*	Yves The Good Slice
Silk	Zen Don
Soy Delicious	

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*

Kamut
Lundberg Family Farms*
Sunridge Farms
Vita-Spelt pasta

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*

Rising Moon*
Seeds of Change organic meals

May Contain GMO Ingredients

Betty Crocker (General Mills)
Knorr (Unilever)
Kraft Macaroni & Cheese meals
Lipton meal packets (Unilever)
Near East (Quaker)
Pasta Roni & Rice-A-Roni meals
(Quaker)

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*

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)

May Contain GMO Ingredients

Boca, unless organic (Kraft)

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)

Woodstock Farms*

May Contain GMO Ingredients

Chef Boyardee
Dinty Moore, Stagg, Hormel
(Hormel)
Franco-American (Campbell's)

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.

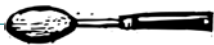
Non-GMO

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)
Earthy 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,
Oreos, 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

May Contain GMO Ingredients

Sunridge Farms
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

Teecino 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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