

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) is the laboratory process of artificially manipulating or 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.

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 GMO. (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 beets may soon enter the food supply. To avoid products containing GM beet sugar, look for products labeled as containing 100% cane sugar, evaporated cane juice, or products made with organic 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 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.

Eggs: Non-GMO

Egg Innovations Organic
Eggland’s Best 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 Kitchen
Sunshine Burger
Vitasoy
Wildwood
White Wave

May contain GMO ingredients

Boca, unless labeled organic (Kraft)
Gardenburger
Morningstar Farms, Morningstar Farms
Natural Touch, unless labeled organic (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—so be sure to purchase products with a label that indicates cows free of rbGH or rbST. Many alternative dairy products are made from soybeans and may contain GM materials.

Dairy Products: Non-GMO

Certified Organic

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

Produced Without rbGH National

Alta Dena
Ben & Jerry's Ice Cream
Brown Cow Farm
Crowley Cheese of Vermont
Franklin County Cheese
Grafton Village Cheese
Great Hill Dairy
Lifetime Dairy

West Coast

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

Midwest and Gulf States

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

East Coast

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

May contain GMO ingredients

Colombo (General Mills)
Dannon
Kemps (aside from "Select" brand)
Land O' Lakes
Parmalat
Sorrento
Yoplait (General Mills)

Alternative Dairy Products

Non-GMO

Belsoy
EdenSoy
Imagine Foods/Soy Dream
Nancy's Cultured 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 products)
Earth's Best
Gerber products
Organic Baby

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

Annie's Natural Pasta
Bob's Red Mill (organic line)
Eden certified organic grains
Vita-Spelt pasta

Packaged Meals

Non-GMO

Amy's Kitchen
Annie's Homegrown certified organic macaroni & cheese
Casbah (Hain-Celestial)
Dr. McDougall's Right Foods
Fantastic Foods
Lotus Foods

Lundberg Farms Rice Sensations
Organic Planet
Seeds of Change certified organic boxed meals

May Contain GMO Ingredients

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

Barbara's (organic line)
Cascadian Farms
EnviroKidz
Health Valley (organic line)
Nature's Path
Omega Smart Bars
Peace Cereal Organic

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 line)
Bakery on Main
Bob's Red Mill (organic line)
Dr. McDougall's Right Foods
Eden Organics
Rumford Baking Powder

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
Barbara's Certified Organic
Cascadian Farms Organic frozen meals and vegetables
Cedarlane
Linda McCartney frozen meals

Green Giant frozen meals (General Mills)
Healthy Choice (ConAgra)
Kid's Cuisine (ConAgra)
Lean Cuisine (Nestle)
Marie Callender's (ConAgra)
Morningstar Farms, Morningstar Farms Natural Touch, unless labeled organic (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 labeled organic (Kraft)
Celeste (Pinnacle Foods)
Eggo Waffles (Kellogg)
Gardenburger

SOUPS, SAUCES & CANNED FOODS

Many soups and sauces are highly processed and include ingredients that can be genetically modified, so give the ingredient lists close attention to avoid the Big Four at-risk ingredients.

Soups

Non-GMO

Amy's Soups
 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 (including Healthy Request, Chunky, Simply Home, and Pepperidge Farm)
 Hormel products
 Progresso products (General Mills)

Sauces/Salsas

Non-GMO

Annie's Natural
 Green Mountain Gringo & certified-organic salsa
 Muir Glen Organic pasta sauce & salsa
 Seeds of Change certified-organic pasta sauce
 Walnut Acres certified-organic 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 Kitchen
 Annie's Natural
 ShariAnn's certified organic beans
 Westbrae certified organic beans
 Yves Veggie Cuisine (Hain Celestial)

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
 Bragg's liquid amino
 Drew's salad dressing
 Emerald Cove
 Emperor's Kitchen
 Harvest Moon Mushrooms
 I.M. Health SoyNut Butters
 Maranatha Nut Butters
 Miso Master
 Muir Glen organic tomato ketchup
 Nasoya
 Spectrum oils and dressings
 SushiSonic Asian Condiments
 Vegan by Nature Buttery Spreads
 Vigoa Cuisine

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 (except their "Simply 100% Fruit" line of preserves)
 Wesson (ConAgra)
 Wish-Bone (Unilever)

SNACK FOODS

Many snack foods contain ingredients, especially oils, derived from the Big Four at-risk crops. 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)
Garden of Eatin'
Hain Pure Snax/Hain Pure Foods
Health Valley
Kettle Foods
Nature's Path Organic
Namaste Foods
Newman's Own Organics &
Newman's Own
(except salad dressing)

May Contain GMO Ingredients

FritoLay (Lay's, Ruffles, Doritos,
Cheetos, Tostitos)
Hostess Products
(Interstate Brands)
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 Company



Energy Bars

Non-GMO

Clif Bar
Genisoy Bars
Luna Bar
Lara Bar
Nutiva Macrobars
Odwalla
Optimum Energy Bar
Weli by Nature's Path Organic

May Contain GMO Ingredients

Balance Bar
Nature Valley snack bars and
granola bars (General Mills)
Nabisco Bars (Kraft)
PowerBar (Nestle)
Quaker Granola Bars

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 Chocolate
Ghirardelli Chocolate
Green & Black's Organic Chocolate
Newman's Own

May Contain GMO Ingredients

Hershey's
Nestlé (Crunch, Kit Kat, Smarties)
Toblerone (Kraft)

Candy

Non-GMO

Jelly Belly
Reed's Crystallized Ginger
candy (certified organic)
St. Claire Organic

May Contain GMO Ingredients

Hershey's
Lifesaver (Kraft)
Nestlé

Sweeteners

Non-GMO

Sweet Cloud



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. Similarly, 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 Organic soda

Cascadian Farm

Crofters Organic

Eden

Haiku Organic Japanese Teas

Knudsen organic juices and

spritzers (Smucker's)

Odwalla

One World organic black teas

Quinoa Gold

Santa Cruz Organic (Smucker's)

Sea2o Organic Energy Drink

Teccino Herbal Caffè

Walnut Acres Organic Juices

May Contain GMO Ingredients

Blue Sky Natural Beverage

Company

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)

SPECIAL 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.

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	glycerin	milo starch
baking powder	glycerol	modified starch
caramel color	glycerol	monosodium
cellulose	monooleate	glutamate MSG
citric acid	glycine	oleic acid
cobalamin	hemicellulose	Phenylalanine
(Vitamin B12)	high fructose	phytic acid
corn gluten	corn syrup	sorbitol
corn masa	(HFCS)	soy flour
corn oil	hydrogenated	soy isolates
corn syrup	starch	soy lecithin
cornmeal	hydrolyzed veg-	soy protein
cornstarch	etable protein	starch
cyclodextrin	inositol	stearic acid
cystein	invert sugar	inverse syrup
dextrin	(colorose or	tempeh
dextrose	inversol)	threonine
diacetyl	tamari	tocopherols
diglyceride	isoflavones	(Vitamin E)
fructose	lactic acid	tofu
fructose	lecithin	trehalose
(crystalline)	leucine	triglyceride
glucose	lysine	vegetable fat
glutamate	malitol	vegetable oil
glutamic acid	maltodextrin	Vitamin B12
gluten	maltose	Vitamin E
glycerides	mannitol	xanthan gum
	methylcellulose	