

NON-GMO SHOPPING GUIDE

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



THE CAMPAIGN FOR HEALTHIER EATING IN AMERICA
No Genetically Modified Organisms



CENTER FOR
FOOD SAFETY



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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.

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.

Non-GMO *Organic Prairie, Vital Choice,*

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
Bountiful Bean
Sunshine Burger
The Simple Soyman
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. Organic dairy products are rbGH-free and do 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

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

Produced Without rbGH National

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

West Coast

<i>Alpenrose Dairy</i>	<i>Joseph Farms Cheese</i>
<i>Berkeley Farms</i>	<i>Sunshine Dairy Foods</i>
<i>Clover Stometta Farms</i>	<i>Tillamook Cheese</i>
	<i>Wilcox Family Farms</i>

Midwest and Gulf States

<i>Chippewa Valley Cheese</i>	<i>Promised Land Dairy</i>
<i>Erivan Dairy Yogurt</i>	<i>Westby Cooperative Creamery</i>

East Coast

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

May contain GMO ingredients

<i>Colombo (General Mills)</i>	<i>Parmlat</i>
<i>Dannon</i>	<i>Sorrento</i>
<i>Kemps (aside from "Select" brand)</i>	<i>The Country's Best Yoghurt</i>
<i>Land O' Lakes</i>	<i>Yoplait (General Mills)</i>

Alternative Dairy Products

Non-GMO

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



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

<i>Baby's Only</i>
<i>(certified organic products)</i>
<i>Earth's Best</i>
<i>Gerber products</i>
<i>HAPPYBABY</i>
<i>Mom Made Meals</i>
<i>Organic Baby</i>
<i>Plum Organics</i>

May contain GMO ingredients

<i>Beech-Nut</i>
<i>Enfamil</i>
<i>Good Start</i>
<i>Nestlé</i>
<i>Similac/Isomil</i>

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
Kamut
Lundberg Family Farms
Sunridge Farms
Vita-Spelt pasta

Ian's Natural 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)

Packaged Meals

Non-GMO

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

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® Purely Organic
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 line)
Bakery on Main
Bob's Red Mill (organic line)
Dr. McDougall's Right Foods
Dr Oetker Organics
French Meadow
Natural Ovens Bakery (organic line)
Nature's Path

Rudi's Organic Bakery
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
Cascadian Farms Organic frozen meals and vegetables
Cedarlane
Helen's Kitchen
Ian's Natural Foods
Linda McCartney frozen meals
Mom Made Meals
Plum Organics Kids
The Simple Soyma

May Contain GMO Ingredients

Boca, unless labeled organic (Kraft)
Celeste (Pinnacle Foods)

Eggo Waffles (Kellogg)
Gardenburger
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)

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

Sauces/Salsas Non-GMO

Amy's (organic line)
Annie's Natural
Eden
Emerald Valley Kitchen
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

Chef Boyardee, Healthy Choice
(ConAgra)
Campbell's products (including
Healthy Request, Chunky,
Simply Home, and Pepperidge
Farm)
Hormel products
Progresso products
(General Mills)

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 Natural
Eden
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
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
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
Vegan by Nature Buttery Spreads
Vigoa Cuisine
Wholemato

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

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)
Eco-Planet
Eden
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 Organic
Namaste Foods
Newman's Own Organics

Newman's Own
(except salad dressing)

Ruth's
Simple Sweets
Sunridge Farms

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
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 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
Green & Black's Organic Chocolate
Kopali Organics
Lindt Chocolate
Nonuttin'

Newman's Own
Nonuttin'

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
candy (certified organic)

St. Claire Organic
Sunridge Farms

May Contain GMO Ingredients

Hershey's
Lifesaver (Kraft)
Nestlé

Sweeteners

Non-GMO

Eden
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. 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 Vineyards

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 Caffè

Walnut Acres Organic Juices

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)

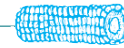
Sunny Delight (Procter and

Gamble)

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	

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:



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