

NON-GMO SHOPPING GUIDE

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



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HEALTHY EATING
Starts with No GMOs!



CENTER FOR
FOOD SAFETY

THE CAMPAIGN FOR HEALTHIER EATING IN AMERICA
No Genetically Modified Organisms



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Visit **NONgmoShoppingGuide.com**
for updates and additional categories.

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.” Products that carry the Non-GMO Project Seal have third party verification as being in compliance with Non-GMO Project standards for GMO avoidance. Some products limit their claim to only one particular “At-Risk” ingredient such as soy lecithin, listing it as “non-GMO.” Look for dairy products labeled “No rBGH or rBST,” or “artificial hormone-free.”

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.

Now available on the iPhone: ShopNoGMO
Online at: NONgmoShoppingGuide.com

BOLD with an asterisk * denotes brands with products enrolled in the Non-GMO Project's third party GMO Avoidance Verification Program.

Learn more at: www.NONGMOProject.org/consumers

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

Born Free Organic
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
EcoVegan
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

Butterworks Farm

Chase Organic Dairy

Harmony Hills Dairy

Horizon Organic

Morningland Dairy

Nancy's Organic Dairy*

Natural by Nature

Organic Valley

Radiance Dairy

Safeway Organic Brand

Seven Stars Farm*

Straus Family Creamery*

Stonyfield Farm

Wisconsin Organics

Woodstock Farms*

Produced Without rbGH National

Alta Dena

BelGioioso Cheese Inc.

Ben & Jerry's Ice Cream

Brown Cow Farm

Crowley Cheese of Vermont

Dannon

Franklin County Cheese

Grafton Village Cheese

Great Hill Dairy

Lifetime Dairy

Nancy's Natural Dairy

Roth Kase USA

Walmart store brand

Yoplait

May contain GMO ingredients

Colombo (General Mills)

Kemps, aside from "Select" brand

Land O' Lakes

Parmalat

Sorrento

The Country's Best Yoghurt

For regional lists of rbGH-free sources of Dairy Products:

NONgmoShoppingGuide.com

Now available on the iPhone: **ShopNoGMO**

Alternative Dairy Products

Non-GMO

Belsoy

EdenSoy*

Imagine Foods/Soy Dream

Lisanatti

Nancy's Cultured Soy*

Nancy's Organic Cultured Soy*

Organic Valley Soy*

Pacific Natural Foods*

Silk

So Delicious



Sun Soy

Stonyfield Farm O'Soy

Tofutti

VitaSoy/Nasoya

WestSoy

WholeSoy*

Wildwood

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 Organic

Bella Baby

Earth's Best

Gerber

HAPPYBABY

Mom Made Meals

Organic Baby*

PediaSmart

Plum Organics

Tastybaby

May contain GMO ingredients

Beech-Nut

Enfamil

Good Start

Nestlé

Similac/Isomil

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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*

Bob's Red Mill, organic

Eden*

Field Day*

KAMUT

Lundberg Family Farms*

Organic Planet*

Sunridge Farms

Vita-Spelt pasta

Packaged Meals

Non-GMO

Amy's

Casbah (Hain-Celestial)

Dr. McDougall's Right Foods

Fantastic Foods*

Ian's Natural Foods

Lotus Foods

Lundberg Farms Rice

Sensations*

Rising Moon*

Seeds of Change organic meals

May Contain GMO Ingredients

Betty Crocker (General Mills)

Knorr (Unilever)

Kraft Macaroni & Cheese

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

Annie's*

Ambrosial Granola

Barbara's, organic

Cascadian Farms

Eden*

EnviroKidz*

Golden Temple

Grandy Oats

Health Valley, organic

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
Dr. McDougall's Right Foods
Dr. Oetker Organics
French Meadow, organic
Natural Ovens Bakery, organic
Nature's Path*
Rudi's Organic Bakery

Rapunzel
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
Rising Moon*
The Simple Soyman
Woodstock Farms*

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 (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)
Celeste (Pinnacle Foods)

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

Rapunzel

ShariAnn's Organics

Walnut Acres, 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

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

Westbrae, organic

Yves Veggies 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 Naturals*

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

Kettle Brand*

Krazy Ketchup
Maranatha Nut Butters

Miso Master*

Muir Glen Organic ketchup
Nasoya
Newmans Own Organic
Rapunzel
Ruth's
Sage Hills Farms

Spectrum oils and dressings

SushiSonic Condiments*

The Simple Soyman
Tropical Traditions
Vegan by Nature Buttery Spread
Vigoa Cuisine
Wholemato
Wildwood

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)



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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

Annie's*

Barbara's, organic
Bearitos/Little Bear Organics
(Hain Celestial)

Earthly Treats

Eco-Planet

Eden*

Field Day*

Funky Monkey
Garden of Eatin'
Grandy Oats
Hain Pure Snax/Hain Pure Foods
Health Valley

Ian's Natural Foods

Kettle Brand*

Kopali Organics
Late July Organic Snacks

Mary's Gone Crackers*

Nature's Path*

Namaste Foods
Newman's Own Organics
Newman's Own, except salad dressings

Peeled Snacks

Peter Rabbit Organics

Plum Organics Tots

Rapunzel

Revolution Foods

Ruth's

Simple Sweets

Sunridge Farms

Tasty Brand

Woodstock Farms*

May Contain GMO Ingredients

FritoLay (Lay's, Ruffles,
Doritos, Cheetos, Tostitos)

Hostess

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

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

Dagoba

Endangered Species*

Green & Black's Organic

Kopali Organics

Lindt Chocolate

Newman's Own

Nonuttin'

Rapunzel

Woodstock Farms*

May Contain GMO Ingredients

Ghirardelli Chocolate

Hershey's

Nestlé (Crunch, Kit Kat,
Smarties)

Toblerone (Kraft)

Candy: Non-GMO

Pure Fun Confections

Reed's Ginger Candy, organic

St. Claire Organic

Sunridge Farms

Woodstock Farms*

May Contain GMO Ingredients

Hershey's

Jelly Belly

Lifesaver (Kraft)

Nestlé

Sweeteners: Non-GMO

Eden*

Sweet Cloud*

Tropical Traditions

Woodstock Farms*



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 (Smuckers)

Big Island Organics

Blue Sky

Cascadian Farm

Crofters Organic

Eden*

Field Day*

Frey Vineyards

Mixerz All Natural Cocktail Mixers

Naked Juices

Nancy's Organic Lowfat Kefir

Odwalla

Organic Valley

PediaSmart

Quinoa Gold

R.W. Knudsen, organic

(Smucker's)

Santa Cruz Organic (Smucker's)

Sea20 Organic Energy Drink

Teeccino Herbal Caffe

Walnut Acres Organic Juices

Woodstock Farms*

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, also called
NutraSweet®, *Canderel®*,
Equal Spoonful®, *E951*,
BeneVia®, *AminoSweet®*
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
erythritol
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.

Now available on the iPhone: [ShopNoGMO Online at: NONgmoShoppingGuide.com](http://ShopNoGMOOnline.com)

These companies support your right to choose Non-GMO products and have contributed toward printing this guide:



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