NON-GMO SHOPPING GUIDE

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

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THE CAMPAIGN FOR HEALTHIER EATING IN AMERICA

No Genetically Modified Organisms

CENTER FOR FOOD SAFETY

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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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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 Prarie, 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

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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 an 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*

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 (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
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 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 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

Sweetners: 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

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

Online at:
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