

NON-GMO SHOPPING GUIDE

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



Available at the iPhone
 App Store
ShopNoGMO


HEALTHY EATING
Starts with No GMOs!
THE CAMPAIGN FOR HEALTHIER EATING IN AMERICA
No Genetically Modified Organisms

Contents

| | |
|---|----|
| Introduction & Overview | 1 |
| Alternative Dairy Products | 2 |
| Baby Food & Infant Formula | 3 |
| Beverages | 3 |
| Body Care Products | 4 |
| Breads & Baked Goods | 4 |
| Candy, Chocolate & Sweeteners | 4 |
| Cereal & Breakfast Foods | 5 |
| Condiments, Oils, Dressings & Spreads | 5 |
| Dairy Products | 6 |
| Feed & Seed | 8 |
| Fruits & Vegetables | 8 |
| Grains, Beans, & Flour | 8 |
| Herbs, Spices & Other Ingredients | 9 |
| Meat, Fish & Eggs | 9 |
| Mercantile | 10 |
| Packaged/Frozen Meals | 10 |
| Pasta | 10 |
| Pet Products | 11 |
| Snack Foods & Bars | 11 |
| Soups & Sauces | 12 |
| Tofu, Tempeh, & Alternative Meat Products | 12 |
| Vitamins & Supplements | 12 |
| Wholesale Ingredients | 13 |
| Invisible GM Ingredients | 13 |

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for updates and additional categories.



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Introduction & Overview

What is a GMO?

Genetically modified organisms (GMOs) are made by forcing genes from one species, such as bacteria, viruses, animals, or humans, into the DNA of a food crop or animal to introduce a new trait.

Why Should I Avoid GMOs?

The American Academy of Environmental Medicine reported that “Several animal studies indicate serious health risks associated with GM food,” including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system. **Many physicians advise ALL patients to choose healthier non-GMO foods.**

Tips to Avoid GMOs?

Tip #1: Buy Organic

Certified organic products cannot intentionally include any GMO ingredients. Buy products labeled “100% organic,” “organic,” or “made with organic ingredients.” You can be doubly sure if the product also has a Non-GMO Project Verified Seal.

Tip #2: Look for Non-GMO Project Seals

This guide features brands enrolled in the Non-GMO Project. The Non-GMO Project is a non-profit organization committed to providing consumers with clearly labeled and independently verified non-GMO choices including testing of at-risk ingredients. Visit NonGMOProject.org for more information on their third-party product verification program.



Tip #3: Avoid At-Risk Ingredients

If it's not labeled organic or verified non-GMO: Avoid products made with ingredients that might be derived from GMOs. The eight GM food crops are Corn, Soybeans, Canola, Cottonseed, Sugar Beets, Hawaiian Papaya (most) and a small amount of Zucchini and Yellow Squash.

Sugar: If a non-organic product made in North America lists "sugar" as an ingredient (and NOT pure cane sugar), then it is almost certainly a combination of sugar from both sugar cane and GM sugar beets.

Dairy: Products may be from cows injected with GM bovine growth hormone. If it's not labeled Organic, or Non-GMO Project, verified look for labels stating No rbGH, rbST, or artificial hormones.

Tip #4: Download the Guide

Visit **NonGMOShoppingGuide.com** to download a complete list of Non-GMO products available from each brand in this guide or use **ShopNoGMO** App on your iPhone - available for free at the iTunes store.

Alternative Dairy Products

Are you vegan, lactose intolerant or have allergies to dairy? You're probably already familiar with dairy alternatives, such as soy milk, almond milk, rice milk, and other substitute products. Since so many alternative dairy products are made from soybeans, be aware that they may contain GM materials. *The brands featured below are enrolled in the Non-GMO Project.*

| | |
|------------------------------|-----------------------|
| 365 | Organic Valley |
| Eden | Pacific Natural Foods |
| Follow Your Heart | Pulmuone Wildwood |
| Growing Naturals | Silk |
| Hemp Bliss | So Delicious |
| Luna & Larry's Coconut Bliss | Soy Kaas |
| Manitoba Harvest | Westsoy |
| Nancy's | WholeSoy & Co. |
| Native Forest | |

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. *The brands featured below are enrolled in the Non-GMO Project.*

Earth's Best
HAPPYBABY Pouches
HAPPYTOT

Little Duck Organics
Organic Baby

Beverages

Most juices are made from non-GMO fruit (avoid papaya though, as it could be the Hawaiian GMO variety), but the prevalence of corn-based sweeteners — e.g. high-fructose corn syrup (HFCS) — in fruit juices is cause for concern. Many sodas are primarily comprised of water and corn syrup. Look for 100 percent juice blends. Some brands are now moving away from HFCS to sugar, but unless it is pure cane sugar, it will include sugar from GM sugar beets. The sweetener aspartame is derived from GM microorganisms. It is referred to as NutraSweet and Equal and is found in over 6,000 products, including diet drinks and diet sodas. *The brands featured below are enrolled in the Non-GMO Project.*

365
Bragg
Café Altura
Choice Organic Teas
Earth Balance
Field Day
GoodBelly
Guayaki
Haiku
Hemp Bliss
Hemptein
Meijer Naturals

North Coast
Nutiva
One Natural Experience
One World
Prairie Emerald
Rapunzel
Silk
So Delicious
Traditional Medicinals
Whole Foods Marke
Woodstock Farms



Body Care

The GM ingredients found in body care products are largely soy and corn derivatives. *The brands featured below are enrolled in the Non-GMO Project.*

EO



Breads & 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, soy flour, and sugar from sugar beets. *The brands featured below are enrolled in the Non-GMO Project.*

365
Barbara's Bakery
Berlin Natural Bakery

Hodgson Mill
Maria & Ricardo
Meijer Naturals

Candy, Chocolate & 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 (to avoid the GM beet sugar), evaporated cane juice or organic 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 or 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. *The brands featured below are enrolled in the Non-GMO Project.*

365
Attune Foods
Crispy Cat
Endangered Species Chocolate
Grain Place Foods
Let's Do...

Lundberg Family Farms
Meijer Naturals
NuGo
Rapunzel
Woodstock Farms



Cereals & Breakfast Foods

Cereals and breakfast bars are very likely to include GMO ingredients because they are often made with corn and soy products and non-cane sugars. *The brands featured below are enrolled in the Non-GMO Project.*

365
Bakery On Main
Barbara's Bakery
Chez Gourmet
Eden
Envirokidz
Erewhon
Hodgson Mill
Lundberg Family Farms

Mediterranean Organic
Meijer Naturals
Nature's Path
Nutiva
Old Wessex
Prana Foods
Uncle Sam
Weetabix

Condiments, Oils, Dressings & Spreads

Unless labeled explicitly, corn, soybean, cottonseed, and canola oils produced in North America almost certainly 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 unspecified "sugar" (which will likely contain GM beet sugar) or corn syrup. *The brands featured below are enrolled in the Non-GMO Project.*

365
Bragg
Coconut Secret
Earth Balance
Eden
Emerald Cove
Emperor's Kitchen
Field Day
Follow Your Heart
Green Mountain Gringo
Koyo
Manitoba Harvest
Mediterranean Organic
Meijer Naturals
Miso Master

Napa Valley Naturals
Nexcel Natural Ingredients
Nutiva
Prairie Emerald
Pulmuone Wildwood
Rapunzel
Rising Moon Organics
Salute Santé!
San-J
Stubb's
Sushi Sonic
Sweet Cloud
Viterra
Whole Foods Market
Woodstock Farms



Dairy Products

Some U.S. dairy farms inject the genetically engineered hormone rbGH, also called rbST, into their cows to boost milk production. There are now many dairy products with labels that indicate they do not use rbGH or rbST. Their cows may still be fed GM feed. Organic dairy products are not allowed to intentionally use rbGH or GM grains as animal feed. Many alternative dairy products are made from soybeans and may contain GM materials. *The brands featured immediately below are enrolled in the Non-GMO Project (the Non-GMO Project Standard does not allow the use of rbGH and sets rigorous testing thresholds for GMO presence in animal feed).*

365
Earth Balance
Nancy's
Pacific Natural Foods
Rumiano Cheese
Seven Stars Farm

Siggi's
Straus Family Creamery
White Mountain Foods
Woodstock Farms

No-rbGH

Certified Organic Brands

Alta Dena Organics
Butterworks Farm
Chase Organic Dairy
Harmony Hills Dairy
Horizon Organic
Morningland Dairy

Natural by Nature
Radiance Dairy
Safeway Organic Brand
Stonyfield Farm
Wisconsin Organics

Produced Without rbGH - National Brands

Alta Dena
BelGioioso Cheese Inc.
Ben & Jerry's Ice Cream
Brown Cow Farm
Crowley Cheese of Vermont
Dannon
Franklin County Cheese

Great Hill Dairy
Lifetime Dairy
Nancy's Natural Dairy
Roth Kase USA
Walmart store brand
Yoplait



Produced Without rbGH - West Coast

Alpenrose Dairy
Berkeley Farms
California Dairies, Inc.
Clover Stornetta Farms
Darigold
Foster Farms Dairy
Glanbia Foods, Inc.
Humboldt Creamery Co.

Joseph Farms Cheese
Producers Dairy Foods, Inc.
Stremick's Heritage Foods
Sunshine Dairy Foods
Super Store Industries
Tillamook Cheese
Wilcox Family Farms,
rbST-free dairy line only

Produced Without rbGH - Midwest and Gulf States

Anderson Erikson
BGC Manufacturing
Braum's Ice Cream
Chippewa Valley Cheese
Erivan Dairy Yogurt
Gossner Foods, Inc.
Hiland Dairy
Joseph Gallo Farms
Michigan Milk Producers Assoc.

Oberweis Dairy Inc.
Prairie Farms Dairy
Promised Land Dairy
Roberts Dairy
Shatto Milk
Shamrock Farms
Smith Dairy Products
Westby Cooperative Creamery
United Dairy Farmers, Inc.

Produced Without rbGH - East Coast

Blythedale Farm Cheese
Clover Farms
Cloverland/Green Spring Dairy
Crescent Creamery
Derle Farms, milk with "no rbST"
label only
Erivan Dairy Yogurt

Farmland Dairies
Publix Super Markets
Oakhurst Dairy
Schneider's Dairy
Wawa Dairy
Wilcox Dairy, rbST-free dairy line only

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

NonGMOShoppingGuide.com



Feed & Seed

If you're raising poultry or livestock and want to avoid GM feed in your animal's diet, look for organic and Non-GMO Project verified products. Talk to your veterinarian for detailed information on providing a balanced diet for your livestock. *The brands featured below are enrolled in the Non-GMO Project.*

Modesto Milling

Fruits & Vegetables (canned & frozen)

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. Even if the fruit or vegetable is non-GMO, if it is packaged, frozen, or canned, there may be GM additives. *The brands featured below are enrolled in the Non-GMO Project.*

365
Cape Cod Select
Emperor's Kitchen
Field Day
Funky Monkey Snacks
Little Duck Organics
Mary's Little Garden
Mediterranean Organic

Meijer Naturals
North Coast
Ole
Reese
Stahlbush Island Farms
Sunset
Sunset Kids
Woodstock Farms



Grains, Beans & Flour

Other than corn, no GM grains are sold on the market. Look for 100 percent wheat flour, pasta, couscous, rice, quinoa, oats, barley, sorghum, and dried beans (except soybeans). *The brands featured on the following page (page 9) are enrolled in the Non-GMO Project.*

365
Della
Eden
Field Day
gogo
Grain Place Foods
Hodgson Mill
Lotus Foods
Lundberg Family Farms
Meijer Naturals

Nutiva
Pacific Northwest Farmers
Cooperative
Prairie Emerald
RiceSelect
Salba
Stahlbush Island Farms
Stone Buhr Flour Company
Woodstock Farms
Yoga

Herbs, Spices & Other Ingredients

Although there are no spices that are genetically modified, sometimes spice combinations may include soy or corn derivatives. *The brands featured below are enrolled in the Non-GMO Project.*

365
A.Vogel
D & A
Don's Chuck Wagon
Emerald Cove
Emperor's Kitchen
Field Day
Mediterranean Organic
Meijer Naturals

Miso Master
Nutiva
Rapunzel
Ruth's Foods
Sushi Sonic
Whole Pantry
Woodstock Farms

Meat, Fish & Eggs

No genetically modified fish, fowl, or livestock is yet approved for human consumption. However, plenty of foods are produced from animals raised on GM feed such as grains. To avoid products from animals fed GMOs, look for organic products, wild caught (such as wild fish or game), and 100% grass-fed animals. *The brands featured below are enrolled in the Non-GMO Project.*

365
Natural Sea
Pure Country Pork Inc.



Mercantile

The Mercantile category is in its beginning stages but will feature an expanding list of brands offering organic and Non-GMO Project verified dry-goods, packaging alternatives and other merchandise. *The brands featured below are enrolled in the Non-GMO Project.*

VerTerra Dinnerware

For an updated list of Mercantile Products:
NonGMOShoppingGuide.com

Packed/Frozen Meals

Many frozen and packaged meals are highly processed. Keep an eye out for the Big Four at-risk ingredients and non-cane sugars. Stay away from frozen/packaged meals that contain them, unless they are marked organic or non-GM. *The brands featured below are enrolled in the Non-GMO Project.*

365
gogo
Moveable Feast
Hodgson Mill
Lundberg Family Farms
PJ's Organics

Prana Foods
Rising Moon Organics
Sophie's Kitchen
White Mountain Foods
Whole Kitchen

Pasta

Other than corn, no GM grains are sold on the market. Look for 100 percent wheat pasta, couscous, and others. *The brands featured below are enrolled in the Non-GMO Project.*

365
Annie's Homegrown
Eden
Field Day
Hodgson Mill

House Foods
Koyo
Organic Planet
Rising Moon Organics
Whole Foods Market



Pet Products

We love our pets and want insure they have a long, healthy life with us. Research shows that the number of pet health problems directly related to poor nutrition is increasing. Luckily, there are a number of certified organic, non-GMO pet foods available. Talk to your veterinarian for detailed information on providing a balanced diet for your pet. *The brands featured below are enrolled in the Non-GMO Project.*

365
Green Mush



Snacks, Foods & Bars

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 red GM corn. *The brands featured below are enrolled in the Non-GMO Project.*

365
Bakery on Main
Barbara's Bakery
Berlin Natural Bakery
CADIA
Central Market Organics
Crispy Cat
EatSmart Naturals
Eden
Emerald Cove
Envirokidz
Field Day
Funky Monkey Snacks
Garden of Eatin'
Grain Place Foods
Green Mountain Gringo
Jolly Llama
Kavli
Kettle Foods
Koyo

Let's Do...
Luna & Larry's Coconut Bliss
Lundberg Family Farms
Manitoba Harvest
Mary's Gone Crackers
Mediterranean Organic
Meijer Naturals
Nature's Path
NuGo
Nutiva
Popcorn, Indiana
Prairie Emerald
Pure
R.W. Garcia
Real Foods Manufacturing USA
Ruth's Foods
Snyder's of Hanover
SunRidge Farms
Woodstock Farms



Soups & Sauces

Many soups and sauces are highly processed, so examine the ingredient lists closely to avoid the Big Four at-risk ingredients and non-cane sugars.

The brands featured below are enrolled in the Non-GMO Project.

365
Central Market Organics
Dave's Gourmet
Field Day
Meijer's Naturals
Moosewood

North Coast
Organic Classics
Rapunzel
Rising Moon Organics
Woodstock Farms



Tofu, Tempeh & 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.

The brands featured below are enrolled in the Non-GMO Project.

365
House Foods
Pulmuone Wildwood
SOGA
Sunshine Burger

Tofurky
Turtle Island Foods
Westsoy
White Mountain Foods
Woodstock Farms

Vitamins & Supplements

Many supplements use soy and corn derivatives, and some use GM microorganisms to produce their products. *The brands featured below are enrolled in the Non-GMO Project.*

Glucolift
HealthForce Nutritionals
Manitoba Harvest
New Chapter

Nutiva
Rainbow Light Nutritional Systems
Yummi Bears Organics



Wholesale Ingredients

The brands featured below are enrolled in the Non-GMO Project.

Bridgwell Resources
Jungbunzlauer
Modesto WholeSoy Co.
Pacific Northwest Farmers

SK Food
Soygeia
Viterra



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®, Equal
Spoonful®, Canderel®,
BeneVia®, E951
AminoSweet®

baking soda
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)
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.