

NON-GMO SHOPPING GUIDE

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.**

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.

4 TIPS FOR AVOIDING GMOs

TIP #1: BUY ORGANIC Certified organic products cannot intentionally contain any GMO ingredients.

TIP #2: LOOK FOR NON-GMO PROJECT VERIFIED 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. Look for dairy products labeled “No rBGH or rBST,” or “artificial hormone-free.”

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 American 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: BUY PRODUCTS LISTED IN THIS 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.

365	Native Forest 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.

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.

Earth's Best	Little Duck Organics
HAPPYBABY Pouches	Organic Baby
HAPPYTOT	



Beverages www.GMOFreeSeattle.com

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 also referred to as NutraSweet and Equal and is found in over 6,000 products, including diet drinks and diet sodas.

365	North Coast
Bragg	Nutiva
Café Altura	One Natural Experience
Choice Organic Teas	One World
Earth Balance	Prairie Emerald
Field Day	Rapunzel
GoodBelly	Silk
Guayaki	So Delicious
Haiku	Traditional Medicinals
Hemp Bliss	Whole Foods Market
Hemptein	Woodstock Farms
Meijer Naturals	

Bodycare

The GM ingredients found in body care products are largely soy and corn derivatives.

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.

365	Hodgson Mill
Barbara's Bakery	Maria & Ricardo
Berlin Natural Bakery	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.

365	Lundberg Family Farms
Attune Foods	Meijer Naturals
Crispy Cat	NuGo
Endangered Species Chocolate	Rapunzel
Grain Place Foods	Woodstock Farms
Let's Do...	

Cereals & Breakfast Foods

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.

365	Mediterranean Organic
Bakery On Main	Meijer Naturals
Barbara's Bakery	Nature's Path
Chez Gourmet	Nutiva
Eden	Old Wessex
Envirokidz	Prana Foods
Erewhon	Uncle Sam
Hodgson Mill	Weetabix
Lundberg Family Farms	

Information on GMOs is also available at www.nongmoproject.org and www.nongmoproject.org.

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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.

365	Napa Valley Naturals
Bragg	Nexcel Natural Ingredients
Coconut Secret	Nutiva
Earth Balance	Prairie Emerald
Eden	Pulmuone Wildwood
Emerald Cove	Rapunzel
Emperor's Kitchen	Rising Moon Organics
Field Day	Salute Saluté!
Follow Your Heart	San-J
Green Mountain Gringo	Stubb's
Koyo	Sushi Sonic
Manitoba Harvest	Sweet Cloud
Mediterranean Organic	Viterra
Meijer Naturals	Whole Foods Market
Miso Master	Woodstock Farms

Dairy Products

Some US 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, however, all rbGH-free and do not use GM grains as feed.

365	Seven Stars Farm
Earth Balance	Siggi's
Nancy's	Straus Family Creamery
Pacific Natural Foods	White Mountain Foods
Rumiano Cheese	Woodstock Farms

Dairy - No rbGH - Certified Organic Brands

Alta Dena Organics	Natural by Nature
Butterworks Farm	Radiance Dairy
Chase Organic Dairy	Safeway Organic Brand
Harmony Hills Dairy	Stonyfield Farm
Horizon Organic	Wisconsin Organics
Morningland Dairy	

Dairy - No rbGH - National Brands

Alta Dena	Great Hill Dairy
BelGioioso Cheese Inc.	Lifetime Dairy
Ben & Jerry's Ice Cream	Nancy's Natural Dairy
Brown Cow Farm	Roth Kase USA
Crowley Cheese of Vermont	Walmart store brand
Dannon	Yoplait
Franklin County Cheese	

Dairy - No rbGH - West Coast

Alpenrose Dairy	Joseph Farms Cheese
Berkeley Farms	Producers Dairy Foods, Inc.
California Dairies, Inc.	Stremick's Heritage Foods
Clover Stornetta Farms	Sunshine Dairy Foods
Darigold	Super Store Industries
Foster Farms Dairy	Tillamook Cheese
Glanbia Foods, Inc.	Wilcox Family Farms,
Humboldt Creamery Co.	rbST-free dairy line only

Dairy - No rbGH - Midwest and Gulf States

Anderson Erikson	Oberweis Dairy Inc.
BGC Manufacturing	Prairie Farms Dairy
Braum's Ice Cream	Promised Land Dairy
Chippewa Valley Cheese	Roberts Dairy
Erivan Dairy Yogurt	Shatto Milk
Gossner Foods, Inc.	Shamrock Farms
Hiland Dairy	Smith Dairy Products
Joseph Gallo Farms	Westby Cooperative Creamery
Michigan Milk Producers Assoc.	United Dairy Farmers, Inc.

Dairy - No rbGH - East Coast

Blythedale Farm Cheese	Farmland Dairies
Clover Farms	Publix Super Markets
Cloverland/Green Spring Dairy	Oakhurst Dairy
Crescent Creamery	Schneider's Dairy
Derle Farms, milk with “no rbST” label only	Wawa Dairy
Erivan Dairy Yogurt	Wilcox Dairy, rbST-free dairy line only

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.

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.

365	Meijer Naturals
Cape Cod Select	North Coast
Emperor's Kitchen	Ole
Field Day	Reese
Funky Monkey Snacks	Stahlbush Island Farms
Little Duck Organics	Sunset
Mary's Little Garden	Sunset Kids
Mediterranean Organic	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).

365	Nutiva
Della	Pacific Northwest Farmers
Eden	Cooperative
Field Day	Prairie Emerald
gogo	RiceSelect
Grain Place Foods	Salba
Hodgson Mill	Stahlbush Island Farms
Lotus Foods	Stone Buhr Flour Company
Lundberg Family Farms	Woodstock Farms
Meijer Naturals	Yoga

Herbs, Spices & Other Ingredients

Although there are no spices that are genetically modified, sometimes spice combinations may include soy or corn derivatives.

365	Miso Master
A.Vogel	Nutiva
D & A	Rapunzel
Don's Chuck Wagon	Ruth's Foods
Emerald Cove	Sushi Sonic
Emperor's Kitchen	Whole Pantry
Field Day	Woodstock Farms
Mediterranean Organic	
Meijer Naturals	

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.

365	
Natural Sea	
Pure Country Pork Inc.	

Mercantile

VerTerra Dinnerware

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.

365	Prana Foods
gogo	Rising Moon Organics
Moveable Feast	Sophie's Kitchen
Hodgson Mill	White Mountain Foods
Lundberg Family Farms	Whole Kitchen
PJ's Organics	

Pasta

Other than corn, no GM grains are sold on the market. Look for 100 percent wheat pasta, couscous, and others.

365	House Foods
Annie's Homegrown	Koyo
Eden	Organic Planet
Field Day	Rising Moon Organics
Hodgson Mill	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.

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.

365	Let's Do...
Bakery on Main	Luna & Larry's Coconut Bliss
Barbara's Bakery	Lundberg Family Farms
Berlin Natural Bakery	Manitoba Harvest
CADIA	Mary's Gone Crackers
Central Market Organics	Mediterranean Organic
Crispy Cat	Meijer Naturals
Eatsmart Naturals	Nature's Path
Eden	NuGo
Emerald Cove	Nutiva
Envirokidz	Popcorn, Indiana
Field Day	Prairie Emerald
Funky Monkey Snacks	Pure
Garden of Eatin	R.W. Garcia
Grain Place Foods	Real Foods Manufacturing USA
Green Mountain Gringo	Ruth's Foods
Jolly Llama	Snyder's of Hanover
Kavli	SunRidge Farms
Kettle Foods	Woodstock Farms
Koyo	

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.

365	Moosewood North Coast
Central Market Organics	Organic Classics
Dave's Gourmet	Rapunzel
Field Day	Rising Moon Organics
Meijer's Naturals	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.

365	Turtle Island Foods
House Foods	Westsoy
Pulmuone Wildwood	White Mountain Foods
SOGA	Woodstock Farms
Sunshine Burger	
Tofurky	

Vitamins & Supplements

Many supplements use soy and corn derivatives, and some use GM microorganisms to produce their products.

GlucoLift	Rainbow Light Nutritional Systems
HealthForce Nutritionals	Yummi Bears Organics
Manitoba Harvest	
New Chapter Nutiva	

Wholesale Ingredients

Bridgewell Resources	SK Food
Jungbunzlauer	Soygeia
Modesto WholeSoy Co.	Viterra
Pacific Northwest Farmers	

INVISIBLE GM INGREDIENTS

Processed foods often have hidden GM sources (unless they're organic or declared non-GMO). The following ingredients may be made from GMOs.

Aspartame, <i>also called NutraSweet®, Equal Spoonful®, Canderel®, AminoSweet® BeneVia®, E951</i>	high fructose corn syrup (HFCS)	soy sauce
baking powder	hydrogenated starch	starch
canola oil (rapeseed)	hydrolyzed vegetableprotein	stearic acid
caramel color	inositol	sugar (unless cane)
cellulose	invert sugar	tamari
citric acid	inversol	tempeh
cobalamin (Vit. B12)	isoflavones	teriyaki marinade
colorose	lactic acid	textured vegetable protein
condensed milk	lecithin	threonine
confectioners sugar	leucine	tocopherols (Vit E)
corn flour	lysine	tofu
corn gluten	malitol	trehalose
corn masa	malt	triglyceride
corn meal	malt syrup	vegetable fat
corn oil	malt extract	vegetable oil
corn sugar	maltodextrin	Vitamin B12
corn syrup	maltose	Vitamin E
cornstarch	mannitol	whey
cyclodextrin	methylcellulose	whey powder
cystein	milk powder	xanthan gum
dextrin	milo starch	
dextrose	modified food starch	
diacetyl	modified starch	
diglyceride	mono and diglyceride	
erythritol	monosodium	
Equal	glutamate (MSG)	<i>Ascorbic acid (Vitamin C) although usually derived from corn, is probably not GM because it is not likely made in North America.</i>
food starch	Nutrasweet	
fructose (any form)	oleic acid	
glucose	Phenylalanine	
glutamate	phytic acid	
glutamic acid	protein isolate	
gluten	shoyu	
glycerides	sorbitol	
glycerol	soy flour	
glycerol monooleate	soy isolates	
glycine	soy lecithin	
hemicellulose	soy milk	
	soy oil	
	soy protein	
	soy protein isolate	

The Institute for Responsible Technology is a world leader in educating the public about genetically modified foods and crops. Founded in 2003 by GMO expert Jeffrey Smith, IRT has worked in more than 30 countries and. IRT's Campaign for Healthier Eating in America is designed to achieve the tipping point of consumer rejection of GM foods in the US. To learn more about GMOs, visit NonGMOShoppingGuide.com and www.ResponsibleTechnology.org.

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