www.GMOFreeSeattle.com

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 M.Smith, IRT has worked in more than 30 countries. Our Campaign for Healthier Eating in America is designed to achieve the tipping point of consumer rejection of GM foods in the US.

Help Us Reclaim a Non-GMO Food Supply!
Please donate today.
Donations are tax-deductible.

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P.O. Box 469
Fairfield, IA 52556

Online: ResponsibleTechnology.org

By phone: (641) 209-1765

The Institute for Responsible Technology is a project of The Coordinating Council, a 501(c)(3) non-profit.

Buy Non-GMO Brands

$pend your food $'s on healthier non-GMO brands!

VISIT NonGMOShoppingGuide.com or download the iPhone app: ShopNoGMO for a list of non-GMO brands

These companies support your right to choose Non-GMO products

Mercola.com Take Control of Your Health

Organic Valley Family of Farms

KAMUT® KHORASAN

Pedia smart! Complete Organic Nutrition for Kids 1 to 13 Years

Mendocino Premium Organic Wine Frey Vineyards

EDEN®

Tumaro's Gourmet Tortillas® America's Favorite Gourmet Tortillas™

Nutiva® Nourishing People & Planet

SunRidge Farms Organic & Natural Foods

Field Day®

Plum organics

Nature's Path Organic

Straus Family Creamery Organic

WholeSoy & Co.

Woodstock Farms

Rising Moon Organics®

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NON-GMO SHOPPING TIPS

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

View or Download our FREE Product Guide at: NonGMOShoppingGuide.com

Healthy Eating Starts with No GMOs!
The Campaign for Healthier Eating in America
No Genetically Modified Organisms

FREE iPhone App: ShopNoGMO

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.

Buy Non-GMO Brands

Create a Tipping Point

Use your consumer power and invest your food $'s in non-GMO products. A consumer driven tipping point a decade ago has kept GMOs out of the European Union food supply in spite of government approvals. If sufficient numbers of US shoppers avoid GM ingredients, then food companies here won't use them. The critical number for a US tipping point could be as few as 5% - 15 million health conscious shoppers choosing non-GMO brands.

Visit ResponsibleTechnology.org to:

- Learn about GMO health risks
- Keep current with our free electronic newsletter
- Join the Campaign for Healthier Eating in America
- Explore Campaign Action Kits to easily share information with others

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Tips to Avoid GMOs

Although most Americans say they would avoid brands if labeled GMO, unfortunately labels are not required. Here are 4 tips to help you shop non-GMO.

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

Products that carry the Non-GMO Project Seal are independently verified to be in compliance with North America's only third party standard for GMO avoidance, including testing of at-risk ingredients.

The Non-GMO Project is a non-profit organization committed to providing consumers with clearly labeled and independently verified non-GMO choices. NonGMOProject.org

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 (see list). The eight GM food crops are Corn, Soybeans, Canola, Cottonseed, Sugar Beets, Hawaiian Papaya (most) and a small amount ofZucchini 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. Look for labels stating No rBGH, rBST, or artificial hormones, or check brand listings at NonGMOShoppingGuide.com

Tip #4: Download the Guide

Visit NonGMOShoppingGuide.com to download the growing list of Non-GMO products available and check out the iPhone application, ShopNoGMO free at the iTunes store.

Invisible GM Ingredients

Processed foods often have hidden GM sources (unless they are organic or labeled non-GMO). The following ingredients may be made from GM crops or GM micro-organisms.

- Aspartame, *also called NutraSweet®, Canderel®, Equal Spoonful®, E951, BeneVia®, AminoSweet®*
- baking powder
- canola oil
- caramel color
- cellulose
- citric acid
- cobalamin (Vit. B12)
- colorose
- condensed milk
- confectioners sugar
- corn flour
- corn masa
- corn meal
- corn oil
- corn sugar
- corn syrup
- cornstarch
- cottonseed oil
- 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.

Popcorn is NOT GMO. (Thank goodness.)