NON-GMO SHOPPING GUIDE

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

NonGMOShoppingGuide.com

ShopNoGMO

Available at the iPhone App Store
To be listed in a category, brands must have at least one product verified by the Non-GMO Project. This does not mean that all of their products are verified. To find out which products have qualified, visit NonGMOShoppingGuide.com or download the iPhone app ShopNoGMO.

Visit NonGMOShoppingGuide.com for updates and complete product listings.

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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 in order to introduce a new trait.

Why Should I Avoid GMOs?
The American Academy of Environmental Medicine reported, “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. They urge physicians to prescribe healthier non-GMO foods to everyone.

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 with products verified by the Non-GMO Project, a non-profit organization committed to providing consumers with clearly labeled and independently verified non-GMO choices, including testing of at-risk ingredients. The Non-GMO Project verifies per individual product, not for an entire brand. Some of the brands listed in this guide offer both GMO and Non-GMO items. Visit NonGMOProject.org for more information on the 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. GM alfalfa is also fed to livestock.
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: Use the Non-GMO Shopping Guide
Visit NonGMOShoppingGuide.com to see a complete list of Non-GMO products available from each brand in this guide or use the 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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- Amande
- Earth Balance
- Eden
- Follow Your Heart
- Hemp Bliss
- Luna & Larry’s Coconut Bliss
- Manitoba Harvest
- Native Forest
- Organic Valley
- Pacific Natural Foods
- Sambazon
- Silk
- So Delicious Dairy Free
- Truwhip
- Wayfare
- WestSoy
- 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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- Earth’s Best
- HAPPYBABY Pouches
- HAPPYTOT
- Little Duck Organics

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com
Beverages
Most juices are made from non-GMO fruit (be cautious of 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% 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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- CADIA
- Choice Organic Teas
- Earth Balance
- Field Day
- Guayaki
- Harvest Bay
- Hemp Bliss
- North Coast
- Nutiva
- Pacific Natural Foods
- Sambazon
- Silk
- So Delicious Dairy Free
- Traditional Medicinals
- two leaves and a bud
- WingFoot

Body Care
The GM ingredients found in body care products are largely soy and corn derivatives. Some or all of the products produced by the brand featured below are verified by 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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- Alvarado Street Bakery
- Berlin Natural Bakery
- EatPastry
- Emmy’s Organics
- Ener-G Foods
- Hodgson Mill
- HomeFree, LLC
- Lillabee Allergy Friendly Baking
- Maria & Ricardo

More Breads & Baked Goods ➤
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, products made with 100% cane sugar (to avoid 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, some vitamins and sugar-free cough drops. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- AHILASKA
- Coconut Secret
- Endangered Species Chocolate
- Ener-G Foods
- Grain Place Foods
- Bakery
- Tasty Brand
- The Pure Wraps
- Western Family
- Immortality Alchemy
- Let’s Do...
- Luna & Larry’s Coconut Bliss
- Lundberg Family Farms
- Righteously Raw
- Theo Chocolate
- Wholesome Sweeteners
- Woodstock

Cereals & Breakfast Bars
Many cereals and breakfast bars include GMO ingredients because they are often made with corn and soy products and non-cane sugars. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- Bakery On Main
- Barbara’s Bakery
- Chez Gourmet
- Crofters
- Eden
- Erewhon
- Field Day
- Hodgson Mill
- Lillabean Allergy Friendly Baking
- Lundberg Family Farms
- Nature’s Path
- New Morning
- Nutiva
- Old Wessex
- Purely Elizabeth
- Ruth’s Foods
- Sambazon
- Skinners
- Stark Sisters Granola
- Tasty Brand
- Uncle Sam
- Vigilant Eats

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com
Condiments, Oils, Dressings & Spreads

Unless labeled explicitly, corn, soybean, cottonseed, and canola oils produced in North America almost certainly contain genetically modified products. Choose other oils, such as 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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- Atlantic Organic
- Barney Butter
- Bragg
- CADIA
- Coconut Secret
- Crofters
- Earth Balance
- Eden
- Field Day
- Follow Your Heart
- Freeline Organic Food
- Green Mountain Gringo
- La Tourangelle
- Lundberg Family Farms
- Manitoba Harvest
- Marconi Naturals
- Marinelli’s True Italian Pasta Sauce
- Marukome USA
- Miso Master
- Napa Valley Naturals
- Nexcel Natural Ingredients
- Nutiva
- Rapunzel
- Salute Santé!
- San-J
- SK Food
- Tree of Life
- Tropical Traditions
- Viterra
- Whole Harvest
- Woodstock

Dairy Products

Some U.S. dairy farms inject the genetically engineered recombinant bovine growth 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. Some or all of the products produced by the brands featured below are verified by 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). To view a list of brands that do not use rbGH but are not yet enrolled in the Non-GMO Project, please visit nongmoshoppingguide.com/rbgh.

- Rumiano Family Cheese
- Seven Stars Farm
- Straus Family Creamery
Feed & Seed
If you’re raising poultry or livestock and want to avoid GM feed in your animals’ 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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

• Mighty Mustard

Fruits & Vegetables (canned & frozen)
Very few fresh fruits and vegetables for sale 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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

• 365
• CADIA
• Cape Cod Select
• Central Market Organics
• Field Day
• Funky Monkey Snacks
• Little Duck Organics
• Mary’s Little Garden
• North Coast
• Olé
• SeaSnax
• Stahlbush Island Farms
• Sunset
• Sunset Kids
• The Pure Wraps
• Woodstock

Grains, Beans & Flour
Other than corn, no GM grains are sold on the market. Look for 100% wheat flour, pasta, couscous, rice, quinoa, oats, barley, sorghum, and dried beans (except soybeans). Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

• 365
• Beanitos, The Bean Chips
• Bora Bora
• Coconut Secret
• Della
• Eden
• Ener-G Foods
• Field Day
• Grain Place Foods
• Hodgson Mill
• KAMUT
• Lillabee Allergy Friendly Baking
• Lotus Foods
• Lundberg Family Farms

For more details, including non-GMO verified products, visit NonGMOSShoppingGuide.com
Herbs, Spices & Other Ingredients
Although there are no spices that are genetically modified, sometimes spice combinations may include soy or corn derivatives. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- A.Vogel
- Field Day
- Ruth’s Foods
- Sophie’s Kitchen
- Whole Pantry

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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- Natural Sea
- Pure Country Pork, Inc.
- Tonnino

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. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- CleanVia
- VerTerra Dinnerware
Packaged/Frozen Meals
Many frozen and packaged meals are highly processed. Keep an eye out for derivatives of GM soy and corn, oil from canola & cottonseed, and sugar from GM sugar beets. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- Bold Organics
- Field Day
- Fry Group Foods
- Hilary’s Eat Well
- Hodgson Mill
- Lundberg Family Farms
- P.J.’s Organics
- Sambazon
- Sophie’s Kitchen
- The Pure Wraps

Pasta
Other than corn, no GM grains are sold on the market. Look for 100% wheat pasta, couscous, and others. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- Eden
- Field Day
- Hodgson Mill
- truRoots
- Whole Foods Market

Pet Products
We love our pets and want to ensure they have a long, healthy life with us. Talk to your veterinarian for detailed information on providing a balanced diet for your pet. Currently, no products are verified by the Non-GMO Project, although there are several that are enrolled (see pages 10–11).

Snack Food & Bars
Look for snacks made from wheat, rice, or oats, and ones that use non-GM oils. There is no GM popcorn on the market, nor is there blue or red GM corn (although blue and red corn chips may have GM contamination). Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- Bakery On Main
- Beanfields
- Beanitos, The Bean Chips
- Bora Bora
- CADIA
- Central Market Organics
- Crunchmaster
- Earth’s Best
- EatPastry
- Eatsmart Naturals
- Eden
- Edward & Sons
- Field Day
- Fireworks Popcorn
- Flamous Organics
- Hodgson Mill
- Lundberg Family Farms
- P.J.’s Organics
- Sambazon
- Sophie’s Kitchen
- The Pure Wraps
- 365
- Eden
- Field Day
- Hodgson Mill
- truRoots
- Whole Foods Market

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com
Soups & Sauces
Many soups and sauces are highly processed, so examine the ingredient lists closely to avoid GM sweeteners, oils, and soy and corn derivatives. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- Freeline Organic Food
- Funky Monkey Snacks
- Garden of Eatin’
- Grain Place Foods
- Green Mountain Gringo
- HomeFree, LLC
- Jolly Llama
- Koyo
- La Tolteca
- Let’s Do...
- Licious Organics
- Luna & Larry’s Coconut Bliss
- Lundberg Family Farms
- Manitoba Harvest
- Many’s Gone Crackers
- Mediterranean Snacks
- Nature’s Path
- New Morning
- Nutiva
- ProBar
- Pure
- Righteously Raw
- Ruth’s Foods
- RW Garcia
- SeaSnax
- Snyder’s of Hanover
- SunRidge Farms
- Taste of Nature
- Tasty Brand
- Tiny But Mighty
- Whole Alternatives
- Woodstock
- Yogavive

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 GM soy, as well as derivatives of GM corn, canola, cottonseed, and sugar beets. Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- Amy’s Kitchen
- Dave’s Gourmet
- Eden
- Emmy’s Organics
- Field Day
- Marinelli’s True Italian Pasta Sauce
- Marukome USA
- Miso Master
- North Coast
- Hilary’s Eat Well
- Sophie’s Kitchen
- Sunshine Burger
- WestSoy
- Woodstock
Vitamins & Supplements

Many supplements use soy and corn derivatives, and some use GM microorganisms to produce their products. **Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:**

- Canfo Natural Products
- Garden of Life
- GlucoLift
- Manitoba Harvest
- New Chapter
- Nutiva
- Rainbow Light Nutritional Systems
- Sambazon
- Traditional Medicinals
- Tropical Traditions

**Brands Enrolled—Not Yet Verified**

As of this printing, November 10, 2011, the following brands have also submitted product(s) to the Non-GMO Project that have not yet completed the verification process (sometimes it takes a while).

Check NonGMOShoppingGuide.com or the iPhone app ShopNoGMO to get up-to-date verification status on specific products.

A Moveable Feast
Agricor Inc.
Annie's Homegrown
Annie's Naturals
Arrowhead Mills
Attune Foods
Bare Fruit
Bellamessa
BioBag
Bionaturae
Boulangerie Nantaise
Brand Aromatics
Bridgewater Resources
C+SWISS Hemp Ice Tea
Cal-Organic Farms
California Olive Ranch
Cascade Fresh
Coconut Republic
CrispRoot
Crispy Cat
cruncha ma•me
D & A
De la Estancia
Desert Essence
Dishmate
Don’s Chuck Wagon
Dr. Bronner’s Magic
Earth Friendly
Ecos
Emerald Cove
Emperor’s Kitchen
Enjoy Life Foods
Ex Drinks
Fantastic World Foods
Fischer & Wieser
Fresh & Easy
Galaxy Nutritional Foods
Garden of Life
GL Soybeans
Glee Gum
Global River
Golden Temple
Good Karma
Gourmet Artisan
Great Eastern Sun
Green Gem
Grimmway Farms
Growing Naturals
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:

- ascorbic acid (vit C)
- Aspartame (also called AminoSweet, NutraSweet, Equal Spoonful, Canderel, BeneVia, E951)
- baking powder
- canola oil (rapeseed 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
- glycerides
- glycerin
- glycerol
- glycine
- hemicellulose
- high fructose corn syrup (HFCS)
- hydrogenated starch
- hydrolyzed vegetable protein
- inositol
- inverse syrup
- inversol
- invert sugar
- isoflavones
- lactic acid
- lecithin
- leucine
- lysine
- malitol
- malt
- malt syrup
- malt extract
- maltooltrixin
- maltose
- mannotat
- methylcellulose
- milk powder
- milo starch
- modified food starch
- modified starch
- mono and diglycerides
- 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 sugar)
- tamari
- tempeh
- teriyaki marinades
- textured vegetable protein
- threonine
- tocopherols (vit E)
- tofu
- trehalose
- triglyceride
- vegetable fat
- vegetable oil
- vitamin B12
- vitamin E
- whey
- whey powder
- xanthan gum

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com
Join the Tipping Point Network

The Non-GMO Shopping Guide is a service of the Institute for Responsible Technology, which is dedicated to creating a tipping point of consumer rejection against GMOs—to drive them out of the market. This occurred in Europe in 1999, after the media reported the risks of GM foods. When consumer concern reached the critical level, within a single week most major food manufacturers committed to remove GM ingredients from their European brands. Many of these same companies, however, continue to sell GM foods in the US, where consumers are largely uninformed about GMO risks.

Please help us reach a US tipping point by using and sharing the Non-GMO Shopping Guide and by learning about the documented health risks of GMOs at ResponsibleTechnology.org. There, you can watch movies, listen to audios, read articles, and subscribe to our free newsletter, Spilling the Beans. And by joining our Non-GMO Tipping Point Network, you can work with other volunteer advocates to spread the word. Together we can reclaim a healthier non-GMO food supply.

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

For more information visit: ResponsibleTechnology.org

“The most comprehensive source of GMO health risk information on the web.”