

# NON-GMO SHOPPING GUIDE

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





## CONTENTS

Introduction & Overview	1
Fruits & Vegetables	3
Meats, Fish & Eggs	3
Alternative Meat Products	3
Dairy Products	4
Alternative Dairy Products	5
Baby Foods & Infant Formula	5
Grains, Beans & Pasta	6
Cereals & Breakfast Bars	6
Baked Goods	7
Frozen Foods	7
Soups, Sauces & Canned Foods	8
Condiments, Oils, Dressings & Spreads	9
Snack Foods	10
Candy, Chocolate Products & Sweeteners	11
Sodas, Juices & Other Beverages	12
Invisible GM Ingredients	13

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](http://www.centerforfoodsafety.org) and [www.HealthierEating.org](http://www.HealthierEating.org).

Copyright 2009 Center for Food Safety and Institute for Responsible Technology. No part of this booklet may be reproduced in any form without written permission from both parties. **For large print quantities or electronic distribution requests**, contact: [info@responsibletechnology.org](mailto:info@responsibletechnology.org) or [info@centerforfoodsafety.com](mailto:info@centerforfoodsafety.com)

# INTRODUCTION & OVERVIEW

## 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.” Some products limit their claim to only one particular “At-Risk” ingredient such as soy lecithin, listing it as “non-GMO.”

## 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.

**SPECIAL NOTE:** An asterisk \* denotes brands with products enrolled in the Non-GMO Project's third party Product Verification Program.  
Learn more at: [nongmoproject.org](http://nongmoproject.org)

## 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 Prairie, Tropical Traditions, Vital Choice

### Eggs: Non-GMO

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

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	Organic Valley
Butterworks Farm	Radiance Dairy
Harmony Hills Dairy	Safeway Organic Brand
Horizon Organic	Seven Stars Farm*
Morningland Dairy	Straus Family Creamery*
Nancy's Organic Dairy*	Stonyfield Farm
Natural by Nature	Wisconsin Organics
	Woodstock Farms*

---

#### Produced Without rbGH National

Alta Dena	Grafton Village Cheese
Ben & Jerry's Ice Cream	Great Hill Dairy
Brown Cow Farm	Lifetime Dairy
Crowley Cheese of Vermont	Nancy's Natural Dairy
Dannon	Walmart store brand
Franklin County Cheese	Yoplait

---

#### West Coast

Alpenrose Dairy	Joseph Farms Cheese
Berkeley Farms	Sunshine Dairy Foods
Clover Stornetta Farms	Tillamook Cheese
	Wilcox Family Farms

---

#### Midwest and Gulf States

Anderson Erikson	Erivan Dairy Yogurt
Chippewa Valley Cheese	Promised Land Dairy
	Westby Cooperative Creamery

---

#### East Coast

Blythedale Farm Cheese	Erivan Dairy Yogurt
Crescent Creamery	Farmland Dairies
Derle Farms, milk with	Oakhurst Dairy
“no rbST” label only	Wilcox Dairy, rbST-free dairy line only

## May contain GMO ingredients

Colombo (General Mills)	Parmalat
Kemps, aside from "Select" brand	Sorrento
Land O' Lakes	The Country's Best Yoghurt

## Alternative Dairy Products

### Non-GMO

Belsoy	Sun Soy
EdenSoy*	Stonyfield Farm O'Soy
Imagine Foods/Soy Dream	Tofutti
Nancy's Cultured Soy*	VitaSoy/Nasoya
Nancy's Organic Cultured Soy*	WestSoy
Organic Valley Soy*	WholeSoy*
Pacific Soy*	Yves The Good Slice
Silk	Zen Don
Soy Delicious	

### 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, certified organic  
Earth's Best  
Gerber products  
HAPPYBABY  
Mom Made Meals  
Organic Baby\*  
Plum Organics  
Tastybaby

### May contain GMO ingredients

Beech-Nut  
Enfamil  
Good Start  
Nestlé  
Similac/Isomil

## 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

Bob's Red Mill, organic line  
Eden certified organic grains\*  
Field Day\*

Kamut  
Lundberg Family Farms\*  
Sunridge Farms  
Vita-Spelt pasta

---

## Packaged Meals

### Non-GMO

Amy's  
Annie's\*  
Casbah (Hain-Celestial)  
Dr. McDougall's Right Foods  
Fantastic Foods\*  
Ian's Natural Foods  
Lotus Foods  
Lundberg Farms Rice  
Sensations\*  
Organic Planet\*

Rising Moon\*  
Seeds of Change organic meals

### May Contain GMO Ingredients

Betty Crocker (General Mills)  
Knorr (Unilever)  
Kraft Macaroni & Cheese meals  
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:

Ambrosial Granola  
Barbara's, organic line  
Cascadian Farms  
Eden\*  
EnviroKidz\*  
Golden Temple  
Grandy Oats  
Health Valley, organic line  
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 and 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 line)  
Dr. McDougall's Right Foods  
Dr Oetker Organics  
French Meadow  
Natural Ovens Bakery (organic)  
Nature's Path\*  
Rudi's Organic Bakery

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  
Morningstar Farms  
Rising Moon\*  
The Simple Soyman  
Woodstock Farms\*

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 soy line (Kellogg)  
Rosetto Frozen Pasta (Nestle)  
Stouffer's (Nestle)  
Swanson (Campbell's)  
Tombstone (Kraft)  
Totino's (Smucker's)  
Voila! (Birds Eye/Unilever)

### May Contain GMO Ingredients

Boca, unless organic (Kraft)

## 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  
ShariAnn's Organics  
Walnut Acres Certified 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  
Annie'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 beans  
Westbrae organic beans  
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.

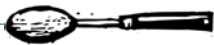
### Non-GMO

Annie's\*  
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  
Krazy Ketchup  
Maranatha Nut Butters  
Miso Master\*  
Muir Glen organic  
tomato ketchup  
Nasoya  
Newmans Own Organic  
Ruth's  
Spectrum oils and dressings

SushiSonic Asian Condiments\*  
The Simple Soyman  
Tropical Traditions  
Vegan by Nature Buttery  
Spreads  
Vigoa Cuisine  
Wholemato  
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)



## 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

Barbara's, organic line  
Bearitos/Little Bear Organics  
(Hain Celestial)  
Earthy Treats  
Eco-Planet  
Eden\*  
Field Day\*  
Garden of Eatin'  
Grandy Oats  
Hain Pure Snax/Hain Pure  
Foods  
Health Valley  
Ian's Natural Foods  
Kettle Foods\*  
Kopali Organics  
Late July Organic Snacks  
Mary's Gone Crackers\*  
Nature's Path\*  
Namaste Foods  
Newman's Own Organics  
Peeled Snacks

Plum Organics Tots  
Revolution Foods  
Tasty Brand  
Newman's Own  
Ruth's  
Simple Sweets  
Sunridge Farms  
Woodstock Farms, organic\*

### May Contain GMO Ingredients

FritoLay (Lay's, Ruffles,  
Doritos, Cheetos, Tostitos)  
Hostess Products  
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 Oats

---

### 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  
Endangered Species\*  
Green & Black's Organic  
Kopali Organics  
Lindt Chocolate  
Newman's Own  
Nonuttin'  
Woodstock Farms (organic)\*

### May Contain GMO Ingredients

Ghirardelli Chocolate  
Hershey's  
Nestlé (Crunch, Kit Kat,  
Smarties)  
Toblerone (Kraft)

### Candy: Non-GMO

Jelly Belly  
Pure Fun Confections  
Reed's Crystallized Ginger  
certified organic  
St. Claire Organic

### May Contain GMO Ingredients

Sunridge Farms  
Hershey's  
Lifesaver (Kraft)  
Nestlé

### Sweeteners: Non-GMO

Eden\*  
Sweet Cloud\*  
Tropical Traditions  
Woodstock Farms, organic\*



## 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 juices  
Big Island Organics  
Blue Sky  
Cascadian Farm  
Crofters Organic  
Eden\*  
Frey Vinyards  
Nancy's Organic Lowfat Kefir  
Odwalla  
Organic Valley  
Quinoa Gold  
Mixerz All Natural Cocktail  
...Mixers  
R.W. Knudsen organic juices  
and spritzers (Smucker's)  
Santa Cruz Organic (Smucker's)  
Sea20 Organic Energy Drink

Teecino Herbal Caffe  
Walnut Acres Organic Juices  
Woodstock Farms, organic\*

### 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  
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  
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.

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



<http://www.nongmoShoppingGuide.com>

PRINTED ON 100% POST-CONSUMER WASTE RECYCLED PAPER  
WITH 0% VOC VEGETABLE BASE INK BY  
WWW.PRINTNETINC.COM  
DEC 2009 EDITION