

# NON-GMO SHOPPING GUIDE

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



THE CAMPAIGN FOR HEALTHIER EATING IN AMERICA  
*No Genetically Modified Organisms*



CENTER FOR  
FOOD SAFETY



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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).

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## 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.

### 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. Recently, beet sugar from GM sugar beets has entered the food supply. Look for organic and non-GMO sweeteners, made with 100% cane sugar, evaporated cane juice or organic sugar.

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

**Sugar** Anything not listed as 100% cane sugar

\*May be derived from other sources

In addition, GM sugar beets may soon enter 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.

### 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.

## 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.

**Non-GMO** *Vital Choice*

**Eggs: Non-GMO**

*Egg Innovations Organic*

*Eggland’s Best 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*

*Sunshine Burger*

*The Simple Soyman*

*Vitasoy*

*Wildwood*

*White Wave*

**May contain GMO ingredients**

*Boca, unless labeled organic (Kraft)*

*Gardenburger*

*Morningstar Farms, Morningstar Farms*

*Natural Touch, unless labeled organic (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—so be sure to purchase products with a label that indicates cows free of rbGH or rbST. Many alternative dairy products are made from soybeans and may contain GM materials.

### Dairy Products: Non-GMO

#### Certified Organic

Alta Dena Organics  
Butterworks Farm  
Harmony Hills Dairy  
Horizon Organic  
Moringland Dairy  
Natural by Nature  
Organic Valley  
Radiance Dairy  
Safeway Organic Brand  
Seven Stars Farm  
Straus Family Creamery  
Stonyfield Farm  
Wisconsin Organics

#### Produced Without rbGH National

Alta Dena  
Ben & Jerry's Ice Cream  
Brown Cow Farm  
Crowley Cheese of Vermont  
Franklin County Cheese  
Grafton Village Cheese  
Great Hill Dairy  
Lifetime Dairy

#### West Coast

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

#### Midwest and Gulf States

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

#### East Coast

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

### May contain GMO ingredients

Colombo (General Mills)  
Dannon  
Kemps (aside from  
“Select” brand)  
Land O’ Lakes  
Parmalat  
Sorrento  
Yoplait (General Mills)

### Alternative Dairy Products

#### Non-GMO

Belsoy  
EdenSoy  
Imagine Foods/Soy Dream  
Nancy’s Cultured Soy  
Pacific Soy  
Silk  
Soy Delicious  
Sun Soy

Stonyfield Farm O’Soy  
Tofutti  
VitaSoy/Nasoya  
WestSoy  
WholeSoy  
Yves The Good Slice  
Zen Don

#### 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 products)  
Earth’s Best  
Gerber products  
HAPPYBABY  
Mom Made Meals  
Organic Baby  
Plum Organics

#### 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

Annie's Natural Pasta  
Bob's Red Mill (organic line)  
Eden certified organic grains  
Kamut  
Lundberg Family Farms  
Sunridge Farms  
Vita-Spelt pasta

Ian's Natural Foods  
Lotus Foods  
Lundberg Farms Rice Sensations  
Organic Planet  
Seeds of Change certified organic boxed meals

### May Contain GMO Ingredients

Betty Crocker meals (General Mills)  
Knorr (Unilever)  
Kraft Macaroni & Cheese meals  
Lipton meal packets (Unilever)  
Near East (Quaker)  
Pasta Roni and Rice-A-Roni meals (Quaker)

## Packaged Meals

### Non-GMO

Amy's  
Annie's Homegrown certified organic macaroni & cheese  
Casbah (Hain-Celestial)  
Dr. McDougall's Right Foods  
Fantastic Foods

## 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® Purely Organic  
Rice Cereal

Nature's Path  
Nonuttin'  
Omega Smart Bars  
Peace Cereal Organic  
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 line)  
Bakery on Main  
Bob's Red Mill (organic line)  
Dr. McDougall's Right Foods  
Dr Oetker Organics  
French Meadow  
Natural Ovens Bakery (organic line)  
Nature's Path

Rudi's Organic Bakery  
Rumford Baking Powder

### 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 Organic frozen meals and vegetables  
Cedarlane  
Helen's Kitchen  
Ian's Natural Foods  
Linda McCartney frozen meals  
Mom Made Meals  
Plum Organics Kids  
The Simple Soyma

Eggo Waffles (Kellogg)  
Gardenburger  
Green Giant frozen meals (General Mills)  
Healthy Choice (ConAgra)  
Kid's Cuisine (ConAgra)  
Lean Cuisine (Nestle)  
Marie Callender's (ConAgra)  
Morningstar Farms, Morningstar Farms Natural Touch, unless labeled organic (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 labeled organic (Kraft)  
Celeste (Pinnacle Foods)

## 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

### Sauces/Salsas Non-GMO

Amy's (organic line)  
Annie's Natural  
Eden  
Emerald Valley Kitchen  
Green Mountain Gringo &  
certified-organic salsa  
Muir Glen Organic pasta sauce  
& salsa  
Seeds of Change certified-  
organic pasta sauce  
Walnut Acres certified-organic  
pasta sauce

### May Contain GMO Ingredients

Chef Boyardee, Healthy Choice  
(ConAgra)  
Campbell's products (including  
Healthy Request, Chunky,  
Simply Home, and Pepperidge  
Farm)  
Hormel products  
Progresso products  
(General Mills)

### 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 Natural  
Eden  
ShariAnn's certified organic beans  
Westbrae certified organic beans  
Yes Veggie Cuisine (Hain Celestial)

### 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  
Follow Your Heart  
Harvest Moon Mushrooms  
Ian's Natural Foods  
I.M. Health SoyNut Butters  
Maranatha Nut Butters  
Miso Master  
Muir Glen organic  
tomato ketchup  
Nasoya  
Newmans Own Organic

Spectrum oils and dressings  
SushiSonic Asian Condiments  
The Simple Soyman  
Vegan by Nature Buttery Spreads  
Vigoa Cuisine  
Wholemato

### 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 (except their "Simply  
100% Fruit" line of preserves)  
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)  
Eco-Planet  
Eden  
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 Organic  
Namaste Foods

Newman's Own Organics  
& Newman's Own  
(except salad dressing)

Simple Sweets  
Sunridge Farms

#### May Contain GMO Ingredients

FritoLay (Lay's, Ruffles, Doritos,  
Cheetos, Tostitos)  
Hostess Products  
(Interstate Brands)  
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 Company



### Energy Bars

#### Non-GMO

Clif Bar  
Genisoy Bars  
Lara Bar  
Luna Bar  
Macrobars  
Nature's Path  
Nativa  
Odwalla

Optimum Energy Bar  
Organic Food Bar  
Weil by Nature's Path Organic

#### May Contain GMO Ingredients

Balance Bar  
Nature Valley snack bars and  
granola bars (General Mills)  
Nabisco Bars (Kraft)  
PowerBar (Nestle)  
Quaker Granola Bars

## 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 Chocolate  
Ghirardelli Chocolate  
Green & Black's Organic Chocolate  
Kopali Organics  
Nonuttin'

Newman's Own  
Nonuttin'

#### May Contain GMO Ingredients

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

### Candy

#### Non-GMO

Jelly Belly  
Pure Fun Confections  
Reed's Crystallized Ginger  
candy (certified organic)

St. Claire Organic  
Sunridge Farms

#### May Contain GMO Ingredients

Hershey's  
Lifesaver (Kraft)  
Nestlé

### Sweeteners

#### Non-GMO

Eden  
Sweet Cloud



## 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 Vineyards*

*Odwalla*

*Organic Valley*

*Quinoa Gold*

*Mixerz All Natural Cocktail Mixers*

*R.W. Knudsen organic juices*

*and spritzers (Smucker's)*

*Santa Cruz Organic (Smucker's)*

*Sea2O Organic Energy Drink*

*Teecino Herbal Caffè*

*Walnut Acres Organic Juices*

### 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)*

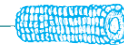
*Sunny Delight (Procter and*

*Gamble)*

**SPECIAL 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.

## 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	glycerin	milo starch
baking powder	glycerol	modified starch
caramel color	glycerol	monosodium
cellulose	monooleate	glutamate MSG
citric acid	glycine	oleic acid
cobalamin	hemicellulose	Phenylalanine
(Vitamin B12)	high fructose	phytic acid
corn gluten	corn syrup	sorbitol
corn masa	(HFCS)	soy flour
corn oil	hydrogenated	soy isolates
corn syrup	starch	soy lecithin
cornmeal	hydrolyzed veg-	soy protein
cornstarch	etable protein	starch
cyclodextrin	inositol	stearic acid
cystein	invert sugar	inverse syrup
dextrin	(colorose or	tempeh
dextrose	inversol)	threonine
diacetyl	tamari	tocopherols
diglyceride	isoflavones	(Vitamin E)
fructose	lactic acid	tofu
fructose	lecithin	trehalose
(crystalline)	leucine	triglyceride
glucose	lysine	vegetable fat
glutamate	malitol	vegetable oil
glutamic acid	maltodextrin	Vitamin B12
gluten	maltose	Vitamin E
glycerides	mannitol	xanthan gum
	methylcellulose	

*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:

