

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.**

This guide was created by the
Institute for Responsible Technology
in partnership with
the Center for Food Safety.



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.

TIPS FOR AVOIDING GM CROPS

TIP #1: BUY ORGANIC Certified organic products are not allowed to contain any GMOs.

TIP #2: LOOK FOR “NON-GMO” LABELS

TIP #3: AVOID AT-RISK INGREDIENTS Most GM ingredients are products made from the “Big Four:” corn, soybeans, canola, and cottonseed, used in processed foods. *See the list of invisible ingredients in this Guide.*

TIP #4: BUY PRODUCTS LISTED IN THIS GUIDE

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

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	Nest Fresh Organic
Eggland’s Best Organic	Organic Valley
Horizon Organic	Pete and Jerry’s Organic Eggs
Land O’Lakes Organic	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)

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.

DAIRY & 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
Butterworks Farm
Harmony Hills Dairy
Horizon Organic
Morningland Dairy
Nancy’s Organic Dairy*
Natural by Nature

Organic Valley
Radiance Dairy
Safeway Organic Brand
Seven Stars Farm*
Straus Family Creamery*
Stonyfield Farm
Wisconsin Organics
Woodstock Farms*

Produced Without rbGH National

Alta Dena
Ben & Jerry’s Ice Cream
Brown Cow Farm
Crowley Cheese of Vermont
Dannon
Franklin County Cheese

Grafton Village Cheese
Great Hill Dairy
Lifetime Dairy
Nancy’s Natural Dairy
Walmart store brand
Yoplait

West Coast

Alpenrose Dairy
Berkeley Farms
Clover Stornetta Farms

Joseph Farms Cheese
Sunshine Dairy Foods
Tillamook Cheese
Wilcox Family Farms

Midwest and Gulf States

Anderson Erikson
Chippewa Valley Cheese

Erivan Dairy Yogurt
Promised Land Dairy
Westby Cooperative Creamery

East Coast

Blythedale Farm Cheese
Crescent Creamery
Derle Farms, “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)
Kemps, aside from “Select” brand
Land O’Lakes

Parmalat
Sorrento
The Country’s Best Yoghurt

Alternative Dairy Products

Non-GMO

Belsoy
EdenSoy*
Imagine Foods/Soy Dream
Nancy’s Cultured Soy*
Nancy’s Organic Cultured Soy*
Organic Valley 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
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

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
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 (Nestlé)
Marie Callender’s (ConAgra)
Morningstar Farms, unless organic soy line (Kellogg)
Rosetto Frozen Pasta (Nestlé)
Stouffer’s (Nestlé)
Swanson (Campbell’s)
Tombstone (Kraft)
Totino’s (Smucker’s)
Voila! (Birds Eye/Unilever)

May Contain GMO Ingredients

Boca, unless organic (Kraft)

NonGMOShoppingGuide.com

Information on GMOs is also available at www.centerforfoodsafety.org and www.HealthierEating.org.

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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 (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)

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
Nancy's Organic Lowfat Kefir
Odwalla
Organic Valley
Quinoa Gold
Mixerz All Natural Cocktail Mixers
R.W. Knudsen, organic (Smucker's)
Santa Cruz Organic (Smucker's)
Sea20 Organic Energy Drink

Teecino Herbal Caffè
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 & Gamble)
Kraft (Country Time, Kool-Aid, Crystal Light, Capri Sun, Fang)
Libby's (Nestlé)
Ocean Spray
Pepsi (Tropicana, Frappuccino, Gatorade, SoBe, Dole)
Sunny Delight (Procter & Gamble)

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

SushiSonic Asian Condiments*
The Simple Soyman
Tropical Traditions
Vegan by Nature Buttery Spreads
Vigoa Cuisine
Wholomato
Woodstock Farms*

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

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)

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.

Candy: Non-GMO

Jelly Belly
Pure Fun Confections
Reed's Crystallized Ginger, organic
St. Claire Organic
Sunridge Farms

May Contain GMO Ingredients

Hershey's
Lifesaver (Kraft)
Nestlé

Sweeteners: Non-GMO

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

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)

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
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
invert 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.

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.

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 and www.HealthierEating.org.

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