

NON-GMO SHOPPING GUIDE

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



ShopNoGMO

Available at the iPhone
App Store



NonGMOShoppingGuide.com

Contents

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.

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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 ➤

- Mary's Gone Crackers
- Purely Elizabeth
- Silver Hills Sprouted
- Bakery
- Tasty Brand
- The Pure Wraps
- Western Family

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
- AH!LASKA
- Coconut Secret
- Endangered Species Chocolate
- Ener-G Foods
- Grain Place Foods
- 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
- Lillabee 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 | • Little Duck Organics | • Sunset Kids |
| • CADIA | • Mary's Little Garden | • The Pure Wraps |
| • Cape Cod Select | • North Coast | • Woodstock |
| • Central Market Organics | • Olé | |
| • Field Day | • SeaSnax | |
| • Funky Monkey Snacks | • Stahlbush Island Farms | |
| | • Sunset | |



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

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

- Naosap Harvest
- Nutiva
- Pacific Northwest Farmers Cooperative
- RiceSelect
- Salba
- Stahlbush Island Farms
- Stone Buhr Flour Company
- truRoots
- Woodstock
- Yoga

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
- PJ'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

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

- 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
- Mary'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



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:

- 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



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:*

- 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

Bridgewell 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

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

Haiku	Nasoya	Sunera
HealthForce Nutritionals	Natural Vitality	Sushi Sonic
Helios Nutrition	Nature Built	Swan Gardens
Hemp Oil Canada	NatureCrops	Sweet Home Farm
High Country Kombucha	Nordic Naturals	Tempt
HimalaRose	NuGo	The Simply Bar
HimalaSalt	Old Wessex	Tofurky
Hol-Grain	One Natural Experience	Tumaros
House Foods	One World	Turtle Island Foods
Ian's	Organic Baby	Venus Wafers
If You Care	Organic Classics	Wave
Immaculate Baking	Organic Planet	Way Better Snacks
Ines Rosales	Peace Cereal	Weetabix Company, Inc.
Jovial Organics	Popcorn, Indiana	White Mountain Foods
Kashi	Prana Foods	Whole Kitchen
Kavli	President's Choice	Whole Treat
Keller Crafted Meats	Q.bel	Wildwood Organics
Kettle Foods	Real Foods	World Centric
KIND Healthy Snacks	Manufacturing USA	Wylde
KONRIKO	Red's All Natural	Yogi Crisps
Lifeway Kefir	Reese	Yummi Bears Organics
Madhava	Rella	
Marge's Bakery	Rice Select	
Martha's All Natural	Rising Moon Organics	
Mediterranean Organic	Saffron Road	
Meijer Naturals	Scratch and Peck	
Metabolic Response	Siggi's	
Modifiers (MRM)	Smart Grain	
Minsley	Sol Cuisine	
Miso Master	Somersault Snack Co.,	
Modesto Milling	LLC	
Mom's	Soy Kaas	
Moosewood	Soyatoo	
Mori-Nu	Soygela	
Mt. Vikos	Spectrum	
My Chi Delights	Squarebar	
Nancy's	Stubb's	

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)	diglyceride	malitol	soy sauce
Aspartame	erythritol	malt	starch
(also called	Equal	malt syrup	stearic acid
AminoSweet,	food starch	malt extract	sugar (unless
NutraSweet,	fructose	maltodextrin	cane sugar)
Equal Spoonful,	(any form)	maltose	tamari
Canderel,	glucose	mannitol	tempeh
BeneVia, E951)	glutamate	methylcellulose	teriyaki
baking powder	glutamic acid	milk powder	marinades
canola oil	glycerides	milo starch	textured
(rapeseed oil)	glycerin	modified food	vegetable
caramel color	glycerol	starch	protein
cellulose	glycerol	modified starch	threonine
citric acid	monooleate	mono and	tocopherols
cobalamin	glycine	diglycerides	(vit E)
(vit B12)	hemicellulose	monosodium	tofu
colorose	high fructose	glutamate	trehalose
condensed milk	corn syrup	(MSG)	triglyceride
confectioners	(HFCS)	Nutrasweet	vegetable fat
sugar	hydrogenated	oleic acid	vegetable oil
corn flour	starch	Phenylalanine	vitamin B12
corn masa	hydrolyzed	phytic acid	vitamin E
corn meal	vegetable	protein isolate	whey
corn oil	protein	shoyu	whey powder
corn sugar	inositol	sorbitol	xanthan gum
corn syrup	inverse syrup	soy flour	
cornstarch	inversol	soy isolates	
cottonseed oil	invert sugar	soy lecithin	
cyclodextrin	isoflavones	soy milk	
cystein	lactic acid	soy oil	
dextrin	lecithin	soy protein	
dextrose	leucine	soy protein	
diacetyl	lysine	isolate	

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."*