

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

BOLD with an asterisk * denotes brands with products enrolled in the Non-GMO Project’s third party GMO Avoidance Verification Program.

Learn more at: NONGMOProject.org/consumers

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 & 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
BelGioioso Cheese Inc.
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
Roth Kase USA
Walmart store brand
Yoplait

May contain GMO ingredients

Colombo (General Mills)
Kemps, aside from “Select” brand
Land O’ Lakes

Parmalat
Sorrento
The Country’s Best Yoghurt

For regional lists of rbGH-free sources of Dairy Products:
NONGMOShoppingGuide.com

Alternative Dairy Products

Non-GMO

Belsoy
EdenSoy*
Imagine Foods/Soy Dream
Lisanatti
Nancy’s Cultured Soy*
Nancy’s Organic Cultured Soy*
Organic Valley Soy*
Pacific Natural Foods*
Silk
So Delicious

Sun Soy
Stonyfield Farm O’Soy
Tofutti
VitaSoy/Nasoya
WestSoy
WholeSoy*
Wildwood
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 Organic
Bella Baby
Earth’s Best
Gerber
HAPPYBABY
Mom Made Meals
Organic Baby*
PediaSmart

Plum Organics
Tastybaby

May contain GMO ingredients

Beech-Nut
Enfamil
Good Start
Nestlé
Similac/Isomil

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

Copyright 2010 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@responsibletechology.org

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
Dr. McDougall’s Right Foods
Dr. Oetker Organics
French Meadow
Natural Ovens Bakery, organic
Nature’s Path*
Rapunzel

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*

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
(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)
Celeste (Pinnacle Foods)

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

Annie’s*
Barbara’s, organic
Bearitos/Little Bear Organics
(Hain Celestial)
Earthly Treats
Eco-Planet
Eden*
Field Day*
Garden of Eatin’
Grandy Oats
Hain Pure Snax/Hain Pure Foods
Health Valley
Ian’s Natural Foods
Kettle Brand*
Kopali Organics
Late July Organic Snacks
Mary’s Gone Crackers*
Nature’s Path*
Namaste Foods
Newman’s Own Organics
Newman’s Own, except salad dressings

Peeled Snacks
Plum Organics Tots
Rapunzel
Revolution Foods
Ruth’s
Simple Sweets
Sunridge Farms
Tasty Brand
Woodstock Farms*
May contain GMO ingredients
FritoLay (Lay’s, Ruffles, Doritos, Cheetos,
Tostitos)
Hostess
Keebler (Kellogg’s)
Kraft (Nabisco, Nilla Wafers, Oreos, Ritz,
NutterButter, Honey Maid, SnackWells,
Teddy Grahams, Wheat Thins, Triscuit)
Pepperidge Farm (Campbell’s)
Pringles
Quaker Oats

BOLD with an asterisk * denotes brands with products enrolled in the Non-GMO Project's third party GMO Avoidance Verification Program.

Learn more at: NONGMOProject.org/consumers

SNACKS/ENERGY BARS:	Odwalla
Non-GMO	Optimum Energy Bar
Clif Bar	Organic Food Bar
Divine Foods	Ruth's
Genisoy Bars	Weil by Nature's Path Organic
GoodOnYa Bar	
Lara Bar	
Luna Bar	
Macrobars	
MacroLife Naturals	
Nature's Path*	
Nutiva	
	May Contain GMO Ingredients
	Balance Bar
	Nature Valley (General Mills)
	Nabisco Bars (Kraft)
	PowerBar (Nestle)
	Quaker Granola

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	Walnut Acres, organic
Amy's	May Contain GMO Ingredients
Fantastic Foods*	Chef Boyardee, Healthy Choice (ConAgra)
Health Valley/Westbrae	Campbell's (Healthy Request, Chunky, Simply Home, Pepperidge Farm)
Imagine Natural	Hormel products
Natural/Hain	Progresso Soups (General Mills)
Rapunzel	
ShariAnn's Organics	

Sauces/Salsas: Non-GMO	May Contain GMO Ingredients
Amy's	Bertolli (Unilever)
Eden*	Chi-Chi's (Hormel)
Emerald Valley Kitchen	Classico (Heinz)
Field Day*	Del Monte
Green Mountain Gringo*	Healthy Choice, Hunts (ConAgra)
Muir Glen Organic	Old El Paso (General Mills)
Rising Moon*	Pace, Prego (Campbell's)
Seeds of Change pasta sauce	Ragu (Unilever)
Walnut Acres pasta sauce	

Canned Food: Non-GMO	May Contain GMO Ingredients
Amy's	Chef Boyardee
Annie's*	Dirty Moore, Stagg, Hormel (Hormel)
Eden*	Franco-American (Campbell's)
ShariAnn's, organic	
Westbrae, organic	
Yves Veggie Cuisine (Hain Celestial)	
Woodstock Farms*	

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	KAMUT
Annie's*	Lundberg Family Farms*
Bob's Red Mill, organic	Organic Planet*
Eden*	Sunridge Farms
Field Day*	Vita-Spelt pasta

PACKAGED MEALS: Non-GMO	May Contain GMO Ingredients
Amy's	Betty Crocker (General Mills)
Casbah (Hain-Celestial)	Knorr (Unilever)
Dr. McDougall's Right Foods	Kraft Macaroni & Cheese
Fantastic Foods*	Lipton meal packets (Unilever)
Ian's Natural Foods	Near East (Quaker)
Lotus Foods	Pasta Roni & Rice-A-Roni (Quaker)
Lundberg Farms Rice Sensations*	
Rising Moon*	
Seeds of Change organic meals	

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	Sea20 Organic Energy Drink
After the Fall, organic (Smucker's)	Teecino Herbal Caffe
Big Island Organics	Walnut Acres Organic Juices
Blue Sky	Woodstock Farms*
Cascadian Farm	
Crofter's Organic	
Eden*	May Contain GMO Ingredients
Field Day*	Coca-Cola (Fruitopia, Minute Maid, Hi-C, NESTEA)
Frey Vineyards	Hansen Beverage Company
Mixerz All Natural Cocktail Mixers	Hawaiian Punch (Procter & Gamble)
Nancy's Organic Lowfat Kefir	Kraft (Country Time, Kool-Aid, Crystal Light, Capri Sun, Tang)
Odwalla	Libby's (Nestlé)
Organic Valley	PediaSmart
Quinoa Gold	Ocean Spray
R.W. Knudsen, organic (Smucker's)	Pepsi (Tropicana, Frappuccino, Gatorade, SoBe, Dole)
Santa Cruz Organic (Smucker's)	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	Sage Hills Farms
Annie's Naturals*	Spectrum oils and dressings
Bountiful Bean	SushiSonic Condiments*
Bragg's liquid amino	The Simple Soyman
Carrington Farms Flax Seed	Tropical Traditions
Crofter's Organic	Vegan by Nature Buttery Spread
Drew's salad dressing	Vigoa Cuisine
Eden*	Wholemato
Emerald Cove	Wildwood
Emerald Valley Kitchen	Woodstock Farms*
Emperor's Kitchen*	
Field Day*	May Contain GMO Ingredients
Follow Your Heart*	Crisco (Smucker's)
Harvest Moon Mushrooms	Del Monte
Ian's Natural Foods	Heinz
I.M. Health SoyNut Butters	Hellman's (Unilever)
Kettle Brand*	Kraft condiments and dressings
Krazy Ketchup	Mazola
Maranatha Nut Butters	Pam (ConAgra)
Miso Master*	Peter Pan (ConAgra)
Muir Glen Organic ketchup	Skippy (Unilever)
Nasoya	Smucker's, unless "Simply 100% Fruit"
Newmans Own Organic	Wesson (ConAgra)
Rapunzel	Wish-Bone (Unilever)
Ruth's	

CEREAL & 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	Nonuttin'
Annie's*	Omega Smart Bars
Ambrosial Granola	Peace Cereal Organic
Betty Crocker (General Mills)	Ruth's
Barbara's, organic	Simple Sweets
Cascadian Farms	Sunridge Farms
Eden*	
EnviroKidz*	May Contain GMO Ingredients
Golden Temple	General Mills
Golden Temple	Kellogg
Grandy Oats	Post (Kraft)
Health Valley, organic	Quaker
Lundberg Rice Cereal*	
Nature's Path*	

CANDY, CHOCOLATE PRODUCTS & SWEETENERS

Look for organic and non-GMO sweeteners, 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.

Candy: Non-GMO	May Contain GMO Ingredients
Pure Fun Confections	Hershey's
Reed's Ginger Candy, organic	Jelly Belly
St. Claire Organic	Lifesaver (Kraft)
Sunridge Farms	Nestlé
Woodstock Farms*	

Sweeteners: Non-GMO	<i>The sweetener aspartame is derived from GM micro-organisms. 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.</i>
Eden*	
Sweet Cloud*	
Tropical Traditions	
Woodstock Farms, organic*	

Chocolate: Non-GMO	Rapunzel
Chocolove	Woodstock Farms*
Endangered Species*	May Contain GMO Ingredients
Green & Black's Organic	Ghirardelli Chocolate
Kopali Organics	Hershey's
Lindt Chocolate	Nestlé (Crunch, Kit Kat, Smarties)
Newman's Own	Tablerone (Kraft)
Nonuttin'	

INVISIBLE GM INGREDIENTS

Processed foods often have hidden GM sources (unless they're organic or declared non-GMO). The following ingredients may be made from GMOs.

<i>Aspartame, also called</i>	glycerin	protein isolate
<i>NutraSweet®, Equal Spoonful®, Canderel®, AminoSweet®</i>	glycerol	shoyu
<i>BeneVia®, E951</i>	glycerol monooleate	sorbitol
baking powder	glycine	soy flour
canola oil (rapeseed)	hemicellulose	soy isolates
caramel color	high fructose corn syrup (HFCS)	soy lecithin
cellulose	hydrogenated starch	soy milk
citric acid	hydrolyzed vegetableprotein	soy oil
cobalamin (Vit. B12)	inositol	soy protein
colorose	inverse syrup	soy protein isolate
condensed milk	invert sugar	soy sauce
confectioners sugar	inversol	starch
corn flour	isoflavones	stearic acid
corn gluten	lactic acid	sugar (unless cane)
corn masa	lecithin	tamari
corn meal	leucine	tempeh
corn oil	lysine	teriyaki marinade
corn sugar	malitol	textured vegetable protein
corn syrup	malt	threonine
cornstarch	malt syrup	tocopherols (Vit E)
cyclodextrin	malt extract	tofu
cystein	maltodextrin	trehalose
dextrin	maltose	triglyceride
dextrose	methylcellulose	vegetable fat
diacetyl	milk powder	vegetable oil
diglyceride	nilo starch	Vitamin B12
erythritol	modified food starch	Vitamin E
Equal	modified starch	whey
food starch	mono and diglyceride	whey powder
fructose (any form)	monosodium	xanthan gum
glucose	glutamate (MSG)	
glutamate	Nutrasweet	<i>Ascorbic acid (Vitamin C) although usually derived from corn, is probably not GM because it is not likely made in North America.</i>
glutamic acid	oleic acid	
gluten	Phenylalanine	
glycerides	phytic acid	

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.

Copyright 2010 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