NON-GMO SHOPPING GUIDE
How to avoid foods made with genetically modified organisms (GMOs)

Available at the iPhone App Store ShopNoGMO

HEALTHY EATING Starts with No GMOs!
THE CAMPAIGN FOR HEALTHIER EATING IN AMERICA No Genetically Modified Organisms
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Visit NonGMOShoppingGuide.com for updates and additional categories.

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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 to introduce a new trait.

Why Should I Avoid GMOs?

The American Academy of Environmental Medicine reported that “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. Many physicians advise ALL patients to choose healthier non-GMO foods.

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 enrolled in the Non-GMO Project. The Non-GMO Project is a non-profit organization committed to providing consumers with clearly labeled and independently verified non-GMO choices including testing of at-risk ingredients. Visit NonGMOProject.org for more information on their 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.
Sugar: If a non-organic product made in North American 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: Download the Guide
Visit NonGMOShoppingGuide.com to download a complete list of Non-GMO products available from each brand in this guide or use 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. The brands featured below are enrolled in the Non-GMO Project.

- 365
- Eden
- Follow Your Heart
- Growing Naturals
- Hemp Bliss
- Luna & Larry’s Coconut Bliss
- Manitoba Harvest
- Nancy’s
- Native Forest
- Organic Valley
- Pacific Natural Foods
- Pulmuone Wildwood
- Silk
- So Delicious
- Soy Kaas
- 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. *The brands featured below are enrolled in the Non-GMO Project.*

Earth’s Best  
HAPPYBABY Pouches  
HAPPYTOT  
Little Duck Organics  
Organic Baby

Beverages
Most juices are made from non-GMO fruit (avoid 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 percent 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. *The brands featured below are enrolled in the Non-GMO Project.*

365  
Bragg  
Café Altura  
Choice Organic Teas  
Earth Balance  
Field Day  
GoodBelly  
Guayaki  
Haiku  
Hemp Bliss  
Hemptein  
Meijer Naturals  
North Coast  
Nutiva  
One Natural Experience  
One World  
Prairie Emerald  
Rapunzel  
Silk  
So Delicious  
Traditional Medicinals  
Whole Foods Market  
Woodstock Farms
Body Care
The GM ingredients found in body care products are largely soy and corn derivatives. *The brands featured below are enrolled in the Non-GMO Project.*

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. *The brands featured below are enrolled in the Non-GMO Project.*

365
Barbara’s Bakery
Berlin Natural Bakery

Hodgson Mill
Maria & Ricardo
Meijer Naturals

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, candy and chocolate products made with 100% cane sugar (to avoid the 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, and some pharmaceuticals such as vitamins and sugar-free cough drops. *The brands featured below are enrolled in the Non-GMO Project.*

365
Attune Foods
Crispy Cat
Endangered Species Chocolate
Grain Place Foods
Let’s Do...

Lundberg Family Farms
Meijer Naturals
NuGo
Rapunzel
Woodstock Farms
Cereals & Breakfast Foods
Cereals and breakfast bars are very likely to include GMO ingredients because they are often made with corn and soy products and non-cane sugars. *The brands featured below are enrolled in the Non-GMO Project.*

365
Bakery On Main
Barbara’s Bakery
Chez Gourmet
Eden
Envirokidz
Erewhon
Hodgson Mill
Lundberg Family Farms

Mediterranean Organic
Meijer Naturals
Nature’s Path
Nutiva
Old Wessex
Prana Foods
Uncle Sam
Weetabix

Condiments, Oils, Dressings & Spreads
Unless labeled explicitly, corn, soybean, cottonseed, and canola oils produced in North America almost certainly 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 unspecified “sugar” (which will likely contain GM beet sugar) or corn syrup. *The brands featured below are enrolled in the Non-GMO Project.*

365
Bragg
Coconut Secret
Earth Balance
Eden
Emerald Cove
Emperor’s Kitchen
Field Day
Follow Your Heart
Green Mountain Gringo
Koyo
Manitoba Harvest
Mediterranean Organic
Meijer Naturals
Miso Master

Napa Valley Naturals
Nexcel Natural Ingredients
Nutiva
Prairie Emerald
Pulmuone Wildwood
Rapunzel
Rising Moon Organics
Salute Saluté!
San-J
Stubb’s
Sushi Sonic
Sweet Cloud
Viterra
Whole Foods Market
Woodstock Farms
Dairy Products

Some U.S. dairy farms inject the genetically engineered 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. Many alternative dairy products are made from soybeans and may contain GM materials. *The brands featured immediately below are enrolled in 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).*

- 365 Earth Balance
- Nancy’s
- Pacific Natural Foods
- Rumiano Cheese
- Seven Stars Farm
- Siggi’s
- Straus Family Creamery
- White Mountain Foods
- Woodstock Farms

No-rbGH

Certified Organic Brands

- Alta Dena Organics
- Butterworks Farm
- Chase Organic Dairy
- Harmony Hills Dairy
- Horizon Organic
- Morningland Dairy
- Natural by Nature
- Radiance Dairy
- Safeway Organic Brand
- Stonyfield Farm
- Wisconsin Organics

Produced Without rbGH - National Brands

- Alta Dena
- BelGioioso Cheese Inc.
- Ben & Jerry’s Ice Cream
- Brown Cow Farm
- Crowley Cheese of Vermont
- Dannon
- Franklin County Cheese
- Great Hill Dairy
- Lifetime Dairy
- Nancy’s Natural Dairy
- Roth Kase USA
- Walmart store brand
- Yoplait
Produced Without rbGH - West Coast

<table>
<thead>
<tr>
<th>Dairy Product</th>
<th>Dairy Product</th>
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</thead>
<tbody>
<tr>
<td>Alpenrose Dairy</td>
<td>Joseph Farms Cheese</td>
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<tr>
<td>Berkeley Farms</td>
<td>Producers Dairy Foods, Inc.</td>
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<tr>
<td>California Dairies, Inc.</td>
<td>Stremick’s Heritage Foods</td>
</tr>
<tr>
<td>Clover Storinetta Farms</td>
<td>Sunshine Dairy Foods</td>
</tr>
<tr>
<td>Darigold</td>
<td>Super Store Industries</td>
</tr>
<tr>
<td>Foster Farms Dairy</td>
<td>Tillamook Cheese</td>
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<tr>
<td>Glanbia Foods, Inc.</td>
<td>Wilcox Family Farms, rbST-free dairy line only</td>
</tr>
<tr>
<td>Humboldt Creamery Co.</td>
<td></td>
</tr>
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</table>

Produced Without rbGH - Midwest and Gulf States

<table>
<thead>
<tr>
<th>Dairy Product</th>
<th>Dairy Product</th>
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</thead>
<tbody>
<tr>
<td>Anderson Erikson</td>
<td>Oberweis Dairy Inc.</td>
</tr>
<tr>
<td>BGC Manufacturing</td>
<td>Prairie Farms Dairy</td>
</tr>
<tr>
<td>Braum’s Ice Cream</td>
<td>Promised Land Dairy</td>
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<tr>
<td>Chippewa Valley Cheese</td>
<td>Roberts Dairy</td>
</tr>
<tr>
<td>Erivan Dairy Yogurt</td>
<td>Shatto Milk</td>
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<tr>
<td>Gossner Foods, Inc.</td>
<td>Shamrock Farms</td>
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<tr>
<td>Hiland Dairy</td>
<td>Smith Dairy Products</td>
</tr>
<tr>
<td>Joseph Gallo Farms</td>
<td>Westby Cooperative Creamery</td>
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<tr>
<td>Michigan Milk Producers Assoc.</td>
<td>United Dairy Farmers, Inc.</td>
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Produced Without rbGH - East Coast

<table>
<thead>
<tr>
<th>Dairy Product</th>
<th>Dairy Product</th>
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</thead>
<tbody>
<tr>
<td>Blythedale Farm Cheese</td>
<td>Farmland Dairies</td>
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<tr>
<td>Clover Farms</td>
<td>Publix Super Markets</td>
</tr>
<tr>
<td>Cloverland/Green Spring Dairy</td>
<td>Oakhurst Dairy</td>
</tr>
<tr>
<td>Crescent Creamery</td>
<td>Schneider’s Dairy</td>
</tr>
<tr>
<td>Derle Farms, milk with “no rbST” label only</td>
<td>Wawa Dairy</td>
</tr>
<tr>
<td>Erivan Dairy Yogurt</td>
<td>Wilcox Dairy, rbST-free dairy line only</td>
</tr>
</tbody>
</table>

For updated regional lists of rbGH-free sources of Dairy Products: NonGMOShoppingGuide.com
Feed & Seed
If you’re raising poultry or livestock and want to avoid GM feed in your animal’s 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. The brands featured below are enrolled in the Non-GMO Project.

Modesto Milling

Fruits & Vegetables (canned & frozen)
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. Even if the fruit or vegetable is non-GMO, if it is packaged, frozen, or canned, there may be GM additives. The brands featured below are enrolled in the Non-GMO Project.

365
Cape Cod Select
Emperor’s Kitchen
Field Day
Funky Monkey Snacks
Little Duck Organics
Mary’s Little Garden
Mediterranean Organic

Meijer Naturals
North Coast
Ole
Reese
Stahlbush Island Farms
Sunset
Sunset Kids
Woodstock Farms

Grains, Beans & Flour
Other than corn, no GM grains are sold on the market. Look for 100 percent wheat flour, pasta, couscous, rice, quinoa, oats, barley, sorghum, and dried beans (except soybeans). The brands featured on the following page (page 9) are enrolled in the Non-GMO Project.
Herbs, Spices & Other Ingredients
Although there are no spices that are genetically modified, sometimes spice combinations may include soy or corn derivatives. *The brands featured below are enrolled in the Non-GMO Project.*

365
A.Vogel
D & Á
Don’s Chuck Wagon
Emerald Cove
Emperor’s Kitchen
Field Day
Mediterranean Organic
Meijer Naturals

Nutiva
Miso Master
Rapunzel
Ruth’s Foods
Sushi Sonic
Whole Pantry
Woodstock Farms

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. *The brands featured below are enrolled in the Non-GMO Project.*

365
Natural Sea
Pure Country Pork Inc.
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. *The brands featured below are enrolled in the Non-GMO Project.*

VerTerra Dinnerware

For an updated list of Mercantile Products: NonGMOShoppingGuide.com

Packed/Frozen Meals
Many frozen and packaged meals are highly processed. Keep an eye out for the Big Four at-risk ingredients and non-cane sugars. Stay away from frozen/packaged meals that contain them, unless they are marked organic or non-GM. *The brands featured below are enrolled in the Non-GMO Project.*

365
gogo
Moveable Feast
Hodgson Mill
Lundberg Family Farms
PJ’s Organics
Prana Foods
Rising Moon Organics
Sophie’s Kitchen
White Mountain Foods
Whole Kitchen

Pasta
Other than corn, no GM grains are sold on the market. Look for 100 percent wheat pasta, couscous, and others. *The brands featured below are enrolled in the Non-GMO Project.*

365
Annie’s Homegrown
Eden
Field Day
Hodgson Mill
House Foods
Koyo
Organic Planet
Rising Moon Organics
Whole Foods Market
Pet Products

We love our pets and want to ensure they have a long, healthy life with us. Research shows that the number of pet health problems directly related to poor nutrition is increasing. Luckily, there are a number of certified organic, non-GMO pet foods available. Talk to your veterinarian for detailed information on providing a balanced diet for your pet. The brands featured below are enrolled in the Non-GMO Project.

365
Green Mush

Snacks, Foods & Bars

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 red GM corn. The brands featured below are enrolled in the Non-GMO Project.

365
Bakery on Main
Barbara’s Bakery
Berlin Natural Bakery
CADIA
Central Market Organics
Crispy Cat
Eatsmart Naturals
Eden
Emerald Cove
Envirokidz
Field Day
Funky Monkey Snacks
Garden of Eatin
Grain Place Foods
Green Mountain Gringo
Jolly Llama
Kavli
Kettle Foods
Koyo

Let’s Do...
Luna & Larry’s Coconut Bliss
Lundberg Family Farms
Manitoba Harvest
Mary’s Gone Crackers
Mediterranean Organic
Meijer Naturals
Nature’s Path
NuGo
Nutiva
Popcorn, Indiana
Prairie Emerald
Pure
R.W. Garcia
Real Foods Manufacturing USA
Ruth’s Foods
Snyder’s of Hanover
SunRidge Farms
Woodstock Farms
Soups & Sauces
Many soups and sauces are highly processed, so examine the ingredient lists closely to avoid the Big Four at-risk ingredients and non-cane sugars. The brands featured below are enrolled in the Non-GMO Project.

365
Central Market Organics
Dave’s Gourmet
Field Day
Meijer’s Naturals
Moosewood

North Coast
Organic Classics
Rapunzel
Rising Moon Organics
Woodstock Farms

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 the Big Four at-risk ingredients, especially soy. The brands featured below are enrolled in the Non-GMO Project.

365
House Foods
Pulmuone Wildwood
SOGA
Sunshine Burger

Tofurky
Turtle Island Foods
Westsoy
White Mountain Foods
Woodstock Farms

Vitamins & Supplements
Many supplements use soy and corn derivatives, and some use GM microorganisms to produce their products. The brands featured below are enrolled in the Non-GMO Project.

GlucoLift
HealthForce Nutritionals
Manitoba Harvest
New Chapter

Nutiva
Rainbow Light Nutritional Systems
Yummi Bears Organics
Wholesale Ingredients

The brands featured below are enrolled in the Non-GMO Project.

Bridgewell Resources
Jungbunzlauer
Modesto WholeSoy Co.
Pacific Northwest Farmers

SK Food
Soygeia
Viterra

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, also called NutraSweet®, Equal Spoonful®, Candere®, BeneVia®, E951 AminoSweet®
baking soda
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
dihydroxyacetone
diol
dried celery seed
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
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)
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 printing this guide:

For more information visit:
www.ResponsibleTechnology.org
“\text{The most comprehensive source of GMO health risk information on the web.}”