

# NON-GMO SHOPPING GUIDE

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



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CENTER FOR  
FOOD SAFETY

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



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Visit **NONgmoShoppingGuide.com**  
for updates and additional categories.

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. ***It does not cover other potentially harmful ingredients, allergens, colors or additives.***

## 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.” Products that carry the Non-GMO Project Seal have third party verification as being in compliance with Non-GMO Project standards for GMO avoidance. Some products limit their claim to only one particular “At-Risk” ingredient such as soy lecithin, listing it as “non-GMO.” Look for dairy products labeled “No rBGH or rBST,” or “artificial hormone-free.”

## 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. 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

\*May be derived from other sources

In addition, GM sugar beet sugar recently entered 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.

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

Now available on the iPhone: ShopNoGMO  
Online at: [NONgmoShoppingGuide.com](http://NONgmoShoppingGuide.com)

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

Learn more at: [www.NONGMOProject.org/consumers](http://www.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  
EcoVegan  
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 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. 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\***

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### 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

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### 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**

**Now available on the iPhone: ShopNoGMO**

## 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

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## 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

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## 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 \***

Bob's Red Mill, organic

#### **Eden\***

#### **Field Day\***

### KAMUT

#### **Lundberg Family Farms\***

#### **Organic Planet\***

Sunridge Farms

Vita-Spelt pasta

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### Packaged Meals

#### Non-GMO

Amy's

Casbah (Hain-Celestial)

Dr. McDougall's Right Foods

#### **Fantastic Foods\***

Ian's Natural Foods

Lotus Foods

#### **Lundberg Farms Rice**

#### **Sensations\***

#### **Rising Moon\***

Seeds of Change organic meals

### May Contain GMO Ingredients

Betty Crocker (General Mills)

Knorr (Unilever)

Kraft Macaroni & Cheese

Lipton meal packets (Unilever)

Near East (Quaker)

Pasta Roni & Rice-A-Roni meals  
(Quaker)

## 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

#### **Annie's\***

Ambrosial Granola

Barbara's, organic

Cascadian Farms

#### **Eden\***

#### **EnviroKidz\***

Golden Temple

Grandy Oats

Health Valley, organic

#### **Lundberg Rice Cereal\***

#### **Nature's Path\***

Nonuttin'

Omega Smart Bars

Peace Cereal Organic

Ruth's

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

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\***

Rudi's Organic Bakery

Rapunzel

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\***

### May Contain GMO

#### Ingredients

Boca, unless organic (Kraft)

Celeste (Pinnacle Foods)

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)

## 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

Rapunzel

ShariAnn's Organics

Walnut Acres, organic

### May Contain GMO

#### Ingredients

Chef Boyardee, Healthy Choice  
(ConAgra)

Campbell's products (Healthy  
Request, Chunky, Simply  
Home, & Pepperidge Farm)

Hormel products

Progresso Soups (General Mills)

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### Sauces/Salsas:

#### Non-GMO

Amy'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)

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### Canned Food:

#### Non-GMO

Amy's

**Annie's\***

**Eden\***

ShariAnn's, organic

Westbrae, organic

Yves Veggies Cuisine (Hain  
Celestial)

**Woodstock Farms\***

### 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 Naturals\***

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\***

#### **Field Day\***

#### **Follow Your Heart\***

Harvest Moon Mushrooms  
Ian's Natural Foods  
I.M. Health SoyNut Butters

#### **Kettle Brand\***

Krazy Ketchup  
Maranatha Nut Butters

#### **Miso Master\***

Muir Glen Organic ketchup  
Nasoya  
Newmans Own Organic  
Rapunzel  
Ruth's  
Sage Hills Farms

Spectrum oils and dressings

#### **SushiSonic Condiments\***

The Simple Soyman  
Tropical Traditions  
Vegan by Nature Buttery Spread  
Vigora Cuisine  
Wholemato  
Wildwood

#### **Woodstock Farms\***

### 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)



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## 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, Nutter Butter,

Honey Maid, SnackWells,  
Teddy Grahams, Wheat Thins,  
Triscuit)

Pepperidge Farm (Campbell's)

Pringles

Quaker Oats

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### Energy Bars: Non-GMO

Clif Bar

Divine Foods

Genisoy Bars

GoodOnYa Bar

Lara Bar

Luna Bar

Macrobars

MacroLife Naturals

#### **Nature's Path\***

Nutiva

Odwalla

Optimum Energy Bar

Organic Food Bar

Ruth's

Weil by Nature's Path Organic

### May Contain GMO Ingredients

Balance Bar

Nature Valley (General Mills)

Nabisco Bars (Kraft)

PowerBar (Nestle)

Quaker Granola

## 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\***

Green & Black's Organic

Kopali Organics

Lindt Chocolate

Newman's Own

Nonuttin'

Rapunzel

**Woodstock Farms\***

### May Contain GMO Ingredients

Ghirardelli Chocolate

Hershey's

Nestlé (Crunch, Kit Kat,  
Smarties)

Toblerone (Kraft)

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### Candy: Non-GMO

Pure Fun Confections

Reed's Ginger Candy, organic

St. Claire Organic

Sunridge Farms

**Woodstock Farms\***

### May Contain GMO Ingredients

Hershey's

Jelly Belly

Lifesaver (Kraft)

Nestlé

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### Sweeteners: Non-GMO

**Eden\***

**Sweet Cloud\***

Tropical Traditions

**Woodstock Farms\***



## 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 (Smuckers)

Big Island Organics

Blue Sky

Cascadian Farm

Crofters Organic

**Eden\***

**Field Day\***

Frey Vineyards

Mixerz All Natural Cocktail Mixers

Nancy's Organic Lowfat Kefir

Odwalla

Organic Valley

PediaSmart

Quinoa Gold

R.W. Knudsen, organic  
(Smucker's)

Santa Cruz Organic (Smucker's)

Sea20 Organic Energy Drink

Teecino Herbal Caffe

Walnut Acres Organic Juices

**Woodstock Farms\***

### 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)

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**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.*

## 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®, Canderel®,  
Equal Spoonful®, E951,  
BeneVia®, AminoSweet®  
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  
cystein  
dextrin  
dextrose  
diacetyl  
diglyceride  
erythritol  
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  
inverse 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.*

Now available on the iPhone: ShopNoGMO  
Online at: [NONgmoShoppingGuide.com](http://NONgmoShoppingGuide.com)

These companies support your right to  
choose Non-GMO products and have  
contributed toward printing this guide:



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