

# NON-GMO SHOPPING GUIDE

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



ShopNoGMO



Available at the iPhone

App Store



HEALTHY EATING  
Starts with No GMOs!

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

NonGMOShoppingGuide.com

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Visit **[NonGMOShoppingGuide.com](http://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 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 enrolled in 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. Visit [NonGMOProject.org](http://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](http://NonGMOShoppingGuide.com) to see 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
- Earth Balance
- Eden
- Follow Your Heart
- Galaxy Nutritional Foods
- Growing Naturals
- Hemp Bliss
- Luna & Larry’s Coconut Bliss
- Manitoba Harvest
- Nancy’s
- Native Forest
- Organic Valley
- Pacific Natural Foods
- Pulmuone Wildwood
- Rella
- Sambazon
- Silk
- So Delicious Dairy Free
- Soy Kaas
- Tempt
- 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. *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 (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. *The brands featured below are enrolled in the Non-GMO Project:*

- 365
- Bragg
- CADIA
- Café Altura
- Choice Organic Teas
- Earth Balance
- Field Day
- Guayaki
- Haiku
- Harvest Bay
- Hemp Bliss
- Hemp Oil Canada
- Meijer Naturals
- North Coast
- Nutiva
- One Natural Experience
- One World
- Pacific Natural Foods
- Rapunzel
- Sambazon
- Silk
- So Delicious Dairy Free
- Tempt
- Traditional Medicinals
- two leaves and a bud
- Whole Foods Market
- WingFoot



## Body Care

The GM ingredients found in body care products are largely soy and corn derivatives. *The brand featured below is enrolled in 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. *The brands featured below are enrolled in the Non-GMO Project:*

- 365
- Alvarado Street Bakery
- Annie's
- Barbara's Bakery

**More Breads & Baked Goods >**

- Berlin Natural Bakery
- EatPastry
- Emmy's Organics
- Ener-G Foods
- Hodgson Mill
- HomeFree, LLC
- Ines Rosales
- Lillabee Allergy Friendly Baking
- Marge's Bakery
- Maria & Ricardo
- Mary's Gone Crackers
- Meijer Naturals
- Mt Vikos
- Purely Elizabeth
- Tasty Brand
- The Pure Wraps
- Tumaro's

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

- 365
- AH!LASKA
- Attune Foods
- Coconut Republic
- Coconut Secret
- Crispy Cat
- Endangered Species Chocolate
- Ener-G Foods
- Grain Place Foods
- Immortality Alchemy
- Let's Do...
- Luna & Larry's Coconut Bliss
- Lundberg Family Farms
- Meijer Naturals
- NuGo
- Rapunzel
- Righteously Raw
- SunRidge Farms
- Sweet Cloud
- Tempt
- Theo Chocolate
- Whole Treat
- 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. *The brands featured below are enrolled in the Non-GMO Project:*

- 365
- Annie's
- Bakery On Main
- Barbara's Bakery
- Chez Gourmet
- Eden
- Emmy's Organics
- Envirokidz
- Erewhon
- Field Day
- Hodgson Mill

- Lillabee Allergy Friendly Baking
- Lundberg Family Farms
- Mediterranean Organic
- Meijer Naturals
- Nature's Path
- New Morning
- Nutiva
- Old Wessex
- Peace
- Prana Foods
- Purely Elizabeth
- Ruth's Foods
- Sambazon
- Skinners
- Stark Sisters Granola
- Sweet Home Farm
- Tasty Brand
- Uncle Sam
- Vigilant Eats
- Weetabix
- Woodstock
- Yogi

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

- 365
- Annie's
- Atlantic Organic
- Barney Butter
- Bragg
- CADIA
- Coconut Secret
- Earth Balance
- Eden
- Emperor's Kitchen
- Field Day
- Follow Your Heart
- Freeline Organic Food
- Green Mountain Gringo
- Harvest Bay
- Hemp Oil Canada
- Koyo
- La Tourangelle
- Lundberg Family Farms
- Manitoba Harvest
- Marconi Naturals
- Marinelli's True Italian Pasta Sauce
- Marukome USA
- Mediterranean Organic
- Meijer Naturals
- Miso Master
- Mt Vikos
- Napa Valley Naturals
- Nexcel Natural Ingredients
- Nutiva
- Pulmuone Wildwood
- Rapunzel
- Rising Moon Organics
- Salute Santé!
- San-J
- SK Food
- Spectrum
- Stubb's
- Sushi Sonic
- Swan Gardens
- Tempt
- Tropical Traditions
- Viterra
- Whole Foods Market
- 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. *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
- Earth's Best
- Gourmet Artisan
- Helios Nutrition
- Lifeway
- Mt Vikos
- Nancy's
- Rumiano Family Cheese
- Seven Stars Farm
- Siggi's
- Straus Family Creamery
- White Mountain Foods
- Woodstock

## No-rbGH (Partial List, not yet enrolled in the Non-GMO Project.)

### Certified Organic Brands

- Alta Dena Organics
- Butterworks Farm
- Chase Organic Dairy
- Harmony Hills Dairy
- Horizon Organic
- Morningland Dairy
- Natural by Nature
- Organic Valley
- 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

- Alpenrose Dairy
- Berkeley Farms
- California Dairies, Inc.
- Clover Stornetta Farms
- Darigold
- Foster Farms Dairy
- Glanbia Foods, Inc.
- Humboldt Creamery Company
- Joseph Farms Cheese
- Producers Dairy Foods, Inc.
- Stremick's Heritage Foods
- Sunshine Dairy Foods
- Super Store Industries
- Tillamook Cheese
- Wilcox Family Farms, rbST-free dairy line only

## Produced Without rbGH—Midwest and Gulf States

- Anderson Erikson
- BGC Manufacturing
- Braum's Ice Cream
- Chippewa Valley Cheese
- Erivan Dairy Yogurt
- Gossner Foods, Inc.
- Hiland Dairy
- Joseph Gallo Farms
- Michigan Milk Producers Assoc.
- Oberweis Dairy Inc.
- Prairie Farms Dairy
- Promised Land Dairy
- Roberts Dairy
- Shatto Milk
- Shamrock Farms
- Smith Dairy Products
- Westby Cooperative Creamery
- United Dairy Farmers, Inc.

## Produced Without rbGH—East Coast

- Blythedale Farm Cheese
- Clover Farms
- Cloverland/Green Spring Dairy
- Crescent Creamery
- Derle Farms, milk with "no rbST" label only
- Erivan Dairy Yogurt
- Farmland Dairies
- Publix Super Markets
- Oakhurst Dairy
- Schneider's Dairy
- Wawa Dairy
- Wilcox Dairy, rbST-free dairy line only

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

- Mighty Mustard
- Modesto Milling

## 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.

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

- 365
- CADIA
- Cal-Organic Farms
- Cape Cod Select
- Eden
- Emerald Cove
- Emperor's Kitchen
- Field Day
- Funky Monkey Snacks
- Little Duck Organics
- Mary's Little Garden
- Mediterranean Organic
- Meijer Naturals
- North Coast
- Olé
- Reese
- SeaSnax
- Stahlbush Island Farms
- Sunset
- Sunset Kids
- The Pure Wraps
- Woodstock



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

- 365
- Beanitos, The Bean Chips
- Bora Bora
- Coconut Secret
- Della
- Eden
- Ener-G Foods
- Fantastic World Foods
- Field Day
- gogo
- Grain Place Foods
- Hemp Oil Canada
- Hodgson Mill
- KAMUT
- Lillabee Allergy Friendly Baking
- Lotus Foods
- Lundberg Family Farms
- Meijer Naturals
- Nutiva
- Pacific Northwest Farmers Cooperative
- President's Choice
- 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. *The brands featured below are enrolled in the Non-GMO Project:*

- 365
- A.Vogel
- D & A
- Don's Chuck Wagon
- Emperor's Kitchen
- Field Day
- Mediterranean Organic
- Meijer Naturals
- Miso Master
- Rapunzel
- Ruth's Foods
- Sushi Sonic
- Whole Pantry
- Woodstock

## 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
- Field Day
- Keller Crafted Meats
- 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. *The brands featured below are enrolled in the Non-GMO Project:*

- CleanVia
- If You Care
- VerTerra Dinnerware
- World Centric

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

- 365
- A Moveable Feast
- DEW, Inc  
(Drink Eat Well)
- Earth's Best
- Fry Group Foods
- gogo
- Hodgson Mill
- Lundberg Family  
Farms
- PJ's Organics
- Prana Foods
- Red's All Natural
- Rising Moon Organics
- Sambazon
- Sol Cuisine
- Sophie's Kitchen
- The Pure Wraps
- White Mountain  
Foods
- Whole Kitchen

## Pasta

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

- 365
- Annie's
- Eden
- Field Day
- Hodgson Mill
- House Foods
- Koyo
- Organic Planet
- Rising Moon Organics
- 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. *The brands featured below are enrolled in the Non-GMO Project:*

- 365
- HealthForce  
Nutritionals



## 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). *The brands featured on the following page are enrolled in the Non-GMO Project:*

- 365
- Annie's
- Attune Foods
- Bakery On Main
- Barbara's Bakery
- Beanfields
- Beanitos,  
The Bean Chips
- Bora Bora
- CADIA
- Cal-Organic Farms
- Central Market  
Organics
- CrispRoot
- Crispy Cat
- Crunchmaster
- EatPastry
- EatSmart Naturals
- Eden
- Edward & Sons
- Emerald Cove
- Ener-G Foods
- Envirokidz
- Field Day
- Fireworks Popcorn
- Flamous Organics
- Freeline Organic Food
- Funky Monkey  
Snacks
- Garden of Eatin'
- Grain Place Foods
- Green Mountain  
Gringo
- Hemp Oil Canada
- HomeFree, LLC
- Jolly Llama
- Kavli
- Kettle Foods
- Koyo
- Let's Do...
- Licious Organics
- Luna & Larry's  
Coconut Bliss
- Lundberg Family  
Farms
- Manitoba Harvest
- Marge's Bakery
- Mary's Gone Crackers
- Mediterranean  
Organic
- Mediterranean  
Snacks
- Meijer Naturals
- Mt Vikos
- NatureCrops
- Nature's Path
- New Morning
- NuGo
- Nutiva
- Peace
- Popcorn, Indiana
- ProBar
- Pure
- Real Foods  
Manufacturing USA
- Righteously Raw
- Ruth's Foods
- RW Garcia
- SeaSnax
- Snyder's of Hanover
- SunRidge Farms
- Sweet Home Farm
- Taste of Nature
- Tasty Brand
- The Pure Wraps
- Way Better Snacks
- Woodstock
- Wylde
- Yogavive
- Yogi



## 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.

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

- 365
- Amy's Kitchen
- Dave's Gourmet
- Eden
- Emmy's Organics
- Fantastic World  
Foods
- Field Day
- Marinelli's True Italian  
Pasta Sauce
- Marukome USA
- Meijer Naturals
- Miso Master
- Moosewood
- North Coast

**More Soups & Sauces >**

- Organic Classics
- Rapunzel
- Rising Moon Organics
- Woodstock



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

- 365
- Chez Gourmet
- DEW, Inc  
(Drink Eat Well)
- House Foods
- Metabolic Response  
Modifiers (MRM)
- Pulmuone Wildwood
- Sol Cuisine
- Sophie's Kitchen
- Sunshine Burger
- Tofurky
- Turtle Island Foods
- WestSoy
- White Mountain  
Foods
- Woodstock

## 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:*

- Canfo Natural  
Products
- Garden of Life
- GlucoLift
- Green Gem
- Growing Naturals
- HealthForce  
Nutritionals
- Manitoba Harvest
- Metabolic Response  
Modifiers (MRM)
- Nature Built
- New Chapter
- Nordic Naturals
- Nutiva
- Rainbow Light  
Nutritional Systems
- Sambazon
- Tempt
- Traditional Medicinals
- Tropical Traditions
- Yummi Bears  
Organics



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

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."*

