

# NON-GMO SHOPPING GUIDE

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



CENTER FOR  
FOOD SAFETY

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



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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.

## 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.” Some products limit their claim to only one particular “At-Risk” ingredient such as soy lecithin, listing it as “non-GMO.”

### 🍌 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 beets may soon enter 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.

### 🍌 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.

## 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.

### Eggs: Non-GMO

*Egg Innovations Organic*  
*Eggland's Best 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*  
*Sunshine Burger*  
*Vitasoy*  
*Wildwood*  
*White Wave*

### May contain GMO ingredients

*Boca, unless labeled organic (Kraft)*  
*Gardenburger*  
*Morningstar Farms, Morningstar Farms*  
*Natural Touch, unless labeled organic (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—so be sure to purchase products with a label that indicates cows free of rbGH or rbST. 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*  
*Natural by Nature*  
*Organic Valley*  
*Radiance Dairy*  
*Safeway Organic Brand*  
*Seven Stars Farm*  
*Straus Family Creamery*  
*Stonyfield Farm*  
*Wisconsin Organics*

#### Produced Without rbGH National

*Alta Dena*  
*Ben & Jerry's Ice Cream*  
*Brown Cow Farm*  
*Crowley Cheese of Vermont*  
*Franklin County Cheese*  
*Grafton Village Cheese*  
*Great Hill Dairy*  
*Lifetime Dairy*

#### West Coast

*Alpenrose Dairy*  
*Berkeley Farms*  
*Clover Stornetta Farms*  
*Joseph Farms Cheese*  
*Sunshine Dairy Foods*  
*Tillamook Cheese*  
*Wilcox Family Farms*

#### Midwest and Gulf States

*Chippewa Valley Cheese*  
*Erivan Dairy Yogurt*  
*Promised Land Dairy*  
*Westby Cooperative Creamery*

#### East Coast

*Blythedale Farm Cheese*  
*Crescent Creamery*  
*Derle Farms (milk with  
"no rbST" label only)*  
*Erivan Dairy Yogurt*  
*Farmland Dairies*  
*Oakhurst Dairy*  
*Wilcox Dairy (rbST-free  
dairy line only)*

## May contain GMO ingredients

*Colombo (General Mills)*

*Dannon*

*Kemps (aside from  
"Select" brand)*

*Land O' Lakes*

*Parmalat*

*Sorrento*

*Yoplait (General Mills)*

## Alternative Dairy Products

### Non-GMO

*Belsoy*

*EdenSoy*

*Imagine Foods/Soy Dream*

*Nancy's Cultured Soy*

*Pacific Soy*

*Silk*

*Soy Delicious*

*Sun Soy*

*Stonyfield Farm O'Soy*

*Tofutti*

*VitaSoy/Nasoya*

*WestSoy*

*WholeSoy*

*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*

*(certified organic products)*

*Earth's Best*

*Gerber products*

*HAPPYBABY*

*Organic Baby*

### May contain GMO ingredients

*Beech-Nut*

*Enfamil*

*Good Start*

*Nestlé*

*Similac/Isomil*

## 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 Natural Pasta*  
*Bob's Red Mill (organic line)*  
*Eden certified organic grains*  
*Kamut*  
*Lundberg Family Farms*  
*Vita-Spelt pasta*

### Packaged Meals

#### Non-GMO

*Amy's*  
*Annie's Homegrown certified organic macaroni & cheese*  
*Casbah (Hain-Celestial)*  
*Dr. McDougall's Right Foods*  
*Fantastic Foods*

*Lotus Foods*

*Lundberg Farms Rice Sensations*  
*Organic Planet*  
*Seeds of Change certified organic boxed meals*

### May Contain GMO Ingredients

*Betty Crocker meals (General Mills)*  
*Knorr (Unilever)*  
*Kraft Macaroni & Cheese meals*  
*Lipton meal packets (Unilever)*  
*Near East (Quaker)*  
*Pasta Roni and 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:

*Barbara's (organic line)*  
*Cascadian Farms*  
*Eden*  
*EnviroKidz*  
*Golden Temple*  
*Grandy Oats*  
*Health Valley (organic line)*  
*Lundberg® Purely Organic Rice Cereal*

*Nature's Path*

*Omega Smart Bars*  
*Peace Cereal Organic*

### 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 line)*

*Bakery on Main*

*Bob's Red Mill (organic line)*

*Dr. McDougall's Right Foods*

*Dr Oetker Organics*

*French Meadow*

*Natural Ovens Bakery*

*(organic line)*

*Nature's Path*

*Rumford Baking Powder*

### 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 Organic frozen  
meals and vegetables*

*Cedarlane*

*Linda McCartney frozen meals*

*Green Giant frozen meals  
(General Mills)*

*Healthy Choice (ConAgra)*

*Kid's Cuisine (ConAgra)*

*Lean Cuisine (Nestle)*

*Marie Callender's (ConAgra)*

*Morningstar Farms, Morningstar*

*Farms Natural Touch, unless  
labeled 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 labeled organic  
(Kraft)*

*Celeste (Pinnacle Foods)*

*Eggo Waffles (Kellogg)*

*Gardenburger*

## 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*  
*ShariAnn's Organics*  
*Walnut Acres certified organic*

#### May Contain GMO Ingredients

*Chef Boyardee, Healthy Choice*  
*(ConAgra)*  
*Campbell's products (including*  
*Healthy Request, Chunky,*  
*Simply Home, and Pepperidge*  
*Farm)*  
*Hormel products*  
*Progresso products*  
*(General Mills)*

### Sauces/Salsas

#### Non-GMO

*Amy's (organic line)*  
*Annie's Natural*  
*Eden*  
*Green Mountain Gringo &*  
*certified-organic salsa*  
*Muir Glen Organic pasta sauce*  
*& salsa*  
*Seeds of Change certified-*  
*organic pasta sauce*  
*Walnut Acres certified-organic*  
*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)*



## Canned Food Non-GMO

*Amy's*

*Annie's Natural*

*Eden*

*ShariAnn's certified organic beans*

*Westbrae certified organic beans*

*Yves Veggie Cuisine*

*(Hain Celestial)*

## 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*

*Bragg's liquid amino*

*Drew's salad dressing*

*Eden*

*Emerald Cove*

*Emperor's Kitchen*

*Follow Your Heart*

*Harvest Moon Mushrooms*

*I.M. Health SoyNut Butters*

*Maranatha Nut Butters*

*Miso Master*

*Muir Glen organic*

*tomato ketchup*

*Nasoya*

*Newmans Own Organic*

*Spectrum oils and dressings*

*SushiSonic Asian Condiments*

*Vegan by Nature Buttery Spreads*

*Vigoa Cuisine*

### 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 (except their "Simply  
100% Fruit" line of preserves)*

*Wesson (ConAgra)*

*Wish-Bone (Unilever)*

## 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

*Barbara's (organic line)*  
*Bearitos/Little Bear Organics*  
*(Hain Celestial)*  
*Eden*  
*Garden of Eatin'*  
*Grandy Oats*  
*Hain Pure Snax/Hain Pure Foods*  
*Health Valley*  
*Kettle Foods*  
*Nature's Path Organic*  
*Namaste Foods*  
*Newman's Own Organics*  
*& Newman's Own*

*(except salad dressing)*

#### May Contain GMO Ingredients

*FritoLay (Lay's, Ruffles, Doritos,  
Cheetos, Tostitos)*  
*Hostess Products*  
*(Interstate Brands)*  
*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 Company*



### Energy Bars

#### Non-GMO

*Clif Bar*  
*Genisoy Bars*  
*Lara Bar*  
*Luna Bar*  
*Macrobars*  
*Nature's Path*  
*Nutiva*  
*Odwalla*  
*Optimum Energy Bar*

*Organic Food Bar*  
*Weil by Nature's Path Organic*

#### May Contain GMO Ingredients

*Balance Bar*  
*Nature Valley snack bars and  
granola bars (General Mills)*  
*Nabisco Bars (Kraft)*  
*PowerBar (Nestle)*  
*Quaker Granola Bars*

## 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 Chocolate*

*Ghirardelli Chocolate*

*Green & Black's Organic Chocolate*

*Newman's Own*

#### May Contain GMO Ingredients

*Hershey's*

*Nestlé (Crunch, Kit Kat, Smarties)*

*Toblerone (Kraft)*

### Candy

#### Non-GMO

*Jelly Belly*

*Reed's Crystallized Ginger  
candy (certified organic)*

*St. Claire Organic*

#### May Contain GMO Ingredients

*Hershey's*

*Lifesaver (Kraft)*

*Nestlé*

### Sweeteners

#### Non-GMO

*Eden*

*Sweet Cloud*



## 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 juices*

*Big Island Organics*

*Blue Sky*

*Cascadian Farm*

*Crofters Organic*

*Eden*

*Odwalla*

*Organic Valley*

*Quinoa Gold*

*R.W. Knudsen organic juices*

*and spritzers (Smucker's)*

*Santa Cruz Organic (Smucker's)*

*Sea20 Organic Energy Drink*

*Teecino Herbal Caffè*

*Walnut Acres Organic Juices*

### 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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**SPECIAL 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.

## 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  
baking powder  
caramel color  
cellulose  
citric acid  
cobalamin  
(Vitamin B12)  
corn gluten  
corn masa  
corn oil  
corn syrup  
cornmeal  
cornstarch  
cyclodextrin  
cystein  
dextrin  
dextrose  
diacetyl  
diglyceride  
fructose  
fructose  
(crystalline)  
glucose  
glutamate  
glutamic acid  
gluten  
glycerides

glycerin  
glycerol  
glycerol  
monooleate  
glycine  
hemicellulose  
high fructose  
corn syrup  
(HFCS)  
hydrogenated  
starch  
hydrolyzed veg-  
etable protein  
inositol  
invert sugar  
(colorose or  
inversol)  
tamari  
isoflavones  
lactic acid  
lecithin  
leucine  
lysine  
malitol  
maltodextrin  
maltose  
mannitol  
methylcellulose

milo starch  
modified starch  
monosodium  
glutamate MSG  
oleic acid  
Phenylalanine  
phytic acid  
sorbitol  
soy flour  
soy isolates  
soy lecithin  
soy protein  
starch  
stearic acid  
inverse syrup  
tempeh  
threonine  
tocopherols  
(Vitamin E)  
tofu  
trehalose  
triglyceride  
vegetable fat  
vegetable oil  
Vitamin B12  
Vitamin E  
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  
the printing of this guide:

