Non-GMO Shopping Guide

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

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 Prarie, 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
- Eco Vegan
- Small Planet Tofu
- Sunshine Burger
- The Simple Soymen
- Vitason
- Wildwood
- White Wave
- [Woodstock Farms*](http://WoodstockFarms.com)

**May contain GMO ingredients**
- Boca, unless organic (Kraft)
- Gardenburger
- Morningstar Farms, unless organic soy line (Kellogg)
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 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

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

Alta 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

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
HapyBaby
Mom Made Meals
Organic Baby*
PediaSmart
Plum Organics
Tastybaby
Wildwood
White Wave
Woodstock Farms*

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

Packaged Meals

Non-GMO
- Amy’s
- Annie’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
- Ambrosial Granola
- Barbara’s, organic
- Cascadian Farms
- Eden*
- EnviroKidz*
- Golden Temple
- Grandy Oats
- Health Valley, organic
- Lundberg Rice Cereal*
- Nature’s Path*
- Nonnuttin
- 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
- 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)
- Tolino’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

May Contain GMO Ingredients
Chef Boyardee, Healthy Choice
(ConAgra)
Campbell’s products (Healthy Request, Chunky, Simply)

Sauces/Salsas:

Non-GMO
Amy’s
Annie’s*
Eden*
Emerald Valley Kitchen
Field Day*

May Contain GMO Ingredients
Bertolli (Unilever)
Chi-Chi’s (Hormel)
Classico (Heinz)
Del Monte
Healthy Choice (ConAgra)

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.

Condiments, Oils, Dressings & Spreads

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
Ruth’s
Sage Hills Farms
Spectrum oils and dressings
SushiSonic Condiments*
The Simple Soyman
Tropical Traditions
Vegan by Nature Buttery Spread
Vigoa 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)

Canned Foods:

Non-GMO
Amy’s
Annie’s*
Eden*

May Contain GMO Ingredients
Chef Boyardee
Dinty Moore, Stagg, Hormel (Hormel)
Franco-American (Campbell’s)

Non-GMO
Amy’s
Fantastic Foods*
Health Valley/Westbrae
Imagine Natural

May Contain GMO Ingredients
Home, & Pepperidge Farm
Hormel products
Progressso Soups(General Mills)

Green Mountain Gringo*
Muir Glen Organic
Rising Moon*
Seeds of Change pasta sauce
Walnut Acres pasta sauce

Westbrae, organic
Yves Veggie Cuisine (Hain Celestial)
Woodstock Farms*
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
- Bearitos/Little Bear Organics (Hain Celestial)
- Earthly Treats
- Eco-Planet
- Eden*
- Field Day*
- Garden of Eatin’
- Grady 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*
- Newman’s Own Organics
- Newman’s Own, except salad dressings
- Peeled Snacks
- Plum Organics Tots
- Revolution Foods
- Ruth’s
- Simple Sweets
- Sunridge Farms
- Tasty Brand
- 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)

Energy Bar:

**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’
- Woodstock Farms*

**Candies:**

**Non-GMO**
- Jelly Belly
- Pure Fun Confections
- Reed’s Ginger Candy, organic
- St. Claire Organic
- Sunridge Farms
- Woodstock Farms*

**May Contain GMO Ingredients**
- Hershey’s
- Lifesaver (Kraft)
- Nestlé

Sweeteners:

**Non-GMO**
- Eden*
- Sweet Cloud* Tropical Traditions
- Woodstock Farms*
Soda 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
Big Island Organics
Blue Sky
Cascadian Farm
Crofters Organic
Eden*
Field Day*
Frey Vineyards
Mixerz All Natural Cocktail Mixers
Nancy’s Organic Lowfat Kefir

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)

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

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®, Canderel®, BeneVia®, E951
- 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
- erythritol
- Equal
- food starch
- fructose (any form)
- glucose
- glutamate
- glutamic acid
- gluten
- glycerides
- glycerin
- glycol
- glycerol
- mono and diglyceride
- glycine
- hemicellulose
- high fructose corn syrup (HFCS)
- hydrogenated starch
- hydrolyzed vegetable protein
- inositol
- inverse syrup
- invert sugar
- inversol
- isoflavones
- lactic acid
- lecithin
- leucine
- lysine
- maltitol
- 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
tiglyceride
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:

Online at: NonGMOShoppingGuide.com

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