

# NON-GMO SHOPPING GUIDE

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.**

This guide was created by the Institute for Responsible Technology in partnership with the Center for Food Safety.



## 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.

## TIPS FOR AVOIDING GM CROPS

**TIP #1: BUY ORGANIC** Certified organic products are not allowed to contain any GMOs.

**TIP #2: LOOK FOR “NON-GMO” LABELS**

**TIP #3: AVOID AT-RISK INGREDIENTS** Most GM ingredients are products made from the “Big Four:” corn, soybeans, canola, and cottonseed, used in processed foods. *See the list of invisible ingredients in this Guide.*

**TIP #4: BUY PRODUCTS LISTED IN THIS GUIDE**

**SPECIAL NOTE:** An asterisk \* denotes brands with products enrolled in the Non-GMO Project’s third party Product Verification Program. Learn more at: [nongmoproject.org](http://nongmoproject.org)

## 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  
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)

## 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.

## DAIRY & 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\*

### Produced Without rbGH National

Alta Dena  
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  
Walmart store brand  
Yoplait

### West Coast

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

### Midwest and Gulf States

Anderson Erikson  
Chippewa Valley Cheese  
Erivan Dairy Yogurt  
Promised Land Dairy  
Westby Cooperative Creamery

### East Coast

Blythedale Farm Cheese  
Crescent Creamery  
Derle Farms, “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)  
Kemps, aside from “Select” brand  
Land O’ Lakes  
Parmalat  
Sorrento  
The Country’s Best Yoghurt

### Alternative Dairy Products

**Non-GMO**  
Belsoy  
EdenSoy\*  
Imagine Foods/Soy Dream  
Nancy’s Cultured Soy\*  
Nancy’s Organic Cultured Soy\*  
Organic Valley 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  
Earth’s Best  
Gerber products  
HAPPYBABY  
Mom Made Meals  
Organic Baby\*  
Plum Organics  
Tastybaby

### May contain GMO ingredients

Beech-Nut  
Enfamil  
Good Start  
Nestlé  
Similac/Isomil

## 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 line)  
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\*

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 soy line (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 organic (Kraft)

## NonGMOShoppingGuide.com

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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## 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 (Healthy Request, Chunky, Simply Home, Pepperidge Farm)  
Hormel products  
Progresso Soups (General Mills)

### Sauces/Salsas: Non-GMO

Amy's  
Annie'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)

### Canned Food: Non-GMO

Amy's  
Annie's\*  
Eden\*  
ShariAnn's organic beans  
Westbrae organic beans  
Yves Veggie Cuisine (Hain Celestial)  
Woodstock Farms\*

### May Contain GMO Ingredients

Chef Boyardee  
Dinty Moore, Stagg, Hormel (Hormel)  
Franco-American (Campbell's)

## 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\*  
Frey Vineyards  
Nancy's Organic Lowfat Kefir  
Odwalla  
Organic Valley  
Quinoa Gold  
Mixerz All Natural Cocktail Mixers  
R.W. Knudsen, organic (Smucker's)  
Santa Cruz Organic (Smucker's)  
Sea20 Organic Energy Drink

Teecino Herbal Caffe  
Walnut Acres Organic Juices  
Woodstock Farms, organic\*

### May Contain GMO Ingredients

Coca-Cola (Fruitopia, Minute Maid, Hi-C, NESTEA)  
Hansen Beverage Company  
Hawaiian Punch (Procter & 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 & Gamble)

## 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\*  
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  
Krazy Ketchup  
Maranatha Nut Butters  
Miso Master\*  
Muir Glen organic tomato ketchup  
Nasoya  
Newmans Own Organic  
Ruth's  
Spectrum oils and dressings

SushiSonic Asian Condiments\*  
The Simple Soyman  
Tropical Traditions  
Vegan by Nature Buttery Spreads  
Vigoa Cuisine  
Wholemato  
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)

## 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.

### Candy: Non-GMO

Jelly Belly  
Pure Fun Confections  
Reed's Crystallized Ginger, organic  
St. Claire Organic  
Sunridge Farms

### May Contain GMO Ingredients

Hershey's  
Lifesaver (Kraft)  
Nestlé

### Sweeteners: Non-GMO

Eden\*  
Sweet Cloud\*  
Tropical Traditions  
Woodstock Farms, organic\*

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### Chocolate: Non-GMO

Chocolove  
Endangered Species\*  
Green & Black's Organic  
Kopali Organics  
Lindt Chocolate  
Newman's Own  
Nonuttin'  
Woodstock Farms (organic)\*

### May Contain GMO Ingredients

Ghirardelli Chocolate  
Hershey's  
Nestlé (Crunch, Kit Kat, Smarties)  
Toblerone (Kraft)

## 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  
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  
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.

**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.*

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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