



TRUE FOOD SHOPPER'S GUIDE

How to Avoid Foods Made
with Genetically Modified
Organisms [GMOs]





The True Food Network is CFS's grassroots action network where concerned citizens can voice their opinions about critical food safety issues, and advocate for a socially just, democratic and sustainable food system. To join the network and receive free action alerts visit www.truefoodnow.org and stand up for True Food!

To learn more about GMOs, consult the book *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

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.

The Center for Food Safety works to protect human health and the environment by curbing the proliferation of harmful food production technologies and by promoting organic and other forms of sustainable agriculture. CFS has offices in Washington, DC and San Francisco, CA.

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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

Additionally, 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, agave, 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 it 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.

EGGS

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



FISH

FDA is currently considering approval of the first GE animal intended for human consumption, a genetically engineered Atlantic salmon. This approval is pending despite overwhelming consumer opposition and unacceptable risks to human health, the marine environment, wild salmon populations and fishing economies. There are several other GE fish in the pipeline as well. To make matters worse, FDA argues that these GE fish don't even need to be labeled!

Check out our new campaign website at www.ge-fish.org to learn more and find out what you can do to help stop GE fish.

MEAT & FOWL

No genetically modified 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 100% grass-fed animals.



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 labeled organic (Kraft)

Gardenburger

Morningstar Farms, Natural

Touch, Worthington, Loma

Linda 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
Kirkland Organic
Lactaid Organic (Organic only)
Morningland Dairy
Nancy's Organic Dairy
Natural by Nature
Noris Organic
Oregon Ice Cream Company
 (Alden's, Julie's)
Organic Valley Dairy
Pacific Village
Radiance Dairy
Rogue Creamery
Safeway Organic Brand
Seven Stars Farm
Straus Family Creamery
Stremick's Heritage organic
Stonyfield Farm
Trader Joe's (organic line)
Wallaby
Whole Foods organic line
Wisconsin Organics
Woodstock Farms

Produced Without rBGH National

Albertson's
Alta Dena
Ben & Jerry's Ice Cream
Brown Cow Farm
Crowley Cheese of Vermont
Dannon
Darigold
Double Rainbow ice cream
Franklin County Cheese
Grafton Village Cheese
Great Hill Dairy
Lactaid milk (milk only)
Lifetime Dairy
Lochmead
Market Pantry (Target)
Nancy's Natural Dairy
Safeway (Dairy Glen and Lucerne)
Trader Joe's store brand
Walmart Great Value store brand
Whole Foods and 365 brands
Yoplait

West Coast

Alpenrose Dairy
Beecher's butter



Berkeley Farms
Bravo Farms cheese
Clover Stornetta Farms
Cowgirl creamery
Eberhard
Fred Meyer /
Mountain Dairy
Joseph Farms Cheese
Mallories
Market of Choice
Oregon Gourmet cheese
Rogue Creamery
Rose Valley butter
Sunshine Dairy Foods
Tillamook Cheese
Trader Joe's store brand
Umpqua
Western Family
Wilcox Family Farms

Willamette Valley cheese
Yami

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
Trader Joe's store brand
Wilcox Dairy (rBST-free dairy
line only)

May contain GMO ingredients

Colombo (General Mills)
Dannon
Kemps (aside from
"Select" brand)
Kraft

Land O' Lakes
Lucerne
Parmalat
Sorrento
Yoplait (General Mills)

Alternative Dairy Products

Non-GMO

Belsoy
EdenSoy
Imagine Foods/Soy Dream
Nancy's Cultured Soy
Organic Valley Soy
Pacific Soy
Silk
Soy Delicious
Sun Soy
Stonyfield Farm O'Soy

Tofutti
Trader Joe's brand
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
Mom Made Meals
Organic Baby
Plum Organics
Tastybaby

May contain GMO ingredients

Enfamil (Mead Johnson)
Good Start (Gerber/Nestle)
Nestle brands (Gerber/Nestle)
Similac/Isomil – except Similac Organic (Abbott Labs/Abbott Nutrition)

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

Alvarado Street Bakery
Arrowhead Mills (organic line)
Bakery on Main
Berlin Natural Bakery
Bob's Red Mill (organic line)
Dr. McDougall's Right Foods
Dr Oetker Organics
Eden
French Meadow
Natural Ovens Bakery
(organic line)
Nature's Path
Rudi's Organic Bakery

Rumford Baking Powder
Safeway O brand (organic)
Trader Joe's brand

May Contain GMO Ingredients

Aunt Jemima
(Quaker Oats/Pepsico)
Betty Crocker (General Mills)
Bisquick (General Mills)
Calumet Baking Powder (Kraft)
Duncan Hines (Pinnacle Foods)
Hungry Jack (Smucker's)
Pillsbury (Smucker's)

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 line)
Cascadian Farms
Eden
EnviroKidz
Golden Temple
Grandy Oats
Health Valley (organic line)
Lundberg® Purely Organic
Rice Cereal
Nature's Path
Nonuttin'
Omega Smart Bars

Peace Cereal Organic
Ruth's
Safeway O brand (organic)
Simple Sweets
Sunridge Farms
Trader Joe's brand
Whole Foods 365

May Contain GMO Ingredients

General Mills
Kellogg
Post (Kraft)
Quaker



ENERGY BARS

Non-GMO

Clif Bar
Divine Foods
Genisoy Bars
GoodOnYa Bar
Lara Bar
Luna Bar
Macrobars
MacroLife Naturals
Mojo (Clif Bar)
Nature's Path
Nutiva
Odwalla
Organic Food Bar

Optimum Energy Bar
Organic Food Bar
Ruth's
Weil by Nature's Path Organic
Z Bars (Clif Bar)

May Contain GMO Ingredients

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

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

Amy's
Annie's
Bob's Red Mill, organic line
Casbah (Hain-Celestial)
Dr. McDougall's Right Foods
Eden certified organic grains
Fantastic Foods
Field Day
Ian's Natural Foods
Kamut
Lotus Foods
Lundberg Family Farms
Organic Planet
Rising Moon

Seeds of Change (organic meals)
Sensations
Sunridge Farms
Trader Joe's store brand
Vita-Spelt pasta
Whole Foods 365

May Contain GMO Ingredients

Betty Crocker meals (General Mills)
Knorr (Unilever)
Kraft Macaroni & Cheese meals
Near East (Quaker Oats
Company / Pepsico)
Pasta Roni and Rice-A-Roni meals
(Quaker Oats Company/Pepsico)

CANNED FOODS

Look for less processed canned foods and foods packed only in water or olive oil (not corn, soybean, canola or cottonseed), and avoid canned foods containing corn syrup, sugar not labeled as "cane sugar" and soy ingredients which could be derived from GM crops.

Non-GMO

Amy's
Annie's
Eden
ShariAnn's certified organic beans
Trader Joe's store brands
Westbrae certified organic beans
Whole Foods 365

Woodstock Farms
Yves Vегgie Cuisine (Hain Celestial)

May Contain GMO Ingredients

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

SOUPS & SAUCES

Many soups and sauces are highly processed, so give the ingredient lists close attention to avoid the Big Four at-risk ingredients. Canned foods can be simply vegetables or fruits packed in water, but many canned foods also contain corn syrup or sugar which could be derived from GM crops. Look for less processed canned foods and foods packed only in water or olive oil (not corn, soybean, canola or cottonseed), and avoid canned foods containing corn syrup, sugar not labeled as “cane sugar” and soy ingredients.

Non-GMO

Amy's
Annie's
Eden
Emerald Valley Kitchen
Fantastic Foods
Field Day
Green Mountain Gringo
Hain
Health Valley/Westbrae
Imagine Natural
Muir Glen Organic
Rising Moon
ShariAnn's Organics
Seeds of Change
Trader Joe's store brands
(Trader Joe's, Trader Jose's,
Trader Giotto's)
Walnut Acres
Whole Foods 365

May Contain GMO Ingredients

Bertolli (Unilever)
Campbell products (including
Healthy Request, Chunky,
Simply Home, and
Pepperidge Farm)
Chef Boyardee (Con Agra)
Chi-Chi's (Hormel)
Classico (Heinz)
Del Monte
Healthy Choice (ConAgra)
Hormel products
Hunt's (ConAgra)
Old El Paso (General Mills)
Pace (Campbell 's)
Prego (Campbell's)
Progresso products
(General Mills)
Ragu (Unilever)



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.

Frozen Food

Non-GMO

A.C. LaRocco
Amy's Kitchen
Cascadian Farms Organic frozen meals and vegetables
Cedarlane
Helen's Kitchen
Ian's Natural Foods
Linda McCartney frozen meals
Mom Made Meals
Morningstar Farms
(Organic line ONLY)
Rising Moon
The Simple Soyman
Trader Joe's store brands
Woodstock Farms

May Contain GMO Ingredients

Banquet (ConAgra)
Bertolli (Unilever)
Boca, unless labeled organic (Kraft)
Celeste (Pinnacle Foods)
Eggo Waffles (Kellogg)
Gardenburger
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)



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
Emperor's Kitchen
Emerald Valley Kitchen
Field Day
Follow Your Heart
Harvest Moon Mushrooms
I.M. Health SoyNut Butters
Ian's Natural Foods
Krazy Ketchup
Maranatha Nut Butters
Miso Master
Muir Glen organic
tomato ketchup
Nasoya
Newmans Own Organic
Ruth's
The Simple Soyman

Spectrum oils and dressings
SushiSonic Asian Condiments
Trader Joe's store brands
Tropical Traditions
Vegan by Nature Buttery Spreads
Vigoa Cuisine
Whole Foods 365
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 (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.

Non-GMO

Barbara's (organic line)
Bearitos/Little Bear Organics
(Hain Celestial)
Earthly Treats
Eco-Planet
Eden
Field Day
FritoLay Lay's Naturals
potato chips ("Naturals"
potato chips ONLY)
Garden of Eatin'
Grandy Oats
Hain Pure Snax/Hain Pure Foods
Health Valley
Ian's Natural Foods
Kettle Foods
Kopali Organics
Late July Organic Snacks
Mary's Gone Crackers
Namaste Foods
Nature's Path Organic
Newman's Own Organics
& Newman's Own
(except salad dressing)
Peeled Snacks

Plum Organics Tots
Revolution Foods
Tasty Brand
Ruth's
Simple Sweets
Sunridge Farms
Safeway O organic brand
Trader Joe's store brand
Woodstock Farms, organic

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



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.

Sweeteners

Non-GMO

Sweeteners, Non-GMO:

C&H Pure Cane Sugar

Brer Rabbit molasses

Eden

*Florida Crystals (organic,
natural and demerara)*

Grandma's Best Molasses

Sweet Cloud

Tropical Traditions

Trader Joe's brand

*(Pure cane sugar, raw sugar,
brown sugar, organic sugars)*

*Wholesome Sweeteners (organic
sugars, molasses, blue agave
syrops, Organic Zero)*

Woodstock Farms (organic)

May Contain GMO Ingredients

Crystal Sugar

(American Crystal)

Big Chief sugar

(Michigan Sugar Company)

Equal

GW sugar (Western Sugar)

Nutrasweet

Pioneer sugar

(Michigan Sugar Company)

White Satin sugar (Snake

River/Amalgamated Sugar)

CANDY & CHOCOLATE PRODUCTS

Chocolate

Non-GMO

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

May Contain GMO Ingredients

Hershey's
Mars, Inc.
Nestlé
(Crunch, Kit Kat, Smarties)
Toblerone (Kraft)

Candy

Non-GMO

Jelly Belly
Pure Fun Confections
Reed's Crystallized Ginger
candy (certified organic)
St. Claire Organic
Sunridge Farms

May Contain GMO Ingredients

Hershey's
Lifesaver (Kraft)
Mars (Wrigley's, Skittles,
Starburst)
Nestlé



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

Quinoa Gold

*R.W. Knudsen organic juices
and spritzers (Smucker's)*

Santa Cruz Organic (Smucker's)

Sea20 Organic Energy Drink

Teeccino Herbal Caffè

Walnut Acres Organic Juices

May Contain GMO Ingredients

*Coca-Cola (Fruitopia, Minute
Maid, Hi-C, NESTEA)*

*Dr. Pepper Snapple Group
(Dr. Pepper, 7Up, A&W,
Snapple, Hawaiian Punch,
Sunkist, Crush, Canada Dry,
Mott's juice, Squirt, Sun Drop,
Schweppes ginger ale,
Vernors, Country Time,
Clamato, IBC root beer,
Nantucket Nectors, Stewart's,
Orangina, Diet Rite,
Hires root beer)*

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)*

Swiss Miss (Con Agra)





CENTER FOR FOOD SAFETY



The Center for Food Safety's Shoppers' Guide is now available for iPhone and Android operating systems on your mobile phone! You can now download our free application to your phone and always have your Shoppers' Guide on hand. The app also has shopping tips, a "what's new" section to keep you up to date on our most recent activities, an "action" section to take urgent actions on the go, and

it even allows you to call or email companies still using GE ingredients right from the app! You can also share CFS's actions and articles on Facebook or Twitter right from the app. In addition, CFS has just launched our mobile activists list. You can join from the app—and soon from our website—to receive action alerts via text message. Visit our website, iTunes, or Android Marketplace to download your free True Food Shoppers Guide app today! The iPhone app works on iPhone, iPod Touch and iPad, and the Android app works on all Android-based phones.