

NON-GMO SHOPPING GUIDE

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



As recommended
by O, the Oprah
magazine, Dr. Oz,
CBS News, and
Fox News



ShopNoGMO

Available at the iPhone
App Store



NonGMOShoppingGuide.com

Contents

To be listed in a category, brands must have *at least one* product verified by the Non-GMO Project. This does *not* mean that *all* of their products are verified. To find out which products have qualified, visit NonGMOShoppingGuide.com or download the iPhone app ShopNoGMO.

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Visit 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 in order 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 with products verified by 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. The Non-GMO Project verifies per individual product, not for an entire brand. Some of the brands listed in this guide offer both GMO and Non-GMO items. Visit 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, papaya from China, or Hawaii (most) and a small amount of zucchini and yellow squash. GM alfalfa is also fed to livestock.

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

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** to see a complete list of Non-GMO products available from each brand in this guide or use the **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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Almond Dream
- Amande
- Blue Diamond
- Coconut Secret
- Dream Blends
- Earth Balance
- Eden
- Field Day
- Follow Your Heart
- Galaxy Nutritional Foods
- Good Karma
- Growing Naturals
- Honey Melt
- Luna & Larry’s Coconut Bliss
- Mori-Nu
- Nancy’s
- Native Forest
- Organic Valley
- Pacific Natural Foods
- Purely Decadent
- Rella
- Rice Dream
- Rich & Creamy Melt
- Sambazon
- Silk
- Simply Soy Yogurt
- So Delicious Dairy Free
- Soy Dream
- Soy Kaas
- Soyatoo
- Tempt
- Tree of Life
- Truwhip
- 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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- Earth's Best
- Happy Baby Retort Pouches
- HAPPYBABY Pouches
- HAPPYTOT
- Little Duck Organics
- NurturMe
- Oh Baby Foods
- Organic Baby
- Plum Organics



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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Ayala's Herbal Water
- Bhakti Chai
- Blue Diamond
- Botan
- Bragg
- C+SWISS hemp ice tea
- Cadia
- Califia Farms
- Choice Organic Teas
- Coco Hydro
- Cocozia
- Cuties Juice
- Earth Balance
- EcoTeas
- Essential Living Foods, Inc
- Ex Drinks
- Field Day
- Flax USA
- Froovie
- Garden of Life
- Golazo
- Good Karma
- Guayaki
- Haiku
- Harvest Bay
- Hemp Oil Canada
- High Country Kombucha
- It Tastes Raaw
- Kiju
- Mamma Chia
- Meijer Naturals
- North Coast
- Numi Organic Tea
- Nutiva

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

- One Natural Experience
- One World
- Pacific Natural Foods
- Paisley Tea Co
- Palo Root Tea
- Righteously Raw
- Sambazon
- SANS All Natural
- Soda
- Silk
- So Delicious Dairy Free
- Stash Tea
- Suja Juice
- Superberries
- Tempt
- The Republic of Tea
- Traditional Medicinals
- Tree of Life
- Two Leaves Tea Company
- WingFoot
- Wisdom of the Ancients
- Zevia



Body Care

The GM ingredients found in body care products are largely soy and corn derivatives. *Some or all of the products produced by the brand featured below are verified by the Non-GMO Project.*

- Andalou Naturals
- Desert Essence
- Dr. Arenander's BrainGain & Oral
- Care Formulas
- Dr. Bronner's Magic
- EO
- HimalaRose
- Naked Coconuts
- Nature Way
- Sunfood Superfoods

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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Alvarado Street Bakery
- Annie's
- Barbara's
- Berlin Natural Bakery
- Boulangerie Nantaise
- Buenatural
- CaveChick
- Country Choice Organic
- EatPastry
- Emmy's Organics
- Ener-G Foods
- Enjoy Life Foods
- Gabbi's
- Genius by Glutino
- Ginnybakes
- Gluten Free Pantry by Glutino
- Glutino
- Hodgson Mill
- Hol-Grain
- HomeFree, LLC
- Immaculate Baking
- Ines Rosales
- Lillabee Allergy Friendly Baking
- Lucy's
- Mac-n-Mo's
- Marge's Bakery
- Maria & Ricardo
- Martha's All Natural
- Mary's Gone Crackers
- Meijer Naturals
- Mighty-O Donuts

More Breads & Baked Goods >

- Mt Vikos
- One Degree Organic Foods
- Ozery Bakery
- Plum Organics
- Purely Elizabeth
- Q.bel
- Rudi's Organic Bakery
- Silver Hills Sprouted Bakery
- Skinny Dipper
- Smart Grain
- Sweet Earth Natural Foods
- Tasty Brand
- The Pure Wraps
- Tree of Life
- Tumaro's
- Wholesome Chow

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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- AH!LASKA
- Alter Eco
- Annie's
- Ciao Bella Gelato
- Ciranda
- Coconut Republic
- Coconut Secret
- Crispy Cat
- Endangered Species Chocolate
- Ener-G Foods
- Enjoy Life Foods
- Essential Living Foods, Inc
- Gin Gins
- GoOrganic/GoNaturally
- Grain Place Foods
- Hail Merry
- Himalania
- Immaculate Baking
- Kur Organic Superfoods
- Let's Do...
- Licious Organics
- Lily's Sweets
- Lundberg Family Farms
- Madhava
- Meijer Naturals
- Multiple Organics
- Naked Coconuts
- NATVIA
- NibMor
- NOW Foods
- NOW Real Food
- NuGo
- Pyure Brands
- Rapunzel
- Righteously Raw
- Rigoni di Asiago Honey
- Stretch Island Fruit Co



For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

- Sun Cups
- Sunfood Superfoods
- SunRidge Farms
- Surf Sweets
- SweetLeaf
- Tempt
- Theo Chocolate
- Tree of Life
- Tru Joy Sweets
- Two Moms in the Raw
- Vega
- VerMints
- Vivapura
- Wholesome Chow
- 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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Annie's
- Arrowhead Mills
- Bakery On Main
- Barbara's
- Chez Marie
- Country Choice Organic
- Crofters
- Earth's Best
- Eden
- Emmy's Organics
- Enjoy Life Foods
- Envirokidz
- Erewhon
- Farm to Table Foods
- Field Day
- Glutino
- Hail Merry
- Hodgson Mill
- Hol-Grain
- Kashi
- KIND Healthy Snacks
- Lillabee Allergy Friendly Baking
- Lundberg Family Farms
- Martha's All Natural
- Mediterranean Organic
- Meijer Naturals
- Muesli Munch
- Nature's Path
- Nutiva
- Nuts About Granola
- Old Wessex
- OMG Foods Inc
- Peace Cereal
- Plum Organics
- Prana Foods
- PROBAR
- Purely Elizabeth
- Ruth's Foods
- Sam Mills
- Sambazon
- Shortstacks
- Stark Sisters Granola
- Tasty Brand
- Two Moms in the Raw
- Uncle Sam
- Upfront Foods
- Van's Natural Foods
- Vigilant Eats
- Weetabix
- Wholesome Chow
- Willamette Valley
- Woodstock

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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Annie’s
- Atlantic Organic
- Aura Cacia
- Bainter Extra Virgin Sunflower Oil
- Barney Butter
- Bragg
- Bridgewell Resources
- Bubbies
- Cadia
- California Olive Ranch
- Casa Martinez
- Cedar’s
- Chosen Foods
- CHS Oilseed Processing
- Ciranda
- Coconut Secret
- Cocopura
- Crofters
- Drew’s LLC
- Earth Balance
- Eden
- Emerald Valley Kitchen
- Essential Living Foods, Inc
- Field Day
- Fiordifrutta
- Follow Your Heart
- Freeline Organic Food
- Garden of Life
- Gingras XO
- Global River
- Green Mountain Gringo
- Harvest Bay
- Hemp Oil Canada
- Himalania
- HimalaSalt
- Home Appetit
- JaynRoss Creations LLC
- Jeff’s Naturals
- Koyo
- La Tourangelle
- Loeb’s
- Lundberg Family Farms
- Manitoba Harvest
- Marconi Naturals
- Marinelli’s True Italian Pasta Sauce
- Marukan
- Marukome USA
- Maui Maid
- Mediterranean Organic
- Meijer Naturals
- Miso Master
- Montana Specialty Mills, LLC



For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

- Mt Vikos
- Naked Coconuts
- Napa Valley Naturals
- Nathan's
- Naturally Splendid Enterprises Ltd (NS)
- Nature Way
- New Organics
- Nexcel Natural Ingredients
- Nutiva
- Oleicus/Oleico
- Once Again
- Outta the Park
- Pastorelli Italian Chef
- Peanut Butter & Co.
- Rapunzel
- Rivara
- Riverina Oils
- Salba
- Salute Santé!
- San-J
- SK Food
- Soyatoo
- Spectrum
- Spectrum Ingredients
- Stubb's
- Sunfood Superfoods
- Sushi Sonic
- Swan Gardens
- Tempt
- Three Farmers
- Tree of Life
- Tropical Traditions
- Truwhip
- Vega
- Viterra
- Whole Foods Market
- Whole Harvest
- Woodstock
- Yamasa
- Ziggy Marley Coco'Mon
- Ziggy Marley Hemp Rules

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. Some or all of the products produced by the brands featured below are verified by 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). **To view a list of brands that do not use rbGH but are not yet enrolled in the Non-GMO Project, please visit nongmoshoppingguide.com/rbgh.**

- Cascade Fresh
- Helios Nutrition
- Lifeway
- Mt Vikos
- Nancy's
- Rumiano Family Cheese
- Seven Stars Farm
- Sigg'i's
- So Delicious Dairy Free
- Straus Family Creamery
- Tree of Life
- White Mountain Foods
- Woodstock



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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- Arrowhead Mills
- Hiland Naturals
- Mighty Mustard
- Modesto Milling
- Montana Specialty Mills, LLC
- Multiple Organics
- Rivara
- Scratch and Peck
- Sunfood Superfoods
- Vivapura

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 China and 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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Bare Fruit
- Cadia
- Cal-Organic Farms
- Cape Cod Select
- Central Market Organics
- Eden
- Emerald Cove
- Emperor's Kitchen
- Enjoy Life Foods
- Essential Living Foods, Inc
- Farmer's Market
- Field Day
- Fruit Bliss
- Funky Monkey Snacks
- Grain Place Foods
- Grimmway Farms
- Himalania
- Houweling's Tomatoes
- Imperial Gourmet
- Intiyan
- JaynRoss Creations LLC
- Little Duck Organics
- Mary's Little Garden
- Mediterranean Organic
- Meijer Naturals
- Multiple Organics
- Nature's All Foods
- North Coast
- Numi Organic Tea
- One Degree Organic Foods
- Peggy's Premium
- Reese
- Sacha
- SeaSnax
- Stahlbush Island Farms
- Sunfood Superfoods
- SunRidge Farms
- Sunset
- Sunset Kids
- Superberries

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

- The Pure Wraps
- Tree of Life
- Vivapura
- Wild Veggie
- Wildbrine
- 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). *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Agricolor Inc
- Alter Eco
- Ariven Planet
- Arrowhead Mills
- Autumn Sky Wild
- Barlean's Organic Oils
- Beanitos, The Bean Chips
- Bora Bora
- Cadia
- Cheweco Organics
- Chosen Foods
- Ciranda
- Coconut Secret
- Country Choice Organic
- De la Estancia
- Della
- Eden
- Ener-G Foods
- Essential Living Foods, Inc
- Fantastic World Foods
- Field Day
- Freekehlicious
- GL Soybeans
- Gluten Free Pantry by Glutino
- Grain Place Foods
- Green Island Rice
- Hemp Oil Canada
- Hodgson Mill
- Hol-Grain
- Jaali Bean
- Kamut
- Konriko
- Lillabee Allergy Friendly Baking
- Lotus Foods
- Lundberg Family Farms
- Manitoba Harvest
- Meijer Naturals
- Mighty Rice
- Minsa
- Minsley
- Multiple Organics
- MXO Global
- Naosap Harvest
- Naturally Splendid Enterprises Ltd (NS)
- Nature's Express
- NOW Real Food
- Nutiva
- One Degree Organic Foods
- Pacific Northwest Farmers Cooperative
- Plum Organics
- President's Choice
- RiceSelect
- Rivara
- Sage V Foods
- Salba
- Salute Santé!
- Simple Origins
- SK Food
- Stahlbush Island Farms
- Stone Buhr Flour Company
- Tree of Life
- truRoots
- Vivapura
- Western Foods
- Wholesome Chow
- Woodstock
- Yoga



Herbs, Spices & Other Ingredients

Although there are no spices that are genetically modified, sometimes spice combinations may include soy or corn derivatives. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- A. Vogel
- Cheweco Organics
- D & A
- Don's Chuck Wagon
- Dr. Arenander's BrainGain & Oral Care Formulas
- Emperor's Kitchen
- Essential Living Foods, Inc
- Farmer's Market
- Field Day
- Frontier
- Himalania
- HimalaSalt
- Hol-Grain
- Konriko
- LECICO
- Mediterranean Organic
- Meijer Naturals
- Miso Master
- Multiple Organics
- Naturally Splendid Enterprises Ltd (NS)
- Numi Organic Tea
- Nutiva
- Rapunzel
- Ruth's Foods
- Sunfood Superfoods
- 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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Fairfield Specialty Eggs
- Field Day
- Giving Nature
- Ian's
- Keller Crafted Meats
- Mary's Chicken
- Mary's Duck
- Mary's Geese
- Mary's Heritage Turkey
- Mary's Organic Chicken
- Mary's Organic Pasture Raised Chicken Eggs
- Mary's Organic Turkey
- Mary's Turkey
- Mindful Meats
- Natural Sea
- Nature Fed
- NestFresh
- Pure Country Pork Inc.
- Tonnino
- Tree of Life



For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- BioBag
- 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. *Some or all of the products produced by the brands featured on below are verified by the Non-GMO Project:*

- A Moveable Feast
- Artisan Bistro
- Bold Organics
- Earth's Best
- Field Day
- Fry Group Foods
- Health is Wealth
- Helen's Kitchen
- Hilary's Eat Well
- Hodgson Mill
- Indianlife
- Lundberg Family Farms
- Minsley
- Naked Pizza
- Nature's Express
- PJ's Organics
- Prana Foods
- Crunch Foods
- Red's All Natural
- Rising Moon Organics
- Saffron Road
- Sambazon
- Smart Grain
- Sol Cuisine
- Sophie's Kitchen
- Sweet Earth Natural Foods
- The Pure Wraps
- Tree of Life
- White Mountain Foods

Pasta

Other than corn, no GM grains are sold on the market. Look for 100% wheat pasta, couscous, and others. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- Annie's
- Eden
- Field Day
- Hodgson Mill
- House Foods
- Koyo
- Minsley
- MXO Global
- Organic Planet
- Rising Moon Organics
- truRoots

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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project.*

- Brad's Raw 4 Paws
- HealthForce
- Nutritionals
- Nummy Tum Tum
- Scratch and Peck



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). *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project.*

- 365
- Angie's Artisan Treats
- Annie's
- Arrowhead Mills
- Attune Foods
- Bakery On Main
- Barbara's
- Bare Fruit
- Beanfields
- Beanitos, The Bean Chips
- Bites of Bliss
- Bora Bora
- Boulder Canyon Natural Foods
- Brad's Leafy Kale
- Brad's Raw Chips
- Brad's Raw Crackers
- Cabo Chips
- Cadia
- CaveChick
- Central Market Organics
- Chunks O' Fruti
- Cool-Cups
- CrispRoot
- Crispy Cat
- cruncha ma•me
- Crunchmaster
- Deli-catessen
- Doctor In The Kitchen
- Earth's Best
- EatPastry
- Eatsmart
- Eden
- Edward & Sons
- Engine 2
- Enjoy Life Foods
- Envirokidz
- Erewhon
- Essential Living Foods, Inc
- Field Day
- Flamous Organics
- Freeline Organic Food
- Fruit Bliss
- Funky Monkey Snacks
- Garden Bar
- Garden of Eatin'
- Gin Gins
- Ginnybakes
- Glutino
- Gnu Foods
- GoMacro, Inc
- Good Boy Organics

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

- Good Health Natural Foods
- GoPicnic
- Grain Place Foods
- Green Mountain Gringo
- Hail Merry
- Haute Cuisine
- Hemp Oil Canada
- Hi I'm Skinny
- Himalania
- Hol-Grain
- HomeFree, LLC
- Jolly Llama
- Journey Bar
- Kate's
- Kavli
- Kettle Foods
- KIND Healthy Snacks
- Kiwa
- Koyo
- Kur Organic Superfoods
- La Tolteca
- Lassens
- LesserEvil
- Let's Do...
- Licious Organics
- Lucy's
- Luna & Larry's Coconut Bliss
- Lundberg Family Farms
- Manitoba Harvest
- Marge's Bakery
- Mariner Biscuit Company
- Mary's Gone Crackers
- Mediterranean Organic
- Mediterranean Snacks
- Meijer Naturals
- Mt Vikos
- Multiple Organics
- My Chi Delights
- NatureCrops
- Nature's Path
- Nejaime's
- Niagara Natural
- NuGo
- Nutiva
- Off the Cob
- Ozery Bakery
- Pan De Oro
- Peace Cereal
- Plum Organics
- Popcorn, Indiana
- PROBAR
- Pure
- Quinn Popcorn
- Real Foods Manufacturing USA
- Route 11
- Righteously Raw
- RW Garcia
- Saffron Road
- Salba
- Sally's Smart Foods
- SeaSnax
- Sharkies
- Simple Squares
- Simply 7 Snacks
- Skout
- Snyder's of Hanover
- Somersault Snack Co., LLC
- Squarebar
- Starbar
- Stretch Island Fruit Co
- Sunfood Superfoods
- SunRidge Farms
- Tacupeto Chips & Salsa
- Taste of Nature
- Tasty Brand
- The Better Chip
- The Simply Bar
- Tiny But Mighty
- Tree of Life
- truRoots
- Two Moms in the Raw
- Van's Natural Foods
- Vega
- Veggie-Go's
- Venus
- Way Better Snacks
- Whole Alternatives
- Woodstock
- Wylde
- Yogavive
- Ziggy Marley Hemp Rules



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.

Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:

- 365
- Amy's Kitchen
- Arrowhead Mills
- Basic Food Flavors, Inc.
- Brand Aromatics
- Cadia
- Dave's Gourmet
- David's Unforgettables
- Eden
- Emmy's Organics
- Field Day
- Imagine
- Jaali Bean
- Koyo
- Marinelli's True Italian Pasta Sauce
- Marukome USA
- Meijer Naturals
- Miso Master
- Momo's
- Mrs. Renfro's
- North Coast
- Numi Organic Tea
- Rapunzel
- Rising Moon Organics
- San-J
- Tree of Life
- Victoria
- Wild Veggie
- Woodstock
- Yamasa



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. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- 365
- Chez Marie
- ecoVegan
- Follow Your Heart
- Fresh & Easy
- Helen's Kitchen
- Hilary's Eat Well
- House Foods
- Lightlife
- Metabolic Response Modifiers (MRM)
- Mori-Nu
- Nasoya
- Nature's Express
- Qrunch Foods
- Saffron Road
- Sol Cuisine
- Sophie's Kitchen
- Sunshine Burger
- Sweet Earth Natural Foods
- Tofurky
- Tree of Life
- Turtle Island Foods
- Viana
- Wayfare
- WestSoy
- White Mountain Foods
- Wildwood
- Woodstock

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

Vitamins & Supplements

Many supplements use soy and corn derivatives, and some use GM microorganisms to produce their products. *Some or all of the products produced by the brands featured below are verified by the Non-GMO Project:*

- Barlean's Organic Oils
- Canfo Natural Products
- Chosen Foods
- Ciranda
- Coral LLC
- DDS Probiotics/UAS Laboratories
- Doctor's Best
- Dr. Arenander's BrainGain & Oral Care Formulas
- Essential Living Foods, Inc
- Flora
- Fungi Perfecti, LLC
- Garden of Life
- GlucoLift
- Green Gem
- Growing Naturals
- HealthForce Nutritionals
- Herbal Zap
- Immortality Alchemy
- Lekithos
- Manitoba Harvest
- Metabolic Response Modifiers (MRM)
- Naked Coconuts
- Natural Vitality
- Naturally Splendid Enterprises Ltd (NS)
- Nature Built
- Navitas Naturals
- New Chapter
- Nordic Naturals
- NOW Foods
- Nutiva
- Nutrigold®
- Oriya Organics
- Powbab
- Rainbow Light Nutritional Systems
- Salba
- Sambazon
- Spectrum
- Sunfood Superfoods
- SunRidge Farms
- Tempt
- Traditional Medicinals
- Tree of Life
- Twinlab
- Vega
- 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:

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

Vitamin C (ascorbic acid) although usually derived from corn, is probably not GM because it is not likely made in North America.

For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

Join the Institute for Responsible Technology's Tipping Point Network!



The Tipping Point Network (TPN) connects you to like-minded individuals in your area who are ready to make a difference as well as create a community

among people who care about the future of our food.

- **What is TPN?** TPN is about empowering local groups to inspire change through outreach and community.
- **How?** By educating our communities about the risks of GMOs and what we can do about it.

Turns out, you can save the world by simply educating.

Consumer Education + Rejection = GMO Elimination

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