

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, Hawaiian Papaya (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
- Amande
- Cadia
- Coconut Secret
- Earth Balance
- Eden
- Field Day
- Follow Your Heart
- Galaxy Nutritional Foods
- Good Karma
- Growing Naturals
- Honey Melt
- Luna & Larry's Coconut Bliss
- Nancy's
- Native Forest
- Organic Valley
- Pacific Natural Foods
- Rella
- Rich & Creamy Melt
- Sambazon
- Silk
- So Delicious
- 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
- HAPPYBABY Pouches
- HAPPYTOT
- Little Duck Organics
- Oh Baby Foods
- Organic Baby
- Plum Organics
- Revolution Foods

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
- Bragg
- C+SWISS hemp ice tea
- Cadia
- Choice Organic Teas
- Earth Balance
- EcoTeas
- Ex Drinks
- Field Day
- Flax USA
- Golazo
- Good Karma
- Guayaki
- Haiku
- Harvest Bay
- Hemp Oil Canada
- High Country Kombucha
- It Tastes Raaw
- Meijer Naturals
- North Coast
- Numi Organic Tea
- Nutiva
- One Natural Experience
- One World
- Pacific Natural Foods
- Paisley Tea Co
- Sambazon
- SANS All Natural Soda
- Silk
- So Delicious
- Stash Tea
- Tempt
- Traditional Medicinals
- Tree of Life
- Two Leaves and a Bud
- WingFoot



For more details, including non-GMO verified products, visit NonGMOShopping.org

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.*

- Desert Essence
- EO
- Dr. Bronner's Magic
- HimalaRose

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
- EatPastry
- Emmy's Organics
- Ener-G Foods
- Enjoy Life Foods
- Genius
- Hodgson Mill
- Hol-Grain
- HomeFree, LLC
- Immaculate Baking
- Ines Rosales
- Lillabee Allergy Friendly Baking
- Lucy's
- Marge's Bakery
- Maria & Ricardo
- Martha's All Natural
- Mary's Gone Crackers
- Meijer Naturals
- Mighty-O Donuts
- Mt Vikos
- One Degree Organic Foods
- Purely Elizabeth
- Q.bel
- Revolution Foods
- Rudi's Organic Bakery
- Silver Hills Sprouted Bakery
- Smart Grain
- Tasty Brand
- The Pure Wraps
- Tumaro's
- Western Family
- 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
- Ciao Bella Gelato
- Coconut Republic
- Coconut Secret
- Crispy Cat
- Endangered Species Chocolate
- Ener-G Foods
- Enjoy Life Foods
- Grain Place Foods
- Himalania
- Kur Organic Superfoods
- Let's Do...
- Licious Organics
- Lily's Sweets
- Luna & Larry's Coconut Bliss
- Lundberg Family Farms
- Madhava
- Meijer Naturals
- NibMor
- NuGo
- Rapunzel
- Righteously Raw
- Stretch Island Fruit Co
- SunRidge Farms
- Surf Sweets
- SweetLeaf
- Tempt
- Theo Chocolate
- Tree of Life
- VerMints
- 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:*

- Annie's
- Bakery On Main
- Barbara's
- Chez Marie
- Crofters
- Earth's Best
- Eden
- Emmy's Organics
- Enjoy Life Foods
- Envirokidz
- Erewhon
- Field Day
- Glutino
- Golden Temple
- Hodgson Mill
- Hol-Grain
- Kashi
- KIND Healthy Snacks
- Lillabee Allergy Friendly Baking
- Lundberg Family Farms
- Martha's All Natural
- Mediterranean Organic
- Meijer Naturals
- Nature's Path
- Nutiva
- Old Wessex
- Peace Cereal
- Prana Foods
- Purely Elizabeth
- Rivara
- Ruth's Foods
- Sambazon
- Shortstacks
- Skinners
- Stark Sisters Granola
- Sweet Home Farm
- Tasty Brand
- Uncle Sam
- Vigilant Eats
- Weetabix
- Woodstock

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

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
- Barney Butter
- Bragg
- Bridgewell Resources
- Bubbies
- Cadia
- California Olive Ranch
- Casa Martinez
- Coconut Secret
- Consorzio
- Crofters
- Drew’s LLC
- Earth Balance
- Eden
- Emerald Valley Kitchen
- Field Day
- Follow Your Heart
- Freeline Organic Food
- Global River
- Green Mountain Gringo
- Harvest Bay
- Hemp Oil Canada
- Himalania
- HimalaSalt
- Koyo
- La Tourangelle
- Lundberg Family Farms
- Manitoba Harvest
- Marconi Naturals
- Marinelli’s True Italian Pasta Sauce
- Marukome USA
- Mediterranean Organic
- Mediterranean Snacks
- Meijer Naturals
- Miso Master
- Mt Vikos
- Napa Valley Naturals
- New Organics
- Nexcel Natural Ingredients
- Nutiva
- Outta the Park
- Peanut Butter & Co.
- Rapunzel
- Rivara
- Salute Santé!
- San-J
- SK Food
- Soyatoo
- Spectrum
- Stubb’s
- Sunera
- Sushi Sonic
- Swan Gardens
- Tempt
- Three Farmers
- Tree of Life
- Tropical Traditions
- Truwhip
- Viterra
- Whole Foods Market
- Whole Harvest
- Woodstock
- Ziggy Marley Coco’Mon



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
- Earth Balance
- Earth's Best
- Helios Nutrition
- Lifeway
- Mt Vikos
- Nancy's
- Rumiano Family Cheese
- Seven Stars Farm
- Siggis
- 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:*

- Mighty Mustard
- Modesto Milling
- Rivara
- Scratch and Peck
- Ziggy Marley Hemp Rules

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

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 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
- Farmer's Market
- Field Day
- Fruit Bliss
- Funky Monkey Snacks
- Grain Place Foods
- Grimmway Farms
- Himalania
- Little Duck Organics
- Mary's Little Garden
- Mediterranean Organic
- Meijer Naturals
- Nature's All Foods
- North Coast
- One Degree Organic Foods
- Reese
- SeaSnax
- Stahlbush Island Farms
- Sunset
- Sunset Kids
- The Pure Wraps
- Tree of Life
- 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
- Agrisor Inc
- Arrowhead Mills
- Barlean's Organic Oils
- Beanitos, The Bean Chips
- Bora Bora
- Coconut Secret
- De la Estancia
- Della
- Eden
- Ener-G Foods
- Fantastic World Foods
- Field Day
- GL Soybeans
- Grain Place Foods
- Green Island Rice
- Greenwheat Freekeh
- Hemp Oil Canada
- Hodgson Mill
- Hol-Grain
- Kamut
- KONRIKO
- Lillabee Allergy Friendly Baking
- Lotus Foods

- Lundberg Family Farms
- Manitoba Harvest
- Meijer Naturals
- Minsa
- Minsley
- Naosap Harvest
- Nutiva
- One Degree Organic Foods
- Pacific Northwest Farmers Cooperative
- President's Choice
- RiceSelect
- Rivara
- Salba
- Stahlbush Island Farms
- Stone Buhr Flour Company
- truRoots
- Wholesome Chow
- Woodstock
- Yoga
- Ziggy Marley Hemp Rules



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
- D & A
- Don's Chuck Wagon
- Emperor's Kitchen
- Farmer's Market
- Field Day
- Himalania
- HimalaSalt
- Hol-Grain
- KONRIKO
- Mediterranean Organic
- Meijer Naturals
- Miso Master
- Numi Organic Tea
- Rapunzel
- Ruth's Foods
- Sophie's Kitchen
- 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
- Field Day
- Ian's
- Keller Crafted Meats
- Natural Sea
- 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
- Desert Essence
- 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 below are verified by the Non-GMO Project:*

- A Moveable Feast
- Bold Organics
- Earth's Best
- Field Day
- Fry Group Foods
- Helen's Kitchen
- Hilary's Eat Well
- Hodgson Mill
- Lundberg Family Farms
- Minsley
- PJ's Organics
- Prana Foods
- Red's All Natural
- Rising Moon Organics
- Saffron Road
- Sambazon
- Smart Grain
- Sol Cuisine
- Sophie's Kitchen
- The Pure Wraps
- 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:*

- 365
- Annie's
- Eden
- Field Day
- Hodgson Mill
- House Foods
- Koyo
- Minsley
- Organic Planet
- Rising Moon Organics
- truRoots
- Whole Foods Market

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.*

- HealthForce
Nutritionals

- 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
- Attune Foods
- Bakery On Main
- Barbara's
- Bare Fruit
- Beanfields
- Beanitos, The Bean Chips
- Bora Bora
- Cadia
- Central Market Organics
- CrispRoot
- Crispy Cat
- cruncha ma•me
- Crunchmaster
- Doctor In The Kitchen
- Earth's Best
- EatPastry
- Eatsmart
- Eden
- Edward & Sons
- Enjoy Life Foods
- Envirokidz
- Field Day
- Flamous Organics
- Freeline Organic Food
- Fruit Bliss
- Funky Monkey Snacks
- Garden of Eatin'
- Glutino
- Golden Temple
- GoMacro, Inc
- Grain Place Foods
- Green Mountain Gringo
- Hemp Oil Canada
- Himalania
- Hol-Grain
- HomeFree, LLC
- Jolly Llama
- Kavli
- Kettle Foods
- KIND Healthy Snacks
- Koyo
- Kur Organic Superfoods
- La Tolteca
- 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

More Snack Food & Bars >
For more details, including non-GMO verified products, visit NonGMOShoppingGuide.com

- My Chi Delights
- NatureCrops
- Nature's Path
- New Morning
- Niagara Natural
- NuGo
- Nutiva
- Peace Cereal
- Popcorn, Indiana
- PROBAR
- Pure
- Quinn Popcorn
- Real Foods Manufacturing USA
- Righteously Raw
- Rivara
- RW Garcia
- Salba
- SeaSnax
- Snyder's of Hanover
- Somersault Snack Co., LLC
- Squarebar
- Stretch Island Fruit Co
- SunRidge Farms
- Sweet Home Farm
- Taste of Nature
- Tasty Brand
- The Better Chip
- The Simply Bar
- Tiny But Mighty
- Tree of Life
- Two Moms in the Raw
- Venus
- Way Better Snacks
- Whole Alternatives
- Woodstock
- Wylde
- Yogavive



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
- Dave's Gourmet
- Eden
- Emmy's Organics
- Field Day
- Golden Temple
- Marinelli's True Italian Pasta Sauce
- Marukome USA
- Meijer Naturals
- Miso Master
- Momo's
- North Coast
- Rapunzel
- Rising Moon Organics
- Saffron Road
- Woodstock



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
- Metabolic Response Modifiers (MRM)
- Mori-Nu
- Nasoya
- Saffron Road
- Sol Cuisine
- Sophie's Kitchen
- Sunshine Burger
- Tofurky
- Tree of Life
- Turtle Island Foods
- WestSoy
- White Mountain Foods
- Wildwood
- Woodstock

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
- Desert Essence
- Fungi Perfecti, LLC
- Garden of Life
- GlucoLift
- Green Gem
- Growing Naturals
- HealthForce Nutritionals
- Immortality Alchemy
- Lasenor
- Lekithos
- Manitoba Harvest
- Metabolic Response Modifiers (MRM)
- Natural Vitality
- Nature Built
- New Chapter
- Nordic Naturals
- Nutiva
- Rainbow Light Nutritional Systems
- Sambazon
- Spectrum
- Tempt
- Traditional Medicinals
- Tree of Life
- Tropical Traditions
- Yummi Bears Organics



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

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

**We encourage you to get active and get involved.
Together, we can create the Tipping Point!**

- TPN—it's easy and it's free
- Meet other non-GMO activists in your own community
- Create a local support network
- Join an action group to help educate others

The Tipping Point Network is sponsored by
the Institute for Responsible Technology



Join now at www.responsibletechnology.org/jointpn



I want to **support**

**THE INSTITUTE FOR
RESPONSIBLE TECHNOLOGY**



...and its mission of:

- **educating consumers about the documented risks of genetically modified foods.**
- **creating a tipping point of consumer rejection.**
- **forcing genetically modified organisms out of our food supply.**

Dedication to our mission would not be possible without the support of individuals like you. Your tax-deductible gift allows these shopping guides to reach millions of consumers and contribute to the tipping point of consumer rejection of GMOs. Working together, we can end the genetic engineering of our food supply.

The Institute for Responsible Technology is a 501(c)(3) nonprofit organization. We appreciate your contribution allowing us to educate even more consumers about the brands that are safe for us and the environment.

Mail your donation to:

**Institute for Responsible Technology
PO Box 469
Fairfield, IA 52556**

Or visit our website:

responsibletechnology.org/donate



These companies support your right to choose Non-GMO products and have contributed toward printing this guide:



For more information visit:

ResponsibleTechnology.org

*"The most comprehensive source
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