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
Butternut’s Farm
Harmony Hills Dairy
Morningstar Dairy
Nancy’s Organic Dairy*

Organic Valley
Radiance Dairy
SafeWay Organic Brand
Seven Stars Farm*
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
Lifet ime Dairy
Nancy’s Natural Dairy
Wal mart store brand
Yoplait

West Coast
Alpine Rose Dairy
Berkeley Farms
Clover Stornetta Farms

Joseph Farms Cheese
Sunshine Dairy Foods
Tillamook Cheese
Wilcox Farms Organic

Midwest and Gulf States
Anderson Erikson
Chippewa Valley Cheese

Erivan Dairy Yogurt
Promised Land Dairy
Westby Cooperative Creamery

East Coast
Blythdale Farm Cheese
Crescent Creamery
Derle Farms, “no rbST” label only
Kemp’s, aside from “Select” brand
Land O’ Lakes

Erivan Dairy Yogurt
Farmland Dairies
Oakhurst Dairy
Wilcox Dairy, rbST-free dairy line only

May contain GMO ingredients
Colombo (General Mills)
Kemp’s, 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 Organic Cultured Soy®
Organic Valley Soy®
Pacific Soy®
Silk

Sun Soy
Soyfield Farm O’ Say
Tofutti
VitaSoy/Nasoya
WestSo y
WholeSoy®
Yves The Good S licce
Zen Dan

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
Tastebaby

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
Iari’s Natural Foods
Linda McCartney
Mom Made Meals
Rising Moon®
The Simple So yman
Woodstock Farms*

May Contain GMO Ingredients
Boca, unless organic (Kraft)

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. McGough’s Right Foods
Dr Oetker Organics
French Meadow
Natural Ovens Bakery (organic)
Nature’s Path*
Rudi’s Organic Bakery

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
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

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

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 Soymen
Vitasoy

Wildwood
White Wave
Woodstock Farms*

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

Information on GMOs is available at

www.NonGMOProject.org

For large print quantities or electronic distribution requests, contact: info@responsibletechnology.org

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SOUPS, SAUCES & CANNED FOODS
Many soups and sauces are highly processed, so give the ingredient list 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
Bertoli (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
Casadian Farm
Crofters Organic
Eden*
Frey Vineyards
Nancy’s Organic Lowfat Kefir
Odwalla
Organic Valley
Quinoa Gold
Mixzer All Natural Cocktail Mixers
R.W. Knudsen, organic (Smucker’s)
Santa Cruz Organic (Smucker’s)
Sea2O Organic Energy Drink

Teeccino Herbal Caffe
Walnut Acres Organic Juices
Woodstock Farms, organic*

May Contain GMO Ingredients
Coca-Cola (Frutophilia, 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, Bolo)
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 sugar.

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
I.A.S. Organic Foods
I.M. Health Soy Butters
Krazy Ketchup
Maranatha Nut Butters
Miso Master*
Muir Glen organic tomato ketchup
Nasoya
Newman’s Own Organic
Ruth’s
Spectrum oils and dressings

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
Hershey’s Lifesaver (Kraft)
Nestlé

Chocolate: Non-GMO
Chocolove
Endangered Species*
Green & Black’s Organic
Kopali Organics
Lindt Chocolate
Newman’s Own
Norcutts
Woodstock Farms (organic)*

INVISIBLE GM INGREDIENTS
Processed foods often have hidden GM sources (unless they are organic or declared non-GMO). The following ingredients are what may be made from GMOs.

May Contain GMO Ingredients
Ghirardelli Chocolate
Hershey’s Nestlé (Crunch, Kit Kat, Smarties)
Toblerone (Kraft)

NonGMOShoppingGuide.com

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 and www.HealthierEating.org.

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