TRUE FOOD SHOPPER’S GUIDE

How to Avoid Genetically Engineered Foods
Which supermarket foods are genetically engineered? This is probably the most urgent question the public has about these novel foods. Opinion polls show that up to 90 percent of the American public wants GE foods labeled. But despite this overwhelming demand, almost no foods on U.S. grocery shelves reveal their secret, genetically engineered ingredients.

We’ve seen that our government, under pressure from the biotechnology industry, has not required the labeling of GE foods. And the biotech industry does not voluntarily identify them, fearing, probably correctly, that the majority of Americans would avoid GE foods if given a choice. As a result, the U.S. public has been deprived of its right to choose whether to buy and consume these engineered foods. However, this is not the case with most of our major trading partners around the globe who have instituted mandatory labeling of all GE foods and ingredients.

This Non-GE Shopping Guide is designed to help you reclaim your right to know about the foods you are buying, and help you find and avoid GE foods.

For more information on GE foods and what you can do to help, visit our website and join our True Food Network! www.centerforfoodsafety.org

This Guide was compiled based on company statements sent to CFS and consumers; statements posted on company websites; and companies and products enrolled in the Non-GMO Project’s non-GMO verification program. As ingredients in products change frequently, always check the packages—even of foods you buy often—to be sure to avoid non-organic at-risk ingredients.
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HOW TO AVOID GENETICALLY ENGINEERED FOOD

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 engineered or genetically modified organism. GE crops can be engineered with genes from bacteria, viruses, insects, animals, or even humans. Most Americans say they would not eat GE food if labeled, but unlike more than 60 other nations around the world, the U.S. does not yet require labeling of GE foods.

The True Food Shoppers Guide is designed to help you reclaim your right to know about the foods you are buying, and help you find and avoid GE foods.

TIPS FOR AVOIDING GE FOODS

TIP #1: Buy Organic

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 GE crops. 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 GE. Most GE ingredients are products made from the “Big Five:” corn, soybeans, canola, cottonseed, and sugar beets used in processed foods.

Some of the most common genetically engineered Big Four ingredients in processed foods are:

1. **CORN:** Corn flour, meal, oil, starch, gluten, and syrup. Sweeteners such as fructose, dextrose, and glucose; Modified food starch*

2. **BEET SUGAR:** Sugar not specified as 100% cane sugar is likely from GE sugar beets

3. **SOY:** Soy flour, lecithin, protein, isolate, and isoflavone, Vegetable oil* and vegetable protein*

4. **CANOLA:** Canola oil (also called rapeseed oil)

5. **COTTON:** Cottonseed oil

*Alfalfa has also been genetically engineered. This is primarily for the animal feed market. Seek out organic dairy products to avoid GE alfalfa.

**May be derived from other sources

As you will see throughout the Shoppers Guide, a major rule when recognizing and ducking GE foods is to “Beware the Big Five” and their byproducts.

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.
SUPERMARKETS AND GE FOOD

Most supermarkets now have their own store brand products, but unlike the old days, they don’t simply have the name of the Supermarket or “Generic” on them, and it can be difficult to discern what brands are a supermarket’s private label brands, much less which ones may use GMOs or not. Additionally, many supermarkets now have private label organic brands to choose from, and a few notable chains have removed GE ingredients from some or all of their non-organic private label products: Whole Foods Market and 365 brands are non-GMO and all of Trader Joe’s store brand products are Non-GMO!

Store-brand products are often a great way to purchase non-GMO and USDA Certified Organic products in the supermarket as they are often much less expensive than the national brands. Dairy is often sourced regionally for supermarket chains, so not all brands listed as rBGH-free may have rBGH-free milk and dairy in all locations—be sure to check the labels!

Check out the online version of the Shoppers Guide for a full list of supermarket store brands: www.truefoodshoppersguide.org
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.

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!
To stay up to date on GE salmon, join our campaign, and to take action, visit our campaign website at www.ge-fish.org
However, farm-grown fish (trout, catfish, salmon) can be raised on genetically engineered feed. Look for wild rather than farmed fish to avoid this possibility. Canned tuna may be packed in GE oils; to be safe, buy canned fish packed in water or olive oil.
MEAT & FOWL

No genetically modified livestock is yet approved for human consumption. However, plenty of non-organic foods are produced from animals raised on GM feed such as grains.

To avoid meat raised on genetically engineered feed crops, look for the phrase “100% grass fed.” And buy organic as often as possible. Processed and precooked meat may contain genetically engineered oil-based additives and preservatives. Meats with a marinade may include GE ingredients.

ALTERNATIVE MEAT PRODUCTS

Many alternative meat products are processed and include ingredients that are genetically engineered. Give the ingredients list close attention, to avoid the Big Five, especially soy.

NON-GMO

365 Brand (Whole Foods)  SOL Cuisine
Amy’s Kitchen  Sunshine Burger
Bountiful Bean  Tree of Life
Chez Marie  Turtle Island Foods
Follow Your Heart  Vitasoy
Hilary’s Eat Well  WestSoy
Nasoya  Wildwood
Nature’s Express  White Wave
Grunch Foods  Woodstock Farms
Small Planet Tofu

MAY CONTAIN GMOs

Boca—unless labeled organic (Kraft)  Morningstar Farms Natural Touch—unless labeled organic (Kellogg)
Gardenburger
Morningstar Farms,
DAIRY PRODUCTS

Many dairies feed their cows GE grains and alfalfa. Buy certified organic dairy products to avoid GE animal feed. Some U.S. dairy farms also 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.

CERTIFIED ORGANIC

Alta Dena Organics  
Butterworks Farm  
Harmony Hills Dairy  
Horizon Organic  
Morningland Dairy  
Natural by Nature  
Organic Valley Dairy  
Radiance Dairy  
Safeway Organic Brand  
Seven Stars Farm  
Straus Family Creamery  
Stonyfield Organic  
Wisconsin Organics

PRODUCED WITHOUT rBGH

(although may be fed with GE feed)

National  
Alta Dena  
Ben & Jerry’s Ice Cream  
Brown Cow Farm  
Crowley Cheese of Vermont  
Franklin County Cheese  
Grafton Village Cheese  
Great Hill Dairy  
Lifetime Dairy  
Stonyfield Farms  
Yoplait yogurts  

West Coast  
Alpenrose Dairy  
Berkeley Farms  
Clover Stornetta Farms  
Joseph Farms Cheese  
Sunshine Dairy Foods  

MAY BE PRODUCED WITH rBGH

Colombo (General Mills)  
Dannon  
Kemps (aside from “Select” brand)  
Land O’ Lakes  
Lucerne  
Parmalat  
Sorrento  
Tillamook Cheese  
Wilcox Family Farms  
Midwest  
Chippewa Valley Cheese  
Erivan Dairy Yogurt  
Promised Land Dairy  
Westby Cooperative Creamery  
East Coast  
Blythedale Farm Cheese  
Crescent Creamery  
Erivan Dairy Yogurt  
Farmland Dairies  
Oakhurst Dairy  
Wilcox Dairy (rBST-free dairy line only)
ALTERNATIVE DAIRY PRODUCTS

Many alternative dairy products are made from soybeans and may contain GE materials. Be sure to check the ingredients list for sweeteners that could be GE in flavored non-dairy milks and creamers as well. Additionally, the vast majority of non-organic soy grown in the U.S. is GE. As ingredients change often in products, be sure to check the packages, even of products you buy often.

NON-GMO

Belsoy
EdenSoy
Imagine Foods/Soy Dream
Nancy’s Cultured Soy
Pacific Soy
Silk
Soy Delicious
Sun Soy
Stonyfield Farm

O’Soy
Tofutti
VitaSoy/Nasoya
WestSoy
WholeSoy
Wildwood
Yves The Good Slice
Zen Don

May contain GMOs

8th Continent

EGGS

Right now, no genetically engineered egg-laying chickens are on the market. Nevertheless, non-organic, egg-producing chickens eat genetically engineered grains such as corn and soy.

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
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 GE-derived corn syrup or corn syrup solids. If you can’t breastfeed, or need to supplement, buy certified organic infant formulas or formulas labeled as Non-GMO.

Most foods for infants are just what the label says with few preservatives or additives except water. You can puree fresh fruits and veggies (except non-organic papaya, yellow squash, corn, or soy) daily for your baby, or try preparing a large batch and freezing it in small jars, bags, ice cube trays or containers to thaw and use later. This gives you the ease of portable, serving-sized jars, and lets you know exactly what’s in it because you made it!

If you can’t puree fresh products on a daily basis, try these suggestions:

• Some baby cereals can have GE ingredients even if the primary component is non-GMO. For example, some rice cereals add soy lecithin as an emulsifier, which can be processed from GE soy.

• Look for cereals with one or a few ingredients, or make your own. Buy a new coffee grinder. Grind rice and other grains for simple, homemade baby cereals.

• Teething crackers and biscuits can contain GE corn syrup and soy lecithin.

• Food for older babies and toddlers, such as noodles and cheese, often contains processed ingredients derived from genetically engineered sources.

• These days even some non-organic brands such as Gerber have pledged to avoid GE ingredients in all of their baby foods.
### BABY FOODS & INFANT FORMULA

#### NON-GMO
- Amare
- Baby’s Only (certified organic products)
- Earth’s Best
- Gerber products

#### MAY CONTAIN GMOs
- Beech-Nut
- Enfamil
- Good Start

#### CEREALS & BREAKFAST BARS

Cereals and breakfast bars are very likely to include genetically engineered ingredients because they are often made with corn, soy, and sugar. Look for unsweetened, whole grain cereals (without corn or soy), and cereals sweetened with 100% cane sugar or honey.

#### NON-GMO
- Arrowhead Mills
- Bakery on Main
- Barbara’s
- Cascadian Farms
- EnviroKidz
- Erewhon
- Health Valley (organic line)

#### MAY CONTAIN GMOs
- General Mills
- Kellogg

#### Nestle
- Similac/Isomil (except Similac Organic)

#### Non-GMO
- HAPPYBABY
- Mom Made Meals
- Organic Baby
- Plum Organics
- Tastybaby

#### Nestle
- Kashi (some, not all; check the packaging)
- Kind
- Nature’s Path
- Nutiva
- Omega Smart Bars
- Peace Cereal Organic
ENERGY BARS

Like other processed products, energy bars commonly contain GE ingredients. Keep a look out for corn syrup and soy lecithin, especially.

NON-GMO

- Clif Bar
- Divine Foods
- Genisoy Bars
- Glutino
- GoodOnYa Bar
- Kind
- Lara Bar
- Luna Bar (Clif Bar)
- Macrobars
- MacroLife Naturals
- Mojo (Clif Bar)
- Nature’s Path
- Nutiva
- Odwalla
- Organic Food Bar
- Optimum Energy Bar
- Ruth’s
- Weil by Nature’s Path
- Organic
- Z Bars (Clif Bar)

MAY CONTAIN GMOs

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

SNACK FOODS

Many snack foods contain ingredients acquired from the Big Five genetically engineered crops. These ingredients may comprise a large part of the food, like the corn in corn chips, or they may play a more minor role, like the soy lecithin in a cookie. Snack foods, because of their many ingredients, can seem like a minefield of GE products. Fortunately, there are non-GMO options.

continued
SNACK FOODS continued

Look for snacks made from wheat, rice, potatoes, or oats, and ones that use sunflower, olive or safflower oils. If you eat a lot of dried fruits, or snack mixes including dried fruits, keep an eye out for non-organic papaya. There is no genetically engineered popcorn on the market, but stick to plain kernels as most microwave popcorons contain GE ingredients in flavorings or oils.

NON-GMO

Barbara’s (organic line)  Kopali Organics
Bearitos/Little Bear Organics  Late July Organic Snacks
 (Hain Celestial)  Mary’s Gone Crackers
Earthly Treats  Namaste Foods
Eco-Planet  Nature’s Path Organic
Eden  Newman’s Own Organics
Field Day  Peeled Snacks
Garden of Eatin’  Plum Organics Tots
Grandy Oats  Revolution Foods
Hain Pure Snax/  Ruth’s
 Hain Pure Foods  Simple Sweets
Health Valley  Sunridge Farms
Ian’s Natural Foods  Tasty Brand
Kettle Foods

MAY CONTAIN GMOs

FritoLay (Lay’s, Ruffles,  Oreos
 Doritos, Cheetos, Tostitos)  Pepperidge Farm
 Honey Maid  Pringles
 Hostess Products  Quaker Oats Company
 Keebler  Ritz
 Kraft  SnackWells
 Nabisco  Teddy Grahams
 Nilla Wafers  Triscuit
 Nutter Butters  Wheat Thins
Pressure from farmers and consumers has forced Monsanto to shelve its plans to introduce genetically engineered wheat into the market. Because wheat is a major ingredient in most baked goods, Non-GE bakery products are easier to find than some other foods. Nevertheless, many packaged breads and bakery items contain other GE ingredients like soy or corn syrup, so the best way to avoid genetically engineered baked goods is—you guessed it—to buy organic.

### NON-GMO

<table>
<thead>
<tr>
<th>Bakery/Brand Name</th>
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<tr>
<td>Alvarado Street Bakery</td>
<td>French Meadow</td>
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<tr>
<td>Arrowhead Mills (organic line)</td>
<td>Natural Ovens Bakery (organic)</td>
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<tr>
<td>Bakery on Main</td>
<td>Nature’s Path</td>
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<tr>
<td>Bob’s Red Mill</td>
<td>Nutiva</td>
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<tr>
<td>Dr. McDougall’s Right Foods</td>
<td>Rapunzel organic corn starch</td>
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<tr>
<td>Dr. Oetker Organics</td>
<td>Rudi’s Organic Bakery</td>
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<tr>
<td>Eden Organics</td>
<td>Rumford Baking Powder</td>
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### MAY CONTAIN GMOs

<table>
<thead>
<tr>
<th>Brand Name</th>
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<tr>
<td>Aunt Jemima</td>
<td>Duncan Hines</td>
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<tr>
<td>Betty Crocker</td>
<td>Hungry Jack</td>
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<tr>
<td>Bisquick (General Mills)</td>
<td>Krusteaz</td>
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<tr>
<td>Calumet Baking Powder</td>
<td>Pillsbury</td>
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SOUPS, SAUCES & CANNED FOODS

Many soups and sauces are highly processed, so keep a look out for the Big Five in the ingredients list. 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 GE crops. Look for less processed canned foods and foods packed only in water or olive oil (not corn oil, soybean oil, canola oil, cottonseed oil, or vegetable oil, which is often a blend of corn and soy oils) and avoid canned foods containing corn syrup, sugar not labeled as cane sugar and soy ingredients.

NON-GMO

Amy’s Soups
Annie’s
Eden
Emerald Valley Kitchen
Fantastic Foods
Field Day
Green Mountain Gringo Salsa
Hain
Health Valley/Westbrae

Imagine Natural
Muir Glen Organic
Rising Moon
Seeds of Change
ShariAnn’s Organics
Yves Veggie Cuisine
Walnut Acres certified organic

MAY CONTAIN GMOs

Bertolli
Campbell’s
Chef Boyardee
Chi-Chi’s
Chunky
Classico
Del Monte
Dinty Moore
Franco American
Healthy Choice
Healthy Request

Hormel
Hunt’s
Old El Paso
Pace
Pepperidge Farm
Prego
Progresso
Ragu
Simply Home
Stagg
DRY GRAINS, BEANS & PASTA

Fortunately, circumventing genetically engineered food in the grain-and-bean aisle is simple. Most pasta is made from a few ingredients. As long as you avoid the less-common corn pasta, you’re in the clear. Look for 100% wheat pasta, couscous, rice, quinoa, oats, barley, sorghum, and dried beans (except for soybeans). Packaged pasta meals and canned beans can be a different story, so check those categories if you’re purchasing these items.

PACKAGED FOODS

Processed foods typically contain ingredients derived from the Big Five GE crops, especially corn and soy. Look out for the Big Five, and remember that the surest way to avoid GE-derived ingredients in processed foods is to buy certified organic.

NON-GMO

Amy’s
Annie’s Natural Pasta
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
Sensations
Sunridge Farms
Vita-Spelt pasta

MAY CONTAIN GMOs

Betty Crocker meals
(General Mills)
Knorr (Unilever)
Kraft Macaroni & Cheese meals
Lipton meal packets (Unilever)
Near East (Quaker)
Pasta Roni and Rice-A-Roni meals (Quaker)
FROZEN FOODS

Many frozen foods are highly processed. Keep an eye out for the Big Five at-risk ingredients and stay away from frozen foods that contain them, unless they are labeled as Organic or Non-GMO. Luckily, many frozen vegetables and fruits don’t have any other additives, making these products good choices.

NON-GMO

A.C. LaRocco
Amy’s Kitchen
Barbara’s Certified Organic
Cascadian Farms Organic frozen meals & vegetables
Cedarlane
Helen’s Kitchen
Ian’s Natural Foods
Linda McCartney frozen meals
Mom Made Meals
Morning Made Foods Organic
(*Organic line ONLY)
Rising Moon
The Simply Soyman
Woodstock Farms

MAY CONTAIN GMOs

Banquet
Bertolli
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 (Kellogg)
Morningstar Farms Natural Touch (unless labeled organic)
Rosetto Frozen Pasta (Nestle)
Stouffer’s (Nestle)
Swanson (Campbell’s)
Tombstone (Kraft)
Totino’s (Smucker’s)
Voila! (Birds Eye/Unilever)
CONDIMENTS, OILS, DRESSINGS & SPREADS

Fortunately, plenty of healthy, non-GE options are available in this category. Unless labeled explicitly, corn, soybean, cottonseed, and canola oils probably contain genetically engineered products. Ketchup usually incorporates corn syrup; and mayonnaise and most conventional salad dressings use soy, cottonseed, or canola oil as a major ingredient. Many creamy dressings and sauces will also include milk solids or powders, which may be derived from cows treated with rbGH (rbST). Sweetened dressings may contain corn syrup or sugar derived from GE crops. Look for products sweetened with pure maple syrup, honey, molasses, or pure cane sugar instead.

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
Ian’s Natural Foods
I.M. Health SoyNut Butters
Krazy Ketchup
Maranatha Nut Butters
Miso Master
Muir Glen organic
tomato ketchup
Nasoya
Newman’s Own Organics
Nutiva
Ruth’s
The Simple Soyman
Spectrum oils and dressings
SushiSonic Asian
Condiments
Tropical Traditions
Vegan by Nature Buttery
Spreads
Vigoa Cuisine
Woodstock Farms

MAY CONTAIN GMOs

Crisco
Del Monte
Heinz
Hellman’s
Kraft condiments & dressings
Mazola
Pam
Peter Pan
Skippy
Smucker’s
Wesson
Wish-Bone
CANDY, CHOCOLATE PRODUCTS & SWEETENERS

Many sweeteners, and products like candy and chocolate that contain them, can come from GE 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 GE beet sugar, and watch out for soy lecithin in chocolates and corn syrup in candies. Molasses can also be derived from GE sugar beets, so choose organic molasses.

Milk and white chocolate products are often manufactured with milk from cows treated with rbGH. Sugar-free candies often contain aspartame, known commercially as NutraSweet. NutraSweet can be made from genetically engineered crops.

CANDY

NON-GMO

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

MAY CONTAIN GMOs

- Hershey’s
- Lifesaver (Kraft)
- Mars (Skittles, Starburst)
- Nestle
### Chocolate

#### NON-GMO
- Chocolove
- Endangered Species Chocolate
- Green & Black's Organic Chocolate
- Kopali Organics
- Lindt Chocolate
- Newman's Own Organic
- Nonuttin'
- Nutiva
- Woodstock Farms

#### MAY CONTAIN GMOs
- Hershey's
- Mars
- Nestle (Crunch, Kit Kat, Smarties)
- Toblerone (Kraft)

### Sweeteners

#### NON-GMO
- Brer Rabbit Molasses
- C&H Pure Cane Sugar
- Dulsweet agave syrup
- Eden
- Florida Crystals (organic, natural and demerara)
- Grain Place Foods sugar
- Grandma's Best Molasses
- Now Better Stevia
- Sweet Cloud
- SweetLeaf stevia
- Tropical Traditions
- Wholesome Sweeteners (organic sugars, molasses, blue agave syrups, Organic Zero)
- Woodstock

#### MAY CONTAIN GMOs
- Big Chief Sugar
- Crystal Sugar
- Equal
- GW Sugar
- Karo corn syrup
- Nutrasweet / Equal
- Pioneer Sugar
- White Satin sugar
SODAS, JUICES & OTHER BEVERAGES

The good news is, since papaya is the only whole fruit that is genetically engineered, most juices are non-GMO. On the other hand, the prevalence of corn-based sweeteners and sugar in fruit juices is cause for concern. Look for 100% juice blends.

Similarly many sodas are primarily comprised of water and corn syrup—there is a high probability that these drinks contain genetically engineered ingredients. Look for sodas without corn syrup or high fructose corn syrup (or nutrasweet), and those sweetened with 100% cane sugar or evaporated cane juice.

NON-GMO

After the Fall organic juices
Big Island Organics
Blue Sky Organic soda
Cascadian Farm
Crofters Organic
Eden
Haiku Organic
Japanese Teas
Hansen’s (only those that specify cane sugar)
Juice Squeeze
Knudsen organic juices and spritzers (Smucker’s)
Odwalla

One World organic black teas
Organic Valley
Mixerz All Natural Cocktail Mixers
Quinoa Gold
RW Knudson organic juices and spritzers
Santa Cruz Organic (Smucker’s)
Sea2o Organic Energy Drink
Teeccino Herbal Caffe
Walnut Acres Organic Juices
Woodstock Farms
MAY CONTAIN GMOs

7Up
A&W
Blue Sky Natural Beverage Company (non-organic)
Canada Dry
Capri Sun
Coca-Cola
Clamato
Crush
Crystal Light
Country Time
Diet Rite
Dole
Dr. Pepper
Frappuccino
Frutopia
Gatorade
Hansen Beverage Company (except those with only cane sugar)
Hawaiian Punch
Hi-C

Hires Root Beer
IBC Root Beer
Kool Aid
Libby’s
Minute Maid
Mott’s
Nantucket Nectar’s
Nestea
Ocean Spray
Orangina
Pepsi
Schweppes Ginger Ale
SoBe
Squirt
Stewart’s
Sun Drop
Sunny Delight
Swiss Miss
Vernors
Tang
Tropicana
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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 over 325,000 members and has offices in Washington, D.C., San Francisco, CA, and Portland, OR.