

The Institute for Responsible Technology is a world leader in educating the public about genetically modified foods and crops. Founded in 2003 by GMO expert Jeffrey M. Smith, IRT has worked in more than 30 countries. Our Campaign for Healthier Eating in America is designed to achieve the tipping point of consumer rejection of GM foods in the U.S.

The right to choose non-GMO products is proudly sponsored by...

Non-GMO Shopping TIPS

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



Help Us Reclaim a Non-GMO Food Supply! Please donate today.

- By mail:** Institute For Responsible Technology
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Buy Non-GMO Brands—

Spent your food dollars on healthier non-GMO brands!



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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 to introduce a new trait.

Why Should I Avoid GMOs?

The American Academy of Environmental Medicine reported that “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.

Many physicians advise ALL patients to choose healthier non-GMO foods.

Buy Non-GMO Brands Create a Tipping Point

Use your consumer power and invest your food dollars in non-GMO products. A consumer driven tipping point a decade ago has kept GMOs out of the European Union food supply in spite of government approvals. If sufficient numbers of U.S. shoppers avoid GM ingredients, then food companies here won't use them. The critical number for a U.S. tipping point could be as few as 5%—15 million health conscious shoppers choosing non-GMO brands.

Visit ResponsibleTechnology.org to:

- Learn about GMO health risks and safe eating alternatives
- Sign up with the Tipping Point Network to join forces with other non-GMO activists
- Explore our Resources section and Facebook page to share information with others
- Sign up for our free electronic newsletter
- Find out if there is an event or speaker training workshop near you

Tips to Avoid GMOs

Although most Americans say they would avoid brands if labeled GMO, unfortunately labels are not required. Here are 4 tips to help you shop non-GMO.

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

Products that carry the Non-GMO Project Seal are independently verified to be in compliance with North America's only third party standard for GMO avoidance, including testing of at-risk ingredients.



The [Non-GMO Project](http://NonGMOProject.org) is a non-profit organization committed to providing consumers with clearly labeled and independently verified non-GMO choices.

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 (see list). The eight GM food crops are corn, soybeans, canola, cottonseed, sugar beets, Hawaiian papaya (most), papaya from China, and a small amount of zucchini and yellow squash.

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. Look for labels stating No rBGH, rBST, or artificial hormones, or check brand listings at NonGMOShoppingGuide.com

Tip #4: Download the Guide

Visit NonGMOShoppingGuide.com to download the growing list of Non-GMO products available and check out the iPhone application, ShopNoGMO free at the iTunes store.

Invisible GM Ingredients

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

ascorbic acid (vit C)	glycerin	protein isolate
Aspartame (also called AminoSweet®, NutraSweet®, Equal Spoonful®, Canderel®, BeneVia®, E951)	glycerol	soy flour
baking powder	glycerol monooleate	sorbitol
canola oil (rapeseed oil)	glycine	soy flour
caramel color	hemicellulose	soy isolates
cellulose	high fructose corn syrup (HFCS)	soy lecithin
citric acid	hydrogenated starch	soy milk
cobalamin (vit B12)	hydrolyzed vegetable protein	soy oil
colorose	inositol	soy protein
condensed milk	inverse syrup	soy protein isolate
confectioners sugar	inversol	soy sauce
corn flour	invert sugar	starch
corn masa	isoflavones	stearic acid
corn meal	lactic acid	sugar (unless cane sugar)
corn oil	lecithin	tamari
corn sugar	leucine	tempeh
corn syrup	lysine	teriyaki marinades
cornstarch	malitol	textured vegetable protein
cottonseed oil	malt	threonine
cyclodextrin	malt syrup	tocopherols (vit E)
cystein	malt extract	tofu
dextrin	maltodextrin	trehalose
dextrose	maltose	triglyceride
diacetyl	mannitol	vegetable fat
diglyceride	methylcellulose	vegetable oil
erythritol	milk powder	vitamin B12
Equal	miho starch	vitamin E
food starch	modified food starch	whey
fructose (any form)	modified starch	whey powder
glucose	mono and diglycerides	xanthan gum
glutamate	monosodium glutamate (MSG)	
glutamic acid	Nutrasweet	Popcorn is NOT GMO. (Thank goodness.)
glycerides	oleic acid	
	Phenylalanine	
	phytic acid	