

The

As recommended by "O" –
the Oprah Magazine, Dr. Oz,
CBS News and Fox News

NON-GMO

Shopping

Guide



Summer 2014 Edition

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



Download the
No GMO app



NonGMOShoppingGuide.com

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.

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.

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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ALTERNATIVE DAIRY PRODUCTS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Amande
- Blue Diamond
- Cadia
- Califia Farms
- Chia Craft
- Chia Pod
- Ciranda
- Coconut Secret
- Dream
- Earth Balance
- Eden
- Engine 2 Plant-Strong
- Field Day
- Follow Your Heart
- Good Karma
- Graindrops
- Growing Naturals
- JUISI
- KARA
- Luna & Larry's Coconut Bliss
- Melt Organic
- Mori-Nu
- Native Forest distributed by Edward & Sons
- Organic Valley/ CROPP Cooperative
- Pacific Natural Foods
- Purely Decadent
- Sambazon
- Screamin Brothers
- Silk
- Simply Soy Yogurt
- So Delicious Dairy Free
- Tempt
- The Chia Co
- The Raw Vegan
- Tree of Life
- truwhip
- Wayfare
- WestSoy
- WholeSoy & Co.
- Wildwood
- Wink Frozen Desserts



BABY FOODS & INFANT FORMULA

The following brands have one or more products that have been verified by the Non-GMO Project:

- AMARA BABY FOOD
- Earth's Best
- Fruitees
- HappyBaby
- HappyTot
- Little Duck Organics
- NurturMe
- Oh Baby Foods
- Organic Baby
- Plum Organics



BEVERAGES

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Allegro Coffee Company
- Alo
- Back to Nature
- Bhakti Chai
- BioKult
- Blue Diamond
- Blue Lotus Chai
- BluePrint
- BluePrintJuice
- Bragg
- C2O Pure Coconut Water, LLC
- Cadia
- Café Altura
- Cafe Sobroso
- Califia Farms
- CARBO-PRO
- Celebes
- Chia Star
- Choice Organic Teas
- Clearly Kombucha
- Cociozia
- Cooler Cleanse
- COPRA
- Cuties Juice
- Daily Greens
- Decas Cranberry Products, Inc.
- Dorval Premium Collection
- Dream
- Earth Balance
- Earth's Best
- Earth Mama Angel Baby
- EcoTeas
- Elements
- Enerbee
- Epicure Selections
- Essentials
- Essential Living Foods, Inc
- Evergreen Wheatgrass Juice
- Evolution Fresh
- Exotic Superfoods
- Field Day
- Frey
- froovie
- Garden of Life
- Golazo
- Golden Oolong
- GoodBelly
- GoodBelly+
- Good Karma
- GoodOnYa
- Graindrops
- Green Mustache
- Guayaki
- Haiku
- Harvest Bay
- Healing Cooler
- Health-Ade
- Heinen's
- High Country Kombucha
- Invo Coconut Water
- It Tastes Raaw
- Jasmine Green Tea
- Juice Generation
- JUISI
- KARA
- KeVita, Inc.
- Kiju
- Le Petit du Chateau de Lagarde
- Les Hauts de Lagarde
- Little Me Tea
- LIVE Soda
- Mamma Chia
- Mayorga Coffee
- Nature's Delite
- Natural Directions
- Navitas Naturals
- North Coast
- NOW Healthy Foods
- NOW Real Tea
- Numi Organic Tea
- Nutiva
- Oi Ocha
- One World
- Organic Gemini
- Organic India
- Pacific Natural Foods
- Paisley Tea Co
- Peak Organic
- Phancy
- Pixie Mate
- Pizzolato
- Pizzolato Fields
- POM Wonderful
- Pop Culture
- Positive Energy

BEVERAGES CONTINUED...

- R.W. Knudsen
- RAU
- Revive
- Righteously Raw
- Rishi Tea
- Ritual Wellness
- Runa
- Sambazon
- Santa Cruz Organic
- Secret Squirrel
- Silk
- Simply Balanced
- Slush Naturals
- So Delicious Dairy Free
- Sofos
- Space Saver
- Spartico
- Sprouts Farmers Market
- Stash Tea
- Suja Juice
- Sun Chlorella
- Sunfood Superfoods
- Superberries
- TAMBOR
- Tarantas
- TEAS' TEA
- Tempt
- Texas Squeeze
- Texas Squeeze Deluxe
- Texas Tea
- The Ginger People
- Tazo
- The Republic of Tea
- Third St, Inc
- Traditional Medicinals
- Tree of Life
- 'tude
- TumericALIVE
- Two Leaves Tea Company
- UFC Refresh
- Vertvs
- Vim + Vigor
- Vital Juice Co
- Vital
- VitaV
- Waiola
- Wisdom of the Ancients
- Wolaver's Organics
- World Waters
- Yogi



BODY CARE

The following brands have one or more products that have been verified by the Non-GMO Project:

- Alaffia
- Andalous Naturals
- Cocopura
- Desert Essence
- Dr. Arenander's BrainGain & Oral Care Formulas
- Dr. Bronner's Magic
- Earth Mama Angel Baby
- EO
- Everyday Shea
- GO
- Hana Organic Skincare
- HimalaRose
- Kiss My Face
- Mrs. Meyer's Clean Day
- Nature Way
- Neal's Yard Remedies
- Organic India
- Raw Elements
- Spectrum
- Sunfood Superfoods
- Viva Labs
- Vivapura

BREADS & BAKED GOODS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Alvarado Street Bakery
- Among Friends
- Annie's
- Arnel's Originals
- Arrowhead Mills
- Barbara's
- Be Free Bakers
- Bear's
- Berlin Natural Bakery
- Bin Bin
- Buenatural
- California Lavash
- Canyon Bakehouse
- CaveChick
- Cedar's Mediterranean Foods, Inc.
- Chebe
- Chef Susanna's
- Country Choice Organic
- Dancing Deer
- Dave's Killer Bread
- Doctor Kracker
- Earth's Best
- EatPastry
- Emmy's Organics
- Ener-G Foods
- Enjoy Life Foods
- Fancypants Baking Co.
- FINN CRISP
- Gabbi's
- Ginnybakes
- Ginnyminis
- Gluten Free Pantry by Glutino
- Goodbody
- Gultenull Bakery
- Hodgson Mill
- Hol-Grain
- HomeFree
- Hope Crafted
- Immaculate Baking
- Indianlife
- Koochikoo
- La Panzanella
- Lamonica's Pizza Dough
- Lillabee Allergy Friendly Baking
- Liz Lovely Cookies
- Lucy's
- Mac-n-Mo's
- Madhava
- Main Street Gourmet
- Margarita's Tortilla Factory
- Maria & Ricardo
- Martha's All Natural
- Mary's Gone Crackers
- Mighty-O Donuts
- Milton's Craft Bakers
- Nairn's
- Nature's Bakery
- New Seasons Market
- One Degree Organic Foods
- Ozery Bakery
- Première Moisson
- Pressels
- Pure Wraps
- Purely Elizabeth
- Q.bel
- Rustic Bakery
- Shasha Co
- Silver Hills Sprouted Bakery
- Simple Mills
- Sprouts Farmers Market
- Sweet Earth Natural Foods
- Tasty Brand
- The Essential Baking Company
- The Raw Vegan
- Tortilleria La Nina
- Venice Bakery
- Vicky's Artisan Flatbread
- Wasa
- Whole Foods Market Bakehouse
- Wholesome Chow
- Wonderfully Raw Gourmet
- XO Baking Co.
- Zema's Madhouse Foods

CANDY, CHOCOLATE, & SWEETENERS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- AHILASKA
- Akenton
- Alter Eco
- Amelia
- Among Friends
- Amore di Mona
- Annie's
- Arnel's Originals
- Arrowhead Mills
- Barefoot & Chocolate
- barkTHINS
- Barnana
- Bear's
- Be Free Bakers
- BetterStevia
- Big Tree Farms Sweet Tree
- Bixby & Co.
- Blommer
- Blue Green Organics
- BOLA
- Brownwood Farms
- C&H
- Chia Craft
- Chatfield's
- CherryMan
- Chunks O'Fruti
- Ciao Bella Gelato
- Ciranda
- CocoaPlanet
- Coconut Secret
- Crispy Cat
- Dancing Deer
- DeeBee's
- Divine Chocolate
- Domino
- Dorval Premium Collection
- Dream
- Dulsweet
- ELIANNI
- Endangered Species Chocolate
- Ener-G Foods
- Enjoy Life Foods
- Epicure Selections
- Essential Living Foods, Inc.
- Florida Crystals
- Gin Gins
- Glee Gum
- GoodPop
- GoOrganic/GoNaturally
- Go Raw
- Grain Place Foods
- Guittard
- Hail Merry
- Hampton Creek
- Heavenly Organics
- Hey Shugal!
- HomeFree
- Hope Spreads
- Immaculate Baking
- India Tree
- India Tree Nature's Colors
- Kur Organic
- Superfoods
- Let's Do...
Distributed by Edward & Sons
- Lil' Shuga!
- Liz Lovely Cookies
- Luna & Larry's Coconut Bliss
- Lundberg Family Farms
- Madhava
- Mr. Dewie's
- Multiple Organics
- Naked Coconuts
- Native Organic Sugar
- NATVIA
- Navitas Naturals
- Nelly's
- NibMor
- NOW Foods
- NOW Healthy Foods
- NOW Real Food
- NuGo
- Original Melzy Creations
- Pancake Shugal!
- Pascha
- Phillyswirl
- PROBAR
- Purasource
- Purely Decadent
- Pyure Brands
- Rapunzel
- RightSweet
- Righteously Raw
- Rigoni di Asiago Honey
- Santa Cruz Organic
- Screamin Brothers
- Sharkies
- Shasha Co
- Silver Hills Sprouted Bakery
- Simply Balanced
- Simply Cane Shugal!
- Smooze!
- So Delicious Dairy Free
- Sprouts Farmers Market
- Stretch Island Fruit Co.
- Sugar in the Raw
- Sun Cups
- Sunfood Superfoods
- SunRidge Farms
- Surf Sweets
- Sweet.
- Sweet Additions
- SweetLeaf
- Tasty Brand
- Tate+Lyle
- Taza Chocolate
- The Raw Vegan
- Theo Chocolate
- Theobroma Chocolate
- Tree of Life
- Tru Joy Sweets

CANDY, CHOCOLATE & SWEETENERS...

- Two Moms in the Raw
- Vega
- VerMints
- Viva Labs
- Vivapura
- Wedderspoon
- Wedderspoon Gold
- Whole Earth
- Wholesome Chow
- Wholesome Sweeteners
- Wink Frozen Desserts
- Woodstock
- Wonderfully Raw Gourmet
- Zaza Raw
- Zulka



CEREALS & BREAKFAST BARS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 18 Rabbits, Inc.
- 365
- Andros
- Arnel's Originals
- Arrowhead Mills
- Back to Nature
- Bakery On Main
- Barbara's
- Be Free Bakers
- Big Tree Farms Sweet Tree
- Birchwood Cafe
- BOLA
- Cadia
- Chappaqua Crunch Granola
- Chez Marie, Inc.
- Chia Pod
- ChiaRezza! OMG Foods Inc
- Country Choice Organic
- Cream of the West
- Crofters
- Dr. McDougall's
- Earnest Eats
- Earth's Best
- Eden
- Emmy's
- Organics
- Engine 2 Plant-Strong
- Enjoy Life Foods
- Envirokidz
- Erewhon
- Everyday Superfoods
- familia
- Farm to Table Foods
- Field Day
- Flahavan's
- Flav-R-Bites®
- Freedom Foods
- Gatherer's Gourmet Granola
- Glutenfreeda
- Gluten Free Pantry by Glutino
- Glutenuull Bakery
- Glutino
- Go Raw
- Grain Millers
- Grape Nuts
- Grain Place Foods
- Hail Merry
- Hemp Oil
- Canada
- Hodgson Mill
- Hol-Grain
- Holy Crap
- Jessica's Natural Foods
- Kashi
- KIND Healthy Snacks
- Lillabee Allergy Friendly Baking
- Love Grown Foods
- Lundberg Family Farms
- Martha's All Natural
- Modern Oats
- Muesli Fusion
- Muesli Munch
- Nature's Basket
- Natural Directions
- Nature's Path
- New England Naturals
- New York Superfoods
- NOW Real Food
- Nu Life Market
- Nutiva
- Nuts About Granola
- Old Wessex
- One Degree Organic Foods
- One Planet Foods LLC
- Paleo Hero
- Pampas Rice/Organic Latin America
- Peace Cereal
- Plum Organics
- Power of 3
- PROBAR
- Purely Elizabeth
- Ruth's Foods
- Sambazon
- Shortstacks
- Shredded Wheat
- Shreddies
- Silver Hills Sprouted Bakery
- Simply Balanced
- Simply Protein Mini Bars
- Simply Protein Nut & Fruit
- Simply Suzanne
- SunRidge Farms

CEREAL & BREAKFAST BARS...

- TeeChia High Performance Super Seeds Cereal
- The Chia Co
- The Simply Bar
- twofold
- Two Moms in the Raw
- Udi's Gluten Free
- Upfront Foods
- Uncle Sam
- Van's Natural Foods
- Vigilant Eats
- Vikis Granola
- Viva Quinoa
- Weetabix
- Wheat Montana
- Wholesome Chow
- Wholesome Happiness
- Wild Veggie
- Willamette Valley



CONDIMENTS, OILS, DRESSINGS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Adams Vegetable Oils
- Ahuacatlan
- Alaffia
- Alligga
- Alpha
- Ancient Olive Trees
- Annie's
- Artisana
- Atlantic Organic
- Atlantic Rose
- Aunt Patty's
- Bainter Extra Virgin Sunflower Oil
- Barefoot & Chocolate
- Barney Butter
- Barton Creek Crossing
- Beach Bum Foods
- Bella Vado
- Benissimo
- Better'n Chocolate
- Better'n Peanut Butter
- Bloodroot Mountain
- Bragg
- Bridgewell Resources
- Brownwood Farms
- Bubbies
- Cadia
- California Olive Ranch
- Catania
- CB's Nuts
- Cedar's Mediterranean Foods, Inc.
- Celebes
- CherryMan
- Chia Craft
- Chosen Foods
- CHS Oilseed Processing
- Ciranda
- Cocomi
- Coconut Secret
- Cocopura
- Colorado Green Chili
- Crofters
- Daily Pantry
- Delizia
- Divina
- Drew's LLC
- Earth Balance
- Eden
- Elea
- Elea Gold
- Elea Junior
- ELIANNI
- Emile Noël
- Engine 2 Plant-Strong
- Epicure Selections
- Esch Road Foods
- Essential Living Foods, Inc
- Everyday Cuisine
- Extra Virgin Sesame Oil
- Haitoglou Bros
- Farmhouse Culture
- Field Day
- Fiordifrutta
- Fleischmann's Vinegar
- Flora
- Follow Your Heart
- Freeline Organic Food
- FreshPress
- Garden of Life
- Gemsa
- Gingras XO
- Global River
- Green Mountain Gringo
- Haig's Delicacies
- Hampton Creek
- Happy Monkey Hummus
- Harvest Bay
- Hearty Naturals
- Heavenly Chef
- Heinen's
- Himalania
- HimalaSalt
- Home Appetit
- Hope Dips
- Hope Foods

CONDIMENTS, OILS, DRESSINGS...

- Hope Hummus
- Hummusphere
- Italian Rose
- JaynRoss Creations LLC
- Jeff's Naturals
- Just Great Stuff
- Kickers Powdered Food Enhancer
- King Products
- La Spagnola
- La Tourangelle
- Lafiya Foods
- Loeb's
- Lucini
- Maison Orphée
- Manitoba Harvest
- Maranatha
- Marconi
- Marconi Naturals
- Marinelli's True Italian Pasta Sauce
- Marukan
- Marukome USA
- Maui Maid
- Mediterranean Infusions
- Mediterranean Organic
- Mezzetta
- Miso Master
- Montana Specialty Mills, LLC
- Morehouse Foods, Inc.
- Mt Vikos
- Naked Coconuts
- Naked Infusions
- Napa Valley Naturals
- Nathan's
- Native Forest Distributed by Edward & Sons
- Natural Directions
- Natural Habitats
- Naturally Splendid Enterprises Ltd (NS)
- Nature's Way
- New Organics
- New York Superfoods
- Nexcel Natural Ingredients
- NOW Healthy Foods
- Nutiva
- Nut-Tritious Foods
- Nutrigold®
- NutriVita
- NuttZo
- OJAI COOK
- Old Home
- Oleicus/Oleico
- Olivista
- Once Again
- Organic Valley/ CROPP Cooperative
- Organicville
- Pacific Coast Canola
- Pastorelli Food Products Inc.
- Peanut Butter & Co.
- Peninsula Grove
- Pokonobe Industries
- Polaner
- Pure Life
- Pure n Raw
- Pure Planet
- Purium Health Products
- Randall Family
- Rapunzel
- Rivara
- ROBE and Riverina Natural Oils LLC
- Roots
- R.W. Knudsen
- Sabra
- Saha Sauces
- Salba Smart
- Salute Santé!
- San-J
- Santa Cruz Organic
- Scrumptious Pantry
- Seggiano
- Simply Balanced
- Simply Sesame
- Sir Kensington's
- SK Food
- Smart Balance
- Soleil d'Or
- Spectrum
- Spectrum Ingredients
- Sprouts Farmers Market
- Star Kay White
- Stony Brook WholeHeartedFoods
- Strompolos
- Sunera
- Sunfood Superfoods
- Sunfrie
- Sunpic
- Sushi Sonic
- Sweet Sass Foods
- Tessemae's All Natural
- The Fresh Market
- The Scouler Company
- The Solio Family
- Three Farmers
- Tree of Life
- Tropical
- truwhip
- Ultima
- Vega
- Veronica Foods
- Viana
- Vita
- Viterra
- Viva Labs
- Vivapura
- Whole Foods Market
- Whole Harvest
- Wild Friends Food
- Wildwood
- Wonderful
- Woodstock
- Yamasa
- Ziggy Marley Coco'Mon
- Ziggy Marley Hemp Rules
- Zilks
- ZOE



DAIRY PRODUCTS

The following brands have one or more products that have been verified by the Non-GMO Project:

- Brown Cow
- Cabriejo
- Clover Organic Farms
- Nancy's
- Organic Valley/CROPP Cooperative
- Pure Eire
- Rumiano Family Cheese
- Seven Stars Farm
- Source
- Stonyfield
- Straus Family Creamery



PLANTING SEED & ANIMAL FEED

The following brands have one or more products that have been verified by the Non-GMO Project:

- Adams Grain
- Arrowhead Mills
- Earth's Best
- Grain Place Foods
- Hemp Oil Canada
- High Mowing Organic Seeds Company
- Hiland Naturals
- Mighty Mustard
- Minsa
- Montana Specialty Mills, LLC
- Multiple Organics
- Navitas Naturals
- NOW Real Food
- Pacific Coast Canola
- Pampas Rice/Organic Latin America
- Rivara
- Scratch and Peck
- Silver Hills Sprouted Bakery
- Texas Natural Feeds
- Viterra
- Viva Labs
- Woodstock
- Xiomega3



FRUITS & VEGETABLES

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- 13 Foods
- Activz
- Alexia
- Allgood Provisions
- AMCO Select One
- Andros
- Backyard Farms
- Bare Snacks
- Barton Creek Crossing
- Be Green Packaging
- Biad Chili Products
- Blossom Hill
- Cadia
- Cal-Organic Farms
- Camposol
- Cape Cod Select
- Carmelina 'e... San Marzano
- Cascadian Farm
- Cedar's Mediterranean Foods, Inc.
- Central Market Organics
- CherryMan
- Chris Family
- Crispy Green
- Cocomi
- Daily Pantry
- Dassi Family Farms
- Divina
- Earth's Best
- Eden
- EFoods
- Ela Family Farms

FRUITS & VEGETABLES...

- Emerald Cove
- Emperor's Kitchen
- Enjoy Life Foods
- Epicure Selections
- Essential Living Foods, Inc
- Exotic Superfoods
- FanciFood
- Farmer's Market
- Field Day
- FirstFruits
- Fresh on Demand
- Fruit Bliss
- Fruit d'Or
- Funky Monkey Snacks
- GoGo SqueeZ
- Golden
- Gotham Greens
- Grain Place Foods
- Grimmway Farms
- Grower Petes Organic
- Grown in Nature
- Happy Family Brands
- Homegrown Organic Farms
- Houweling's Tomatoes
- Husk
- Ian's
- Imperial Gourmet
- Intergrow Greenhouses
- Intiyán
- JaynRoss Creations LLC
- Johnny's Organic Farm
- JustFruit
- Just Tomatoes, Etc!
- Kickers Powdered Food Enhancer
- Little Duck Organics
- Live Gourmet
- Made in Nature
- Mary's Little Garden
- Mavuno Harvest
- Mediterranean Organic
- Minsa
- Monterey Farms
- My Nutrition Advisor
- Mucci Farms
- Multiple Organics
- Native Forest Distributed by Edward & Sons
- Nature's All Foods
- Nature Fresh Farms, Inc.
- Navitas Naturals
- Natural Directions
- North Coast
- NOW Real Food
- Numi Organic Tea
- Nutrigold®
- One Degree Organic Foods
- Oxen Hill Farm
- Peggy's Premium
- Peru Heirloom
- Pure Wraps
- Pines
- POM Wonderful
- powbab
- Randall Family
- Red Hat Co-operative Ltd
- Reese
- Royal Harvest
- Sacha
- Santa Teresa
- Seapoint Farms
- SeaSnax
- Shenandoah Growers
- Silver Hills Sprouted Bakery
- Sol Bliss
- Somerfield Farms
- Sprouts Farmers Market
- Stahlbush Island Farms
- Stahlbush Island Farms Ingredients
- Sun Date
- Sunfood Superfoods
- SunRidge Farms
- Sun Seasoned Raw Foods, LLC
- Sunset
- Sunset Kidz
- Superberries
- Sweet Scarletts
- TAMBOR
- That's it.
- Tommy's Superfoods
- TopLine Farms
- Tree of Life
- Tropical
- UFC Refresh
- Vermont Village Applesauce
- Vernon M. Byler Farm
- Viva Labs
- Vivapura
- Watts Brothers
- Wildbrine
- Wild Veggie
- Windset Farms
- Wonderful Halos
- Woodstock



GRAIN, BEANS, & FLOUR

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Adams Grain
- Alligga
- Alter Eco
- Among Friends
- Ariven Planet
- Arnel's Originals
- Arrowhead Mills
- Autumn Sky Wild
- Barlean's Organic Oils
- Beanitos, The Original Bean Chip
- Bearitos
- Be Free Bakers
- Better Bean
- Fox Brand - Warlmashi
- Bob's Red Mill
- Cadia
- Carmelina Brands
- Ceresota
- Ceylon Pure
- Chebe
- Chic Naturals
- Chosen Foods
- Giranda
- Cocomi
- Coconut Secret
- Country Choice Organic
- Cream of the West
- Cup4Cup
- Daily Pantry
- Della
- Eden
- Eighth Wonder
- Ener-G Foods
- Engine 2 Plant-Strong
- Fantastic World Foods
- Field Day
- Findlay's Organics
- Floating Leaf
- Freekehlicious
- Freekeh Foods
- Garlic Clove Foods
- Global River
- GL Soybeans
- Gluten Free Pantry by Glutino
- Grain Millers
- Grain Place Foods
- Grains of Wellness
- Green Island Rice
- Health Warrior
- Heckers
- Hemp Oil Canada
- Hiland Naturals
- Hodgson Mill
- Hol-Grain
- Jaali Bean
- John's Farm
- KAMUT® Brand Wheat
- Koda Farms
- Konriko
- Let's Do...Organic Distributed by Edward & Sons
- Lillabee Allergy Friendly Baking
- livingNOW gluten-free
- Lotus Foods
- Lundberg Family Farms
- Mamma Chia
- Manitoba Harvest
- Mayorga Coffee
- Mighty Rice
- Minsa
- Minsley
- Multiple Organics
- MXO GLOBAL INC.
- Naosap Harvest
- Natera
- Natural Directions
- Nature's Earthly Choice
- Nature's Express
- Natures Truth
- Navitas Naturals
- NOW Foods
- NOW Real Food
- Nu Life Market
- Numi Organic Tea
- Nutiva
- O3 Chia Premium
- One Degree Organic Foods
- Pacific Northwest Farmers Cooperative
- Palouse Brand
- Pampas Rice/Organic Latin America
- Parrot Brand
- Pereg
- Pilling Foods
- Planet Rice
- Plum Organics
- President's Choice
- Pure n Raw
- Reina Brand
- RiceSelect
- Rivara
- ROLAND
- Royal International Authentics
- Ruth's Foods
- Sage V Foods
- Salba Smart
- Salute Santé!
- Scrath and Peck
- Shepherd's Grain
- Silver Hills Sprouted Bakery
- Simple Origins
- Simply Balanced
- SK Food

GRAINS, BEANS & FLOUR...

- SooFoo
- Sprout Farmers Market
- Stahlbush Island Farms
- Stahlbush Island Farms Ingredients
- Stone Buhr Flour
- Company
- Sukhi's Gourmet Indian Foods
- Sunnlyland Mills
- Suntava
- The Real Co
- Tommy's Superfoods
- Tree of Life
- truRoots
- Vita Spelt
- Viva Labs
- Vivapura
- West Brae
- Western Foods
- Wheat Montana
- Wholesome Chow
- Wink Frozen Desserts
- Woodstock
- Yoga
- Zema's Madhouse Foods

HERBS, SPICES & OTHER INGREDIENTS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- A.Vogel
- Adams Grain
- Akenton
- Alligga
- Brownwood Farms
- Crystal Star
- Dr. Arenander's BrainGain & Oral Care Formulas
- Emerald Cove
- Emperor's Kitchen
- Engage Organics Salt-free Seasoning Blends
- Epicure Selections
- Essential Living Foods, Inc.
- Evolution Salt, Inc.
- Field Day
- Frontier
- Gotham Greens
- Himalania
- HimalaSalt
- Hines Nut Co.
- Hol-Grain
- Ian's
- India Tree
- Konriko
- Mayorga Coffee
- Mediterranean Organic
- Miso Master
- Multiple Organics
- Namida
- Nanneen
- Natural Nectar
- Natural Tides
- Navitas Naturals
- NOW Real Food
- Numi Organic Tea
- Nutiva
- O3 Chia Premium
- Once Again
- Organic India
- R.W. Knudsen
- Ruth's Foods
- Sawa
- Sawasabi
- SeaSnax
- Shenandoah Growers
- Silver Hills Sprouted Bakery
- Simply Balanced
- Simply Organic
- Spicely
- Spicetec Flavors and Seasonings
- Sprouts Farmers Market
- Star Kay White
- Sunfood Superfoods
- Sushi Sonic
- The Ginger People
- Viva Labs
- Vivapura
- Wheat Montana
- Whole Foods Market



MEAT, FISH & EGGS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Alexandre Kids
- Amore
- Ayrshire Farm
- Backyard Birds
- Backyard Eggs
- Be Green Packaging
- Blue Sky
- Brunnuquell Farms
- Coleman Natural
- Coleman Organic
- Crown Prince Natural
- Crystal Lake Farms
- Diestel Turkey Ranch
- Draper Valley Farms
- Draper Valley Farms Organic
- Egg Innovations
- Fairfield Specialty Eggs
- Furry Foodie
- Giving Nature
- Harvestland
- Harvestland Organic
- Ian's
- John's Farm
- JoKeKa Farm
- Keller Crafted Meats
- Mary's Chicken
- Mary's Geese
- Mary's Heritage Turkey
- Mary's Organic Chicken
- Mary's Organic Turkey
- Mary's Pasture Raised Chicken
- Mary's Turkey
- Mindful Meats
- Murray's Chickens
- Natural Sea
- Nature Fed
- Nellie's Cage Free
- NestFresh
- Northwest Farms
- Northwest Farms Organics
- Organic Prairie/CROPP Cooperative
- Organic Valley/CROPP Cooperative
- Premium Beef and Grain
- Pure Country Pork
- Ranger
- Rocky Jr
- Rocky The Range
- Rosie Organic
- RR 1 Farms LLC
- Skagit Red
- Smart Chicken
- Smart Chick Farms
- Sonoma Red Organic
- Starfish
- Stiebrs Farms Go-Organic Eggs
- Sustainable Seas
- Terembry Farm
- Tonnino
- Tree of Life
- Wild Planet Foods



MERCANTILE

The following brands have one or more products that have been verified by the Non-GMO Project:

- Be Green Packaging
- CleanVia
- Mater-Bi
- Mighty Leaf Origins'



PACKAGED/ FROZEN MEALS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Alexia
- Artisan Bistro
- Artisan Bistro Home Direct
- Better Bean
- Biad Chili Products
- Bold Organics
- Buenatural
- Cadia
- Cascadian Farm
- cooksimple
- Divina
- Edazen
- Engine 2 Plant- Strong
- Field Day
- Garlic Clove Foods
- Grains of Wellness
- Haig's Delicacies
- Health is Wealth
- Hilary's Eat Well
- Hodgson Mill
- Ian's
- Indianlife
- Jaali Bean
- Lamonica's Pizza Dough
- Leaf Raw Gourmet
- Lundberg Family Farms
- Made in Nature
- Minsley
- Morning Star Farms
- Natural Directions
- Nature's Express
- Pereg
- PJ's Organics
- Plum Organics
- Pure Wraps
- Qrunch Foods
- Raw Cooler
- Rising Moon Organics
- Saffron Road
- Sambazon
- Seapoint Farms
- Smooze!
- Sol Cuisine
- SooFool
- Sophie's Kitchen
- Sprouts Farmers Market
- Star Anise Foods
- Starfish
- Sukhi's Gourmet Indian Foods
- Sweet Earth Natural Foods
- Tommy's Superfoods
- Tree of Life
- truRoots
- Van's Natural Foods
- Vegan Pockets Geno-C's Brand
- Venice Bakery



PASTA

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Annie's
- Bonavita
- Cadia
- Eden
- Field Day
- Hodgson Mill
- House Foods
- Koyo
- Leaf Raw Gourmet
- Lotus Foods
- Lundberg Family Farms
- Minsley
- Miracle Noodle
- Mom's
- MXO GLOBAL INC.
- Natural Directions
- Nature's Legacy
- Organic Planet
- Organicville
- PEACOCK
- Pereg
- Risodipasta
- Rizopia
- SeaSnax
- Seggiano
- Sprouts Farmers Market
- Star Anise Foods
- truRoots
- Vita Spelt
- Vita Spelt/ Nature's Legacy
- Zeroodle

PET PRODUCTS

The following brands have one or more products that have been verified by the Non-GMO Project:

- BioStarUS
- Brad's Raw 4 Paws
- Furry Foodie
- Nummy Tum Tum
- Scratch and Peck
- Wild Wings Organic Wild Bird Foods



SNACK FOOD & BARS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 18 Rabbits, Inc.
- 365
- 479°
- Allgood Provisions
- Almond Brothers
- Angie's Artisan Treats
- Annie's
- Arrowhead Mills
- Artisana
- Attune Foods
- Back to Nature
- Bakery On Main
- Barbara's
- Bare Snacks
- Barnana
- Be Real Bar
- Beanfields
- Beanitos, The Original Bean Chip
- Bearitos
- Bhuja
- Biena
- Bin Bin
- Bites of Bliss
- Black Jewell
- Blommer
- BluePrint
- Boulder Canyon Natural Foods
- Brad's Raw Broccoli Poppers
- Brad's Raw Chips
- Brad's Raw Crackers
- Brad's Raw Crunchy Kale
- Brad's Raw Onion Rings
- Brad's Raw Sprouted Seeds
- Braga Organic Farms
- Brothers-All-Natural
- Brownwood Farms
- Cabo Chips
- Cadia
- California Lavash
- Capeachio's
- CaveChick
- CB's nuts
- CB's Seeds
- Central Market Organics
- Chef Susanna's
- Chic Naturals
- Chinook Seedery
- Chunks O'Fruti
- Ciao Bella Gelato
- CocoaPlanet
- Cool Cups
- Black Jewell
- Crispy Cat
- Crunchies
- cruncha ma•me
- Crunchmaster
- Dang
- DeeBee's
- Deep River Snacks
- Deli-catessen
- Doctor In The Kitchen
- Doctor Kracker
- Earth's Best
- EatPastry
- Eatrageous
- Eatsmart
- Eden
- Edward & Sons
- Emmy's Organics
- Engine 2 Plant-Strong
- Enjoy Life Foods
- Envirokidz
- Erewhon
- Esch Road Foods
- Essential Living Foods, Inc
- Evolution Harvest
- Fabz
- Farmer's Crate
- Feridies
- Field Day
- Fillmore Farms
- FINN CRISP
- Flamous
- Food Should Taste Good
- Freeline Organic Food
- Frontier Bites
- Fruigee's
- Fruit Bliss
- FruitChia
- Fruit d'Or
- Funky Monkey Snacks

SNACK FOOD & BARS...

- Garden Bar
- Garden of Eatin'
- Garden of Life
- Gaslamp Popcorn Co.
- G.H. Cretors
- gimMe
- Gin Gins
- Ginnybar
- Glutenuil Bakery
- Glutino
- Gnu Foods
- GoGo SqueeZ
- GoMacro, Inc
- Goodbody
- Good Health Natural Foods
- GoodOnYa
- Good Boy Organics
- GoodPop
- Go Raw
- Grain Place Foods
- Grains of Wellness
- Grandma Hoerner's
- Green Mountain Gringo
- Guiltless Gourmet
- Haig's Delicacies
- Hail Merry
- Happy Monkey Hummus
- Haute Cuisine
- Health Warrior
- Hemp Oil Canada
- Himalania
- Hines Nut Co
- Hol-Grain
- HomeFree
- Hope Crafted
- Indianlife
- India Tree
- Jackson's Honest Chips
- Jolly Llama
- JOLLY TIME Pop Corn
- Juice Generation
- JustFruit
- Just Great Stuff
- Just Tomatoes, Etc!
- Juti Organics
- Larabar
- Late July Organic Snacks
- Live.Love.Snack
- Kashi
- Kettle Foods
- Kettlepop
- KIND Healthy Snacks
- Kiwa
- Kobaya
- Koyo
- Kur Organic Superfoods
- La Reina
- Lassens
- La Tolteca
- Laughing Giraffe Organics
- Laurel Hill
- Live Smart Bar
- LesserEvil
- Let's Do... Distributed by Edward & Sons
- Licious Organics
- Lucy's
- Luke's Organic
- Luna & Larry's Coconut Bliss
- Lundberg Family Farms
- MadeGood™
- Made in Nature
- Mamma Chia
- Manitoba Harvest
- Mariner Biscuit Company
- Mary's Gone Crackers
- Mediterranean Organic
- Mediterranean Snacks
- Multiple Organics
- My Chi Delights
- Naked Infusions
- Natera
- Nature's All Foods
- Nature's Bakery
- Nature's Path
- Navitas Naturals
- Nejaime's
- Nelly's
- New York Superfoods
- Niagara Natural
- NOW Real Food
- NuGo
- Nu Life Market
- Ocean Snack
- Olive My Pickle
- Once Again
- Orchard Valley
- Harvest
- Organic Food Bar, Inc.
- Organic Gemini
- Ozery Bakery
- Pan De Oro
- Paqui Tortillas
- Party-Tizers
- Peace Cereal
- Peeled Snacks
- Phillyswirl
- Pirate's Booty
- Platayuc Cia Ltda.
- Plum Organics
- Pop Art Gourmet Popcorn
- Popcorn, Indiana
- PopCorners THE NEW SHAPE OF WHOLE GRAIN
- Popcornopolis
- Preferred Popcorn
- Pressels
- Primizie Crispbreads
- PROBAR
- Pulse Roasted Chickpeas
- Pure
- Que Pasa
- Quinn Popcorn
- r.a.w. real and wonderful
- Raw Food Central
- Raw Revolution
- Righteously Raw
- Rise
- Rob's Really Good

SNACK FOOD & BARS...

- Roots
- Route 11
- Royal Harvest
- Royal Hawaiian Orchards
- RW Garcia
- Saffron Road
- Salba Smart
- Sally's Smart Foods
- Santa Cruz Organic
- Saratoga Chips
- SeaSnax
- Seapoint Farms
- Sea Tangle
- Seaweed Love
- Screamin Brothers
- Sharkies
- Shasha Co
- Simple Squares
- Simply 7 Snacks
- Simply Balanced
- Simply Dara
- Simply Eight
- Simply Protein Mini Bars
- Simply Protein Nut & Fruit
- SkinnyPop Popcorn
- Skout
- Smart Puffs
- Smooze!
- Snappy Popcorn Co.
- Snyder's of Hanover
- So Delicious Dairy Free
- Sol Bliss
- Somersault Snack Co.
- Sprouts Farmers Market
- Squarebar
- Starbars
- Stony Brook WholeHeartedFoods
- Stretch Island Fruit Co
- Sunfood Superfoods
- Sun Life
- SunRidge Farms
- Sun Seasoned RawFoods, LLC
- Suntava
- SuperEats
- SuperSeedz
- Swurves
- Taste of Nature
- Tasty Brand
- Terramazon
- That's it.
- The Better Chip
- The Chia Co
- The Fresh Market
- The Ginger People
- The Simply Bar
- Think Thin
- This Bar Saves Lives
- Thunderbird Energetica
- Tings
- Tiny But Mighty
- Tree of Life
- truRoots
- twofold
- Two Moms in the Raw
- Udi's Gluten Free
- Union Market
- Urban Accents
- Van's Natural Foods
- Vega
- Vega Sport
- Veggie-Go's
- Venus
- Vermont Village Applesauce
- Vikis Granola
- Vita Spelt
- Vivapura
- Wasa
- Way Better Snacks
- Whale Tails
- Whole Alternatives
- Wonderful
- Wonderfully Raw Gourmet
- Woodstock
- Yaya's
- Yogavive
- Ziggy Marley Hemp Rules
- Zing Bars



SOUPS

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Amore
- Amy's Kitchen
- Arrowhead Mills
- Bloodroot Mountain
- Brand Aromatics
- Brownwood Farms
- Cadia
- Colorado Green Chili
- Dave's Gourmet
- David's Unforgettables
- Dr. McDougall's
- Earth's Best
- Eden
- Emmy's Organics
- Field Day
- Field Roast Grain Meat Company
- GoGo SqueeZ
- Good Boy Organics
- Grains of Wellness
- Greenview Kitchen
- Hatch
- Imagine

SOUPS...

- Jaali Bean
- Miso Master
- Que Pasa
- Sprouts Farmers Market
- Larry's Southwestern Sauces
- Mom's
- Ricante Hot Sauce
- Star Anise Foods
- Louise Prete Fine Foods
- Naked Infusions
- Rising Moon Organics
- Sweet Sass Foods
- Marinelli's True Italian Pasta Sauce
- Ninja Squirrel
- Roots
- Victoria
- Marukome USA
- nona lim
- Saffron Road
- Whole Foods Market
- Maya Kaimal
- North Coast
- San-J
- Wild Veggie
- Numi Organic Tea
- Santa Cruz Organic
- Woodstock
- Organicville
- Seggiano
- Yamasa
- Pacific Natural Foods
- Simply Balanced



TOFU, TEMPEH, & ALTERNATIVE MEAT

The following brands have one or more products that have been verified by the Non-GMO Project:

- 365
- Lightlife
- Saffron Road
- LLC
- Better Bean
- Luna Burger
- Soga
- Tempt
- Chez Marie, Inc.
- Metabolic Response Modifiers (MRM)
- Sol Cuisine
- Tofurky
- ELIANNI
- Mori-Nu
- Sophie's Kitchen
- Tree of Life
- Follow Your Heart
- neat
- SoyBoy
- Turtle Island Foods
- Fresh & Easy
- Nasoya
- Sprouts Farmers Market
- Viana
- Helen's Kitchen
- Nature's Express
- Sunshine Burger
- WestSoy
- Hilary's Eat Well
- Pulmuone
- Sweet Earth
- Wildwood
- House Foods
- Qrunch Foods
- Taft Foodmasters,
- JAYONE



VITAMINS & SUPPLEMENTS

The following brands have one or more products that have been verified by the Non-GMO Project:

- Alpha
- Amazing Grass
- Ascenta
- Barlean's Organic Oils
- Botan
- Canfo Natural Products
- Caromin
- Chosen Foods
- Ciranda
- Cocozia
- Coral LLC
- Crystal Star
- Dr. Arenander's BrainGain & Oral Care Formulas
- EFoods
- EnerBee
- Essential Living Foods, Inc
- Flora
- Frontier
- Fungi Perfecti, LLC
- Garden of Life
- Genceutic Naturals
- Golazo
- Greens+
- Growing Naturals
- Guayaki
- Herbal Zap
- HERBTHEORY
- Immortality Alchemy
- Innate Response
- IP6 Gold Capsules
- IP6 Gold Powder
- Lekithos
- Maharishi Ayurveda
- Manitoba Harvest
- MegaFood
- Metabolic Response Modifiers (MRM)
- Michelle's Miracle
- Namida
- Natera
- Natural Vitality
- Nature's Way
- Navitas
- Naturals
- New Chapter
- Nordic Naturals
- NOW Foods
- Nutiva
- Nutrigold®
- Organic India
- Oriya Organics
- Pines
- Planetary Herbals
- powbab
- Power of 3
- Pyure Brands
- QUOQUOS
- Rainbow Light/Nutritional Systems
- Red Yeast Rice Gold
- Salba Smart
- Sambazon
- Sawa
- Sawasabi
- Seabuck Wonders
- Source
- Source Naturals
- Spectra
- Spectrum
- Spirulina Pacifica
- Sun Chlorella
- SunE900
- Sunfood Superfoods
- SunRidge Farms
- Terramazon
- The Republic of Tea
- The Scoular Company
- Tocomin
- Tocomin SupraBio
- Trace Minerals Research
- Traditional Medicinals
- Tree of Life
- tummydrops
- Vega
- Vitamin K2 (MK-7)
- Viva Labs
- Vivapura
- Xiomega3
- Yogi

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	milk powder	teriyaki
corn flour	glycerol	milo starch	marinades
corn masa	glycerol monooleate	modified food starch	textured vegetable protein
corn meal	glycine	modified starch	threonine
corn oil	hemicellulose	mono and diglycerides	tocopherols (vit E)
corn sugar	high fructose corn syrup (HFCS)	monosodium glutamate (MSG)	tofu
corn syrup	hydrogenated starch	Nutrasweet®	trehalose
cornstarch	hydrolyzed vegetable protein	oleic acid	triglyceride
cottonseed oil	inositol	Phenylalanine	vegetable fat
cyclodextrin	inverse syrup	phytic acid	vegetable oil
cystein	inversol	protein isolate	vitamin B12
dextrin	invert sugar	shoyu	vitamin E
dextrose	isoflavones	sorbitol	whey
diacetyl	lactic acid	soy flour	whey powder
	lecithin	soy isolates	xanthan gum
		soy lecithin	
		soy milk	

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

Join now at ResponsibleTechnology.org/JoinTPN

The Tipping Point Network is sponsored by



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Responsible
Technology**

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.

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