

Non-GMO Shopping TIPS

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



View or Download our
FREE Product Guide at:
NonGMOShoppingGuide.com

FREE
iPhone App:
ShopNoGMO



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** is a non-profit organization

committed to providing consumers with clearly labeled and independently verified non-GMO choices.

NonGMOProject.org



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) 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)

Aspartame (also called

AminoSweet®,

NutraSweet®,

Equal Spoonful®,

Canderel®,

BeneVia®, E951)

baking powder

canola oil

(rapeseed oil)

caramel color

cellulose

citric acid

cobalamin (vit B12)

colorose

condensed milk

confectioners sugar

corn flour

corn masa

corn meal

corn oil

corn sugar

corn syrup

cornstarch

cottonseed oil

cyclodextrin

cystein

dextrin

dextrose

diacetyl

diglyceride

erythritol

Equal

food starch

fructose (any form)

glucose

glutamate

glutamic acid

glycerides

glycerin

glycerol

glycerol monooleate

glycine

hemicellulose

high fructose corn syrup
(HFCS)

hydrogenated starch

hydrolyzed vegetable
protein

inositol

inverse syrup

inversol

invert sugar

isoflavones

lactic acid

lecithin

leucine

lysine

malitol

malt

malt syrup

malt extract

maltodextrin

maltose

mannitol

methylcellulose

milk powder

milo starch

modified food starch

modified starch

mono and diglycerides

monosodium
glutamate (MSG)

Nutrasweet

oleic acid

Phenylalanine

phytic acid

protein isolate

shoyu

sorbitol

soy flour

soy isolates

soy lecithin

soy milk

soy oil

soy protein

soy protein isolate

soy sauce

starch

stearic acid

sugar (unless cane
sugar)

tamari

tempeh

teriyaki marinades

textured vegetable
protein

threonine

tocopherols (vit E)

tofu

trehalose

triglyceride

vegetable fat

vegetable oil

vitamin B12

vitamin E

whey

whey powder

xanthan gum

*Popcorn is NOT GMO.
(Thank goodness.)*



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.

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

Donations are tax-deductible.

By mail: Institute For Responsible Technology
P.O. Box 469
Fairfield, IA 52556

Online: ResponsibleTechnology.org

By phone: (641) 209-1765

The Institute for Responsible Technology is a project of The Coordinating Council, a 501(c)(3) non-profit.

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NON-GMO



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

