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# ARE YOU ONE OF THE 9 OUT OF 10 AMERICANS OPPOSED TO UNLABELED GM FOODS?

PEW RESEARCH

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This guide will help you determine which products are made from genetically modified organisms (GMOs) so you can make healthier non-GMO brand buying choices. GMOs are made by transferring genes from one species, such as bacteria, viruses, or animals, into the DNA of other species, such as corn.

Though most industrialized countries require labeling of GMOs, the U.S. does not. **9 out of 10 Americans want genetically modified (GM) foods to be labeled.** Most people say they would avoid brands if labeled as GM.

This guide is produced by The Institute For Responsible Technology, your consumer safety partner and a world leader in exposing the health risks of GMOs. Look for our Non-GMO Shopping Guide coming in mid-2008. For more details or to make a donation, please go to [www.responsibletechnology.org](http://www.responsibletechnology.org).

# HOW TO MAKE SAFER BUYING CHOICES

## GMO Defensive Shopping List

What crops are most often GMOs?	Examples of products commonly containing GMOs
<b>SOY</b> (89%)*	Chocolates use <b>soy lecithin</b> ; Breads use <b>soy flour</b> ; Shakes use <b>soy protein</b> concentrate; Baby formulas use <b>soy milk</b>
<b>CORN</b> (61%)*	<b>High fructose corn syrup</b> is found in <b>sodas, cereals, cookies, candy, salad dressings, spaghetti sauces, and 1,000 other products</b> . Baked goods use <b>cornstarch</b> ; Vegetable oils use <b>corn oil</b> ; Breads use <b>corn flour</b>
<b>CANOLA</b> (80%)*	Fried products use <b>canola oil</b> ; Baked goods use <b>canola oil</b> ; Many health products use <b>canola oil</b>
<b>COTTON</b> (83%)*	Chips use <b>cottonseed oil</b> ; Fried snacks use <b>cottonseed oil</b>

\* Percentage of GM cotton, corn, and soy in the US and GM canola grown in Canada.

### TIP #1: BUY ORGANIC

There are three types of organic labels:

- “100% ORGANIC” means all ingredients are organic.
- “ORGANIC” means that at least 95% of the ingredients are organic. The other 5%, however, still have to be non-GMO.
- “MADE WITH ORGANIC \_\_\_\_\_ (ingredient name, e.g. SOY).” This label means that at least 70% of the ingredients are organic, but the remaining 30% still have to be non-GMO.

*If the term organic is ONLY in the list of ingredients and not found anywhere else on the package, then there is no required percentage for organic ingredients in the product, and any non-organic ingredient may be 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

The four major GM crops are **soy, corn, cottonseed, and canola**. Three minor crops are Hawaiian papaya, and a small amount of zucchini and yellow crook neck squash. These 7 crops

look just like their non-GMO counterparts. Novel products such as seedless watermelons, pear/apple combos, and tangelos are products of natural breeding and are NOT genetically engineered.

Most GM ingredients are products made from corn and soybeans, used in processed foods. (See chart on page 4.) There is no GM popcorn on the market, nor is there blue or white GM corn.

Help stop the introduction of GM sugar in late 2008. Send a letter to top companies on our website.

## TIP #4: USE SHOPPING GUIDES

There are a few non-GMO shoppers' guides available based on information directly from food producers.

*The True Food Guide, available online at [www.truefoodnow.org](http://www.truefoodnow.org), has also been reproduced as an insert in the back of the informative book on GMOs, *Your Right To Know* by Andrew Kimbrell. Go to [www.seedsofdeception.com](http://www.seedsofdeception.com).*

## OTHER WAYS TO AVOID GMOs

### ANIMAL PRODUCTS

Meats, dairy products, farmed fish, and eggs are usually from animals fed GM feed. To avoid, buy "ORGANIC," "WILD CAUGHT," or meat or dairy from "100% GRASS-FED" animals.

Avoid dairy products from cows injected with GM bovine growth hormone (called rbGH or rbST). See [www.responsibletechnology.org](http://www.responsibletechnology.org) for brands.

Honey and bee pollen may have been gathered from GM plants.

### PRODUCTS FROM GM MICROORGANISMS

There are many additives, enzymes, flavorings, and processing agents used in foods which are produced by GM bacteria, yeast, or fungi. To avoid them, either buy organic or stick to non-processed foods.

## GMO SWEETENER ASPARTAME

Avoid the GMO derivative labeled as the sweetener aspartame. It is also referred to as NutraSweet® and Equal® and is found in over 6,000 products, including soft drinks, gum, candy, desserts, mixes, yogurt, tabletop sweeteners, and some pharmaceuticals such as vitamins and sugar-free cough drops.

## AVOID GMOs IN RESTAURANTS

Try to go to restaurants that cook meals from scratch and do not use packaged, processed mixes and sauces which will likely have GM ingredients. At-risk ingredients include corn chips and tortillas, tofu, soy sauce, and sweet corn.

Vegetable oil is usually made from GM soy, corn, cottonseed, or canola and is used by most restaurants. Find out if your restaurant uses vegetable oil, and if so, ask if they can cook YOUR meal without oil or with a non-GMO oil, such as olive, sunflower, or safflower.

## Buy non-GMO. Help us stop the genetic engineering of our food supply.

Membership in the Institute For Responsible Technology is \$25 and includes a free educational gift.

Donations to IRT are tax-deductible. Become a member or make a donation through the website, or mail a check to:

**Institute For Responsible Technology**  
**P.O. Box 469 Fairfield, IA 52556**

**[www.responsibletechnology.org](http://www.responsibletechnology.org)**  
**or call (641) 209-1765**



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# 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 GM soy, corn, cotton, or canola.

aspartame	gluten	modified starch
baking powder	glycerides	monosodium glutamate
bee pollen	glycerin	oleic acid
caramel color	glycerol	Phenylalanine
cellulose	glycerol monooleate	phytic acid
citric acid	glycine	sorbitol
cobalamin (Vitamin B12)	hemicellulose	soy flour
corn gluten	high fructose corn syrup (HFCS)	soy isolates
corn masa	hydrogenated starch hydrolates	soy lecithin
corn oil	hydrolyzed vegetable protein	soy protein
corn syrup	inositol	starch
cornmeal	invert sugar (colorose or inversol)	stearic acid
cornstarch	inverse syrup	tamari
cyclodextrin	isoflavones	tempeh
cystein	lactic acid	threonine
dextrin	lecithin	tocopherols (Vitamin E)
dextrose	leucine	tofu
diacetyl	lysine	trehalose
diglyceride	malitol	triglyceride
fructose	maltodextrin	vegetable fat
fructose (crystalline)	maltose	vegetable oil
glucose	mannitol	Vitamin B12
glutamate	methylcellulose	Vitamin E
glutamic acid	milo starch	xanthan gum

Our understanding is that ascorbic acid (Vitamin C), although usually derived from corn, is probably not GM because it is not made in North America. Honey and bee pollen may contain GMOs if the beehives are near GM crops.

This list is continually being updated and refined. For the most recent version, see [www.responsibletechnology.org](http://www.responsibletechnology.org).