

# Non-GMO Shopping Assistant

## 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  
Some zucchini and yellow squash  
(Meat raised on GMOs)

## Fruits and vegetable codes

4 digit number  
    Conventionally produced  
    Could be GM  
5 digit number starting with "8"  
    Definitely GM  
5 digit number starting with "9"  
    Organic

**NonGMOShoppingGuide.com**  
**justlabelit.org**

## Invisible GM ingredients

|                            |                              |                            |
|----------------------------|------------------------------|----------------------------|
| <b>Any derivatives of:</b> | Diacetyl                     | Mono and diglycerides      |
| <b>Cellulose</b>           | Diglyceride                  | Monosodium glutamate (MSG) |
| <b>Corn</b>                | Erythritol                   | Nutrasweet                 |
| <b>Dextrin</b>             | Equal                        | Oleic acid                 |
| <b>Fructose</b>            | Glucose                      | Phenylalanine              |
| <b>Glycerol</b>            | Glutamate                    | Phytic acid                |
| <b>Malt</b>                | Glutamic acid                | Protein isolate            |
| <b>Soy</b>                 | Glycerides                   | Shoyu                      |
| <b>Starch</b>              | Glycerin                     | Sorbitol                   |
| <b>Sugar</b>               | Hydrogenated starch          | Stearic acid               |
| <b>Whey</b>                | Hydrolyzed vegetable protein | Tamari                     |
| <b>Plus:</b>               |                              |                            |
| Aspartame                  | Inositol                     | Teriyaki marinades         |
| Baking powder              | Inverse syrup                | Textured vegetable protein |
| Canola oil                 | Inversol                     | Threonine                  |
| Caramel color              | Isoflavones                  | Tocopherols (vit E)        |
| Citric acid                | Lactic acid                  | Tofu                       |
| Cobalamin (vit B12)        | Lecithin                     | Trehalose                  |
| Colorose                   | Leucine                      | Triglyceride               |
| Condensed milk             | Lysine                       | Vegetable fat              |
| Confectioners sugar        | Malitol                      | Vegetable oil              |
| Cottonseed oil             | Maltose                      | Vitamin B12                |
| Cysteine                   | Mannitol                     | Vitamin E                  |
| Dextrose                   | Methylcellulose              | Xanthan gum                |
|                            | Milk powder                  |                            |

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