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

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 vellow 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

Sorbitol

Any derivatives of:Diacetyl Mono and Cellulose Diglyceride diglycerides Corn Erythritol Monosodium Dextrin Equal glutamate (MSG) Fructose Glucose Nutrasweet Oleic acid Glycerol Glutamate Malt Phenylalanine Glutamic acid Soy Phytic acid Glycerides Protein isolate Starch Glycerin Sugar Hydrogenated Shovu

Stearic acid Hydrolyzed vegetable protein Tamari Plus:

starch

Aspartame Teriyaki marinades Inositol Baking powder Textured vegetable Inverse syrup Canola oil protein Inversol Caramel color Isoflavones Threonine

Tocopherols (vit E) Citric acid Lactic acid

Cobalamin Tofu Lecithin (vit B12) Trehalose Leucine Colorose Triglyceride Lysine Condensed milk Vegetable fat Malitol Vegetable oil Confectioners Maltose Vitamin B12 sugar Mannitol Vitamin E Cottonseed oil Methylcellulose Cysteine Milk powder Xanthan gum

Dextrose

Whey

Invisible GM ingredients

Any derivatives of:Diacetyl Mono and Cellulose diglycerides Diglyceride Corn Erythritol Monosodium Dextrin Equal glutamate (MSG) Nutrasweet Fructose Glucose Oleic acid Glycerol Glutamate Malt Phenylalanine Glutamic acid Phytic acid Soy Glycerides Protein isolate Starch Glycerin Shovu Sugar Hydrogenated Whey starch Sorbitol

Stearic acid Hydrolyzed Plus: vegetable protein Tamari

Aspartame Inositol Teriyaki marinades Baking powder Textured vegetable Inverse syrup Canola oil Inversol protein

Threonine Caramel color Isoflavones Tocopherols (vit E) Citric acid Lactic acid

Tofu Cobalamin Lecithin Trehalose (vit B12) Leucine Colorose Triglyceride Lysine Vegetable fat Condensed milk Malitol Vegetable oil Confectioners Maltose Vitamin B12 sugar Mannitol Cottonseed oil Methylcellulose Vitamin E

Milk powder

Xanthan gum

Cysteine Dextrose