

The Non-GMO Project offers North America's only third party verification for products produced according to rigorous best practices for GMO avoidance.



The brands listed in this shopping guide have enrolled products in the Non-GMO Project's Product Verification Program. Some of these products have been "verified" as meeting the Non-GMO Project Standard, and some are in the process of becoming verified.

New products are being enrolled and verified all the time. For more details, and for the most current enrollment count, please visit www.nongmoproject.org



Current as of 2/26/10

GMOs (or "genetically modified organisms") are organisms that have been created through the gene-splicing techniques of biotechnology (also called genetic engineering, or GE). This relatively new science allows DNA from one species to be injected into another species in a laboratory, creating combinations of plant, animal, bacteria, and viral genes that do not occur in nature or through traditional crossbreeding methods. For more information, please visit www.nongmoproject.org

Protecting your right to know what's in your food.

- Organic Valley (4) 
- Pacific Natural Foods (31) 
- Pulmuone Wildwood (31) 
- R.W. Garcia (21)** 
- Rainbow Light (13) 
- Rapunzel (25) 
- Real Foods (16) 
- Rising Moon (40) 
- San-J (4) 
- Seven Stars Farm (5) 
- SK Food (15)** 
- SOGA (3) 
- Stone Buhr Flour Company (3)** 
- Straus Family Creamery (26)** 
- Stahlbush Island Farms (17) 
- Sunset (27)** 
- Sushi Sonic (3) 
- Sweet Cloud (1) 
- Tofurky (20) 
- Traditional Medicinals (10) 
- Tumaro's (21) 
- Twin City Foods (2) 
- VerTerra (11)** 
- White Mountain Foods (7) 
- Whole Foods 365 (8)** 
- WholeSoy & Co. (11)** 
- Woodstock Farms (250) 
- Yummi Bears Organics (5) 



Brought to you by the Non-GMO Project

A non-profit coalition committed to providing clearly labeled and independently verified non-GMO choices.



Protecting your right to know what's in your food.

AVOIDING GMO RISK INGREDIENTS

The following crops carry risk of being genetically modified, because GMO varieties are grown large scale in North America and certain other parts of the world. These crops may not be used in Non-GMO Project approved products unless verified as compliant with the Non-GMO Project Standard:

Canola, Corn, Cotton, Papaya, Rice (from China, starting in 2009), **Soy, Sugar Beets, Zucchini and yellow summer squash.**



Ingredients derived from these risk crops include: Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings ("natural" and "artificial"), Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Microbial growth media, Molasses, Monosodium Glutamate, Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products.



Animal derivatives such as milk, meat, eggs, honey and other bee products, are also considered high-risk by the Non-GMO Project Standard, because of potential GMO contamination in feed and other inputs.

If a product contains any of the above items, your best assurance that the manufacturer has followed best practices for GMO avoidance is for the product to be "Non-GMO Project Verified." Many brands make non-GMO claims based on their certified organic status. While this is a good guarantee that GMOs weren't intentionally used, organic certification does not require testing of GMO-risk ingredients.

For more information on GMOs, the Non-GMO Project, or the Standard we use to verify products, please visit www.nongmoproject.org

NON-GMO PROJECT BRANDS

The following brands have products enrolled in the Non-GMO Project's Product Verification Program. The number of participating products is shown in parenthesis after the brand name. Companies in **bold** have products that have been "verified" as meeting the Non-GMO Project Standard; all others are in the process of becoming verified. For more information, or to search products by category type and name, visit www.nongmoproject.org.



Annie's Homegrown (8)



Berlin Natural Bakery (21)



Choice Organic Teas (25)



D&A (11)



Earth Balance (10)



Eden Foods (68)



Emerald Cove (6)



Emperor's Kitchen (7)



Endangered Species Chocolate (11)



Envirokidz Organic (11)



EO Products (18)



Fantastic World Foods (30)



Field Day (56)



Follow Your Heart (30)



Full of Life Products (9)



Glucolift (3)



Grain Place Foods (39)



Green Mountain Gringo (8)

Guayaki (32)



Haiku (3)



Kavli (5)



Kettle Foods (25)



Koyo (28)



Lundberg Family Farms (74)



Maria & Ricardo's (26)



Mary's Gone Crackers (8)



Mary's Little Garden (6)



Mediterranean Organic (31)



Meijer Naturals (90)



Miso Master (9)



Modesto Milling (41)



Modesto WholeSoy Co (2)



Moosewood (16)



Nancy's Yogurt (24)



Natural Sea (16)



Nature's Path Organic (50)



New Chapter (96)



Nexcel Natural Ingredients (1)

North Pacific (1)



Nugo Nutrition (6)



Old Wessex (13)



One Natural Experience (8)



One World (2)



Organic Baby (28)



Organic Classics (16)



Organic Planet (4)

