



CENTER FOR
FOOD SAFETY



TRUE FOOD SHOPPER'S GUIDE

How to Avoid
Genetically
Engineered Foods

PROTECTING OUR FOOD, OUR FARMS & OUR ENVIRONMENT

Which supermarket foods are genetically engineered?

This is probably the most urgent question the public has about these novel foods. Opinion polls show that up to 90 percent of the American public wants GE foods labeled. But despite this overwhelming demand, almost no foods on U.S. grocery shelves reveal their secret, genetically engineered ingredients.

We've seen that our government, under pressure from the biotechnology industry, has not required the labeling of GE foods. And the biotech industry does not voluntarily identify them, fearing, probably correctly, that the majority of Americans would avoid GE foods if given a choice. As a result, the U.S. public has been deprived of its right to choose whether to buy and consume these engineered foods. However, this is not the case with most of our major trading partners around the globe who have instituted mandatory labeling of all GE foods and ingredients.

This Non-GE Shopping Guide is designed to help you reclaim your right to know about the foods you are buying, and help you find and avoid GE foods.

For more information on GE foods and what you can do to help, visit our website and join our True Food Network! www.centerforfoodsafety.org

This Guide was compiled based on company statements sent to CFS and consumers; statements posted on company websites; and companies and products enrolled in the Non-GMO Project's non-GMO verification program. As ingredients in products change frequently, always check the packages—even of foods you buy often—to be sure to avoid non-organic at-risk ingredients.

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INTRODUCTION & OVERVIEW

HOW TO AVOID GENETICALLY ENGINEERED FOOD



Genetic engineering (GE), or genetic modification (GM) of food involves the laboratory process of artificially inserting genes into the DNA of food crops or animals. The result is called a genetically engineered or genetically modified organism. GE crops can be engineered with genes from bacteria, viruses, insects, animals, or even

humans. Most Americans say they would not eat GE food if labeled, but unlike more than 60 other nations around the world, the U.S. does not yet require labeling of GE foods.

The True Food Shoppers Guide is designed to help you reclaim your right to know about the foods you are buying, and help you find and avoid GE foods.

TIPS FOR AVOIDING GE FOODS

TIP #1: Buy Organic

When you purchase products labeled “100% organic,” “organic,” or “made with organic ingredients,” all ingredients in these products are not allowed to be produced from GE crops. For example, products labeled as “made with organic ingredients” only require 70% of the ingredients to be organic, but 100% must be non-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

Avoid products made with any of the crops that are GE. Most GE ingredients are products made from the "Big Five:" corn, soybeans, canola, cottonseed, and sugar beets used in processed foods.

Some of the most common genetically engineered Big Four ingredients in processed foods are:

- 1. CORN:** Corn flour, meal, oil, starch, gluten, and syrup. Sweeteners such as fructose, dextrose, and glucose; Modified food starch*
- 2. BEET SUGAR:** Sugar not specified as 100% cane sugar is likely from GE sugar beets
- 3. SOY:** Soy flour, lecithin, protein, isolate, and isoflavone, Vegetable oil* and vegetable protein*
- 4. CANOLA:** Canola oil (also called rapeseed oil)
- 5. COTTON:** Cottonseed oil

*Alfalfa has also been genetically engineered. This is primarily for the animal feed market. Seek out organic dairy products to avoid GE alfalfa.

**May be derived from other sources

As you will see throughout the Shoppers Guide, a major rule when recognizing and ducking GE foods is to "Beware the Big Five" and their byproducts.

TIP #4: Buy products listed in this Shopping Guide

Keep this Guide with you whenever you shop. Store it inside your reusable shopping bag, put it into your coupon holder or check book, or leave it in your car.



SUPERMARKETS AND GE FOOD

Most supermarkets now have their own store brand products, but unlike the old days, they don't simply have the name of the Supermarket or "Generic" on them, and it can be difficult to discern what brands are a supermarket's private label brands, much less which ones may use GMOs or not. Additionally, many supermarkets now have private label organic brands to choose from, and a few notable chains have removed GE ingredients from some or all of their non-organic private label products: **Whole Foods Market and 365 brands are non-GMO and all of Trader Joe's store brand products are Non-GMO!**

Store-brand products are often a great way to purchase non-GMO and USDA Certified Organic products in the supermarket as they are often much less expensive than the national brands. Dairy is often sourced regionally for supermarket chains, so not all brands listed as rBGH-free may have rBGH-free milk and dairy in all locations—be sure to check the labels!

Check out the online version of the Shoppers Guide for a full list of supermarket store brands:

www.truefoodshoppersguide.org

FRUITS & VEGETABLES



Very few fresh fruits and vegetables for sale in the U.S. are genetically modified. Novel products such as seedless watermelons are NOT genetically modified. Small amounts of zucchini, yellow crookneck squash, and sweet corn may be GM. The only commercialized GM fruit is papaya from Hawaii—about half of Hawaii's papayas are GM.

FISH



FDA is currently considering approval of the first GE animal intended for human consumption, a genetically engineered Atlantic salmon. This approval is pending despite overwhelming consumer opposition and unacceptable risks to human health, the marine environment, wild salmon populations and fishing economies. There are several other GE fish in the pipeline as well. To make matters worse, FDA argues that these GE fish don't even need to be labeled!

To stay up to date on GE salmon, join our campaign, and to take action, visit our campaign website at www.ge-fish.org

However, farm-grown fish (trout, catfish, salmon) can be raised on genetically engineered feed. Look for wild rather than farmed fish to avoid this possibility. Canned tuna may be packed in GE oils; to be safe, buy canned fish packed in water or olive oil.

MEAT & FOWL



No genetically modified livestock is yet approved for human consumption. However, plenty of non-organic foods are produced from animals raised on GM feed such as grains.

To avoid meat raised on genetically engineered feed crops, look for the phrase "100% grass fed." And buy organic as often as possible. Processed and precooked meat may contain genetically engineered oil-based additives and preservatives. Meats with a marinade may include GE ingredients.

ALTERNATIVE MEAT PRODUCTS



Many alternative meat products are processed and include ingredients that are genetically engineered. Give the ingredients list close attention, to avoid the Big Five, especially soy.

NON-GMO

365 Brand (Whole Foods)
Amy's Kitchen
Bountiful Bean
Chez Marie
Follow Your Heart
Hilary's Eat Well
Nasoya
Nature's Express
Crunch Foods
Small Planet Tofu

SOL Cuisine
Sunshine Burger
Tree of Life
Turtle Island Foods
Vitasoy
WestSoy
Wildwood
White Wave
Woodstock Farms

MAY CONTAIN GMOs

Boca—unless labeled
organic (Kraft)
Gardenburger
Morningstar Farms,

Morningstar Farms Natural
Touch—unless labeled
organic (Kellogg)

DAIRY PRODUCTS

Many dairies feed their cows GE grains and alfalfa. Buy certified organic dairy products to avoid GE animal feed. Some U.S. dairy farms also inject the genetically engineered hormone rBGH, also called rBST, into their cows to boost milk production—so be sure to purchase products with a label that indicates cows free of rBGH or rBST.

CERTIFIED ORGANIC

Alta Dena Organics
Butterworks Farm
Harmony Hills Dairy
Horizon Organic
Morningland Dairy
Natural by Nature
Organic Valley Dairy

Radiance Dairy
Safeway Organic Brand
Seven Stars Farm
Straus Family Creamery
Stonyfield Organic
Wisconsin Organics

PRODUCED WITHOUT rBGH

(although may be fed with GE feed)

National

Alta Dena
Ben & Jerry's Ice Cream
Brown Cow Farm
Crowley Cheese of Vermont
Franklin County Cheese
Grafton Village Cheese
Great Hill Dairy
Lifetime Dairy
Stonyfield Farms
Yoplait yogurts

West Coast

Alpenrose Dairy
Berkeley Farms
Clover Stornetta Farms
Joseph Farms Cheese
Sunshine Dairy Foods

Tillamook Cheese

Wilcox Family Farms

Midwest

Chippewa Valley Cheese
Erivan Dairy Yogurt
Promised Land Dairy
Westby Cooperative Creamery

East Coast

Blythedale Farm Cheese
Crescent Creamery
Derle Farms (milk with
"no rbST" label only)
Erivan Dairy Yogurt
Farmland Dairies
Oakhurst Dairy
Wilcox Dairy (rbST-free
dairy line only)

MAY BE PRODUCED WITH rBGH

Colombo (General Mills)
Dannon
Kemps (aside from
"Select" brand)

Land O' Lakes
Lucerne
Parmalat
Sorrento

ALTERNATIVE DAIRY PRODUCTS



Many alternative dairy products are made from soybeans and may contain GE materials. Be sure to check the ingredients list for sweeteners that could be GE in flavored non-dairy milks and creamers as well.

Additionally, the vast majority of non-organic soy grown in the U.S. is GE. As ingredients change often in products, be sure to check the packages, even of products you buy often.

NON-GMO

Belsoy
EdenSoy
Imagine Foods/Soy Dream
Nancy's Cultured Soy
Pacific Soy
Silk
Soy Delicious
Sun Soy
Stonyfield Farm

O'Soy
Tofutti
VitaSoy/Nasoya
WestSoy
WholeSoy
Wildwood
Yves The Good Slice
Zen Don

May contain GMOs

8th Continent

EGGS



Right now, no genetically engineered egg-laying chickens are on the market. Nevertheless, non-organic, egg-producing chickens eat genetically engineered grains such as corn and soy.

NON-GMO

Egg Innovations Organic
Eggland's Best Organic
Land O'Lakes Organic
Nest Fresh Organic

Organic Valley
Pete and Jerry's Organic Eggs
Wilcox Farms Organic

BABY FOODS & INFANT FORMULA



Milk or soy protein is the basis of most infant formulas. The secret ingredients in these products are often soy or milk from cows injected with rbGH. Many brands also add GE-derived corn syrup or corn syrup solids. If you can't breast-

feed, or need to supplement, buy certified organic infant formulas or formulas labeled as Non-GMO.

Most foods for infants are just what the label says with few preservatives or additives except water. You can puree fresh fruits and veggies (except non-organic papaya, yellow squash, corn, or soy) daily for your baby, or try preparing a large batch and freezing it in small jars, bags, ice cube trays or containers to thaw and use later. This gives you the ease of portable, serving-sized jars, and lets you know exactly what's in it because you made it!

If you can't puree fresh products on a daily basis, try these suggestions:

- Some baby cereals can have GE ingredients even if the primary component is non-GMO. For example, some rice cereals add soy lecithin as an emulsifier, which can be processed from GE soy.
- Look for cereals with one or a few ingredients, or make your own. Buy a new coffee grinder. Grind rice and other grains for simple, homemade baby cereals.
- Teething crackers and biscuits can contain GE corn syrup and soy lecithin.
- Food for older babies and toddlers, such as noodles and cheese, often contains processed ingredients derived from genetically engineered sources.
- These days even some non-organic brands such as Gerber have pledged to avoid GE ingredients in all of their baby foods.

continued

BABY FOODS & INFANT FORMULA

continued

NON-GMO

Amare
Baby's Only (certified
organic products)
Earth's Best
Gerber products

HAPPYBABY
Mom Made Meals
Organic Baby
Plum Organics
Tastybaby

MAY CONTAIN GMOs

Beech-Nut
Enfamil
Good Start

Nestle
Similac/Isomil
(except Similac Organic)

CEREALS & BREAKFAST BARS



Cereals and breakfast bars are very likely to include genetically engineered ingredients because they are often made with corn, soy, and sugar. Look for unsweetened, whole grain cereals (without corn or soy), and cereals sweetened

with 100% cane sugar or honey.

NON-GMO

Arrowhead Mills
Bakery on Main
Barbara's
Cascadian Farms
EnviroKidz
Erewhon
Health Valley (organic line)

Kashi (some, not all;
check the packaging)
Kind
Nature's Path
Nutiva
Omega Smart Bars
Peace Cereal Organic

MAY CONTAIN GMOs

General Mills
Kellogg

Post (Kraft)
Quaker

ENERGY BARS



Like other processed products, energy bars commonly contain GE ingredients. Keep a look out for corn syrup and soy lecithin, especially.

NON-GMO

Clif Bar
Divine Foods
Genisoy Bars
Glutino
GoodOnYa Bar
Kind
Lara Bar
Luna Bar (Clif Bar)
Macrobars
MacroLife Naturals

Mojo (Clif Bar)
Nature's Path
Nutiva
Odwalla
Organic Food Bar
Optimum Energy Bar
Ruth's
Weil by Nature's Path
Organic
Z Bars (Clif Bar)

MAY CONTAIN GMOs

Balance Bar
Nature Valley snack bars and
granola bars (General Mills)

Nabisco Bars (Kraft)
PowerBar (Nestle)
Quaker Granola Bars

SNACK FOODS



Many snack foods contain ingredients acquired from the Big Five genetically engineered crops. These ingredients may comprise a large part of the food, like the corn in corn chips, or they may play a more minor role, like the soy

lecithin in a cookie. Snack foods, because of their many ingredients, can seem like a minefield of GE products. Fortunately, there are non-GMO options.

continued

SNACK FOODS continued

Look for snacks made from wheat, rice, potatoes, or oats, and ones that use sunflower, olive or safflower oils. If you eat a lot of dried fruits, or snack mixes including dried fruits, keep an eye out for non-organic papaya. There is no genetically engineered popcorn on the market, but stick to plain kernels as most microwave popcorns contain GE ingredients in flavorings or oils.

NON-GMO

Barbara's (organic line)	Kopali Organics
Bearitos/Little Bear Organics (Hain Celestial)	Late July Organic Snacks
Earthly Treats	Mary's Gone Crackers
Eco-Planet	Namaste Foods
Eden	Nature's Path Organic
Field Day	Newman's Own Organics
Garden of Eatin'	Peeled Snacks
Grandy Oats	Plum Organics Tots
Hain Pure Snax/ Hain Pure Foods	Revolution Foods
Health Valley	Ruth's
Ian's Natural Foods	Simple Sweets
Kettle Foods	Sunridge Farms
	Tasty Brand

MAY CONTAIN GMOs

FritoLay (Lay's, Ruffles, Doritos, Cheetos, Tostitos)	Oreos
Honey Maid	Pepperidge Farm
Hostess Products	Pringles
Keebler	Quaker Oats Company
Kraft	Ritz
Nabisco	SnackWells
Nilla Wafers	Teddy Grahams
Nutter Butters	Triscuit
	Wheat Thins

BAKED GOODS & BAKING SUPPLIES



Pressure from farmers and consumers has forced Monsanto to shelve its plans to introduce genetically engineered wheat into the market. Because wheat is a major ingredient in most baked goods, Non-GE bakery products are easier

to find than some other foods. Nevertheless, many packaged breads and bakery items contain other GE ingredients like soy or corn syrup, so the best way to avoid genetically engineered baked goods is—you guessed it—to buy organic.

NON-GMO

Alvarado Street Bakery

Arrowhead Mills
(organic line)

Bakery on Main

Bob's Red Mill

Dr. McDougall's Right Foods

Dr. Oetker Organics

Eden Organics

French Meadow

Natural Ovens Bakery
(organic)

Nature's Path

Nutiva

Rapunzel organic corn starch

Rudi's Organic Bakery

Rumford Baking Powder

MAY CONTAIN GMOs

Aunt Jemima

Betty Crocker

Bisquick (General Mills)

Calumet Baking Powder

Duncan Hines

Hungry Jack

Krusteaz

Pillsbury

SOUPS, SAUCES & CANNED FOODS



Many soups and sauces are highly processed, so keep a look out for the Big Five in the ingredients list. Canned foods can be simply vegetables or fruits packed in water, but many canned foods also contain corn syrup or sugar which

could be derived from GE crops. Look for less processed canned foods and foods packed only in water or olive oil (not corn oil, soybean oil, canola oil, cottonseed oil, or vegetable oil, which is often a blend of corn and soy oils) and avoid canned foods containing corn syrup, sugar not labeled as cane sugar and soy ingredients.

NON-GMO

Amy's Soups	Imagine Natural
Annie's	Muir Glen Organic
Eden	Rising Moon
Emerald Valley Kitchen	Seeds of Change
Fantastic Foods	ShariAnn's Organics
Field Day	Yves Veggie Cuisine
Green Mountain Gringo Salsa	Walnut Acres certified organic
Hain	
Health Valley/Westbrae	

MAY CONTAIN GMOs

Bertolli	Hormel
Campbell's	Hunt's
Chef Boyardee	Old El Paso
Chi-Chi's	Pace
Chunky	Pepperidge Farm
Classico	Prego
Del Monte	Progresso
Dinty Moore	Ragu
Franco American	Simply Home
Healthy Choice	Stagg
Healthy Request	

DRY GRAINS, BEANS & PASTA



Fortunately, circumventing genetically engineered food in the grain-and-bean aisle is simple. Most pasta is made from a few ingredients. As long as you avoid the less-common corn pasta, you're in the clear. Look for 100% wheat pasta, couscous, rice, quinoa, oats, barley, sorghum, and dried beans (except for soybeans). Packaged pasta meals and canned beans can be a different story, so check those categories if you're purchasing these items.

PACKAGED FOODS



Processed foods typically contain ingredients derived from the Big Five GE crops, especially corn and soy. Look out for the Big Five, and remember that the surest way to avoid GE-derived ingredients in processed foods is to buy certified organic.

NON-GMO

Amy's	Kamut
Annie's Natural Pasta	Lotus Foods
Bob's Red Mill (organic line)	Lundberg Family Farms
Casbah (Hain-Celestial)	Organic Planet
Dr. McDougall's Right Foods	Rising Moon
Eden certified organic grains	Seeds of Change
Fantastic Foods	Sensations
Field Day	Sunridge Farms
Ian's Natural Foods	Vita-Spelt pasta

MAY CONTAIN GMOs

Betty Crocker meals (General Mills)	Lipton meal packets (Unilever)
Knorr (Unilever)	Near East (Quaker)
Kraft Macaroni & Cheese meals	Pasta Roni and Rice-A-Roni meals (Quaker)

FROZEN FOODS



Many frozen foods are highly processed. Keep an eye out for the Big Five at-risk ingredients and stay away from frozen foods that contain them, unless they are labeled as Organic or Non-GMO. Luckily, many frozen vegetables and fruits

don't have any other additives, making these products good choices.

NON-GMO

A.C. LaRocco

Amy's Kitchen

Barbara's Certified Organic

Cascadian Farms Organic
frozen meals & vegetables

Cedarlane

Helen's Kitchen

Ian's Natural Foods

Linda McCartney

frozen meals

Mom Made Meals

Morningstar Farms Organic
(*Organic line ONLY)

Rising Moon

The Simply Soyman

Woodstock Farms

MAY CONTAIN GMOs

Banquet

Bertolli

Boca, unless labeled
organic (Kraft)

Celeste (Pinnacle Foods)

Eggo Waffles (Kellogg)

Gardenburger

Green Giant frozen meals
(General Mills)

Healthy Choice (ConAgra)

Kid's Cuisine (ConAgra)

Lean Cuisine (Nestle)

Marie Callender's (ConAgra)

Morningstar Farms (Kellogg)

Morningstar Farms Natural
Touch (unless labeled
organic)

Rosetto Frozen Pasta (Nestle)

Stouffer's (Nestle)

Swanson (Campbell's)

Tombstone (Kraft)

Totino's (Smucker's)

Voila! (Birds Eye/Unilever)

CONDIMENTS, OILS, DRESSINGS & SPREADS

Fortunately, plenty of healthy, non-GE options are available in this category. Unless labeled explicitly, corn, soybean, cottonseed, and canola oils probably contain genetically engineered products. Ketchup usually incorporates corn syrup; and mayonnaise and most conventional salad dressings use soy, cottonseed, or canola oil as a major ingredient. Many creamy dressings and sauces will also include milk solids or powders, which may be derived from cows treated with rbGH (rbST). Sweetened dressings may contain corn syrup or sugar derived from GE crops. Look for products sweetened with pure maple syrup, honey, molasses, or pure cane sugar instead.

NON-GMO

Annie's	Miso Master
Bountiful Bean	Muir Glen organic tomato ketchup
Bragg's liquid amino	Nasoya
Carrington Farms Flax Seed	Newman's Own Organics
Crofter's Organic	Nutiva
Drew's salad dressing	Ruth's
Eden	The Simple Soyman
Emerald Cove	Spectrum oils and dressings
Emperor's Kitchen	SushiSonic Asian Condiments
Emerald Valley Kitchen	Tropical Traditions
Field Day	Vegan by Nature Buttery Spreads
Follow Your Heart	Vigoa Cuisine
Harvest Moon Mushrooms	Woodstock Farms
Ian's Natural Foods	
I.M. Health SoyNut Butters	
Krazy Ketchup	
Maranatha Nut Butters	

MAY CONTAIN GMOs

Crisco	Pam
Del Monte	Peter Pan
Heinz	Skippy
Hellman's	Smucker's
Kraft condiments & dressings	Wesson
Mazola	Wish-Bone

CANDY, CHOCOLATE PRODUCTS & SWEETENERS



Many sweeteners, and products like candy and chocolate that contain them, can come from GE sources. Look for organic and non-GMO sweeteners, candy and chocolate products made with 100% cane sugar, evaporated cane

juice, or organic sugar to avoid GE beet sugar, and watch out for soy lecithin in chocolates and corn syrup in candies. Molasses can also be derived from GE sugar beets, so choose organic molasses.

Milk and white chocolate products are often manufactured with milk from cows treated with rbGH. Sugar-free candies often contain aspartame, known commercially as NutraSweet. NutraSweet can be made from genetically engineered crops.

CANDY

NON-GMO

Crispy Cat (organic)
Jelly Belly
Pure Fun Confections

Reed's Crystallized Ginger
candy (certified organic)
St. Claire Organic
Sunridge Farms

MAY CONTAIN GMOs

Hershey's
Lifesaver (Kraft)

Mars (Skittles, Starburst)
Nestle

CHOCOLATE

NON-GMO

Chocolove
Endangered Species
Chocolate
Green & Black's Organic
Chocolate
Kopali Organics

Lindt Chocolate
Newman's Own Organic
Nonuttin'
Nutiva
Woodstock Farms

MAY CONTAIN GMOs

Hershey's
Mars

Nestle (Crunch, Kit Kat,
Smarties)
Toblerone (Kraft)

SWEETENERS

NON-GMO

Brer Rabbit Molasses
C&H Pure Cane Sugar
Dulcsweet agave syrup
Eden
Florida Crystals (organic,
natural and demerara)
Grain Place Foods sugar
Grandma's Best Molasses
Now Better Stevia

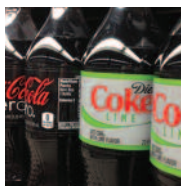
Sweet Cloud
SweetLeaf stevia
Tropical Traditions
Wholesome Sweeteners
(organic sugars, molasses,
blue agave syrups,
Organic Zero)
Woodstock

MAY CONTAIN GMOs

Big Chief Sugar
Crystal Sugar
Equal
GW Sugar

Karo corn syrup
Nutrasweet / Equal
Pioneer Sugar
White Satin sugar

SODAS, JUICES & OTHER BEVERAGES



The good news is, since papaya is the only whole fruit that is genetically engineered, most juices are non-GMO. On the other hand, the prevalence of corn-based sweeteners and sugar in fruit juices is cause for concern. Look for 100% juice blends.

Similarly many sodas are primarily comprised of water and corn syrup—there is a high probability that these drinks contain genetically engineered ingredients. Look for sodas without corn syrup or high fructose corn syrup (or nutrasweet), and those sweetened with 100% cane sugar or evaporated cane juice.

NON-GMO

After the Fall organic juices
Big Island Organics
Blue Sky Organic soda
Cascadian Farm
Crofters Organic
Eden
Haiku Organic
Japanese Teas
Hansen's (only those that specify cane sugar)
Juice Squeeze
Knudsen organic juices and spritzers (Smucker's)
Odwalla

One World organic black teas
Organic Valley
Mixerz All Natural Cocktail Mixers
Quinoa Gold
RW Knudson organic juices and spritzers
Santa Cruz Organic (Smucker's)
Sea2o Organic Energy Drink
Teccino Herbal Caffè
Walnut Acres Organic Juices
Woodstock Farms

MAY CONTAIN GMOs

7Up

A&W

Blue Sky Natural Beverage

Company (non-organic)

Canada Dry

Capri Sun

Coca-Cola

Clamato

Crush

Crystal Light

Country Time

Diet Rite

Dole

Dr. Pepper

Frappuccino

Frutopia

Gatorade

Hansen Beverage Company

(except those with only
cane sugar)

Hawaiian Punch

Hi-C

Hires Root Beer

IBC Root Beer

Kool Aid

Libby's

Minute Maid

Mott's

Nantucket Nectar's

Nestea

Ocean Spray

Orangina

Pepsi

Schweppes Ginger Ale

SoBe

Squirt

Stewart's

Sun Drop

Sunny Delight

Swiss Miss

Vernors

Tang

Tropicana





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Just go to: www.truefoodshoppersguide.org

Center for Food Safety works to protect human health and the environment by curbing the proliferation of harmful food production technologies and by promoting organic and other forms of sustainable agriculture. CFS has over 325,000 members and has offices in Washington, D.C., San Francisco, CA, and Portland, OR.