



## THE CENTER FOR FOOD SAFETY'S Pocket Shoppers' Guide to Avoiding GE Foods

### THE "BIG FOUR" GE CROPS

Processed foods typically contain ingredients from the Big Four GE crops, especially corn and soy. Look out for the common ingredients listed below:

**CORN:** Corn flour, corn oil, com meal, com starch, corn gluten and corn syrup. Sweeteners such as fructose, dextrose, and glucose

**SOY:** Soybean oil, soy flour, soy protein, soy lecithin, soy isolate and soy isoflavones

**CANOLA:** Canola oil

**COTTON:** Cottonseed oil

Remember, the best way to avoid GE ingredients in processed foods is to buy certified organic!

### SHOPPING IN THE DARK?

Which supermarket foods are genetically engineered? This is probably the most urgent question the public has about these novel foods.

This pocket guide is designed as a quick reference to help you reclaim your right to know about the foods you eat and feed your family.

When trying to identify GE foods in your supermarket, it is helpful to **keep three categories in mind:**

#### 1. FOODS THAT HAVE NOT BEEN GENETICALLY ENGINEERED

Fortunately, avoiding many GE foods is simple. For example, most whole foods—almost all fruits and vegetables, beans, rice, wheat, and other grains—are not genetically engineered.

### FRUITS AND VEGETABLES

Few fruits and vegetables in the U.S. are GE. About 50% of Hawaiian papayas are GE, a small amount of summer squash (yellow crookneck and some zucchini) may be GE and, very rarely, sweet com. Ask your grocer if you are concerned, or buy these foods certified organic to be sure they're non-GE.

### MEATS AND FISH

To avoid products from animals fed or treated with GE products, buy certified organic or "100% grass-fed" meat. Look for GE oils in processed or precooked meat and fish products. Tuna can be packed in GE oil.

### 2. FOODS DERIVED FROM ANIMALS FED OR TREATED WITH GE PRODUCTS

The good news is that GE animals, including fish, are not commercialized. Use this guide to help you identify and avoid meat, fish, and dairy products derived from animals that may have been fed or treated with GE products. This includes canned meats and fish and processed foods that may contain milk-derived ingredients, such as whey and milk powders and solids obtained from cows injected with the GE hormone rBGH (also called rBST).

#### 3. GE FOODS AND INGREDIENTS

Unfortunately, certain widely used crops have been genetically altered. Of most concern are the "Big Four:" corn, soy, canola, and cotton. These crops—especially their byproducts—find their way into the majority of packaged foods in our supermarkets.

### DAIRY PRODUCTS

The good news is that dairy from GE cows is not on our shelves. But, the diet of most dairy cows includes GE grains. Also, some US dairy farms inject their cows with the GE growth hormone rBGH, also called rBST, to increase milk production. To steer clear of these GE ingredients, buy dairy products that are certified organic, "100% grass-fed," or labeled as rBGH-free or rBST-free.

### EGGS

There are no GE chickens on the market, but to avoid eggs from chickens that have been fed GE grains, choose certified organic eggs. Eggs labeled "free range," "natural," or "cage-free," are NOT guaranteed to be GE-free.

## AVOID GE FOODS—BUY ORGANIC!

The best way to avoid GE foods is to buy organic. 100% certified organics are by definition GE-free! Many products also bear a “non-GMO” or “GE-free” label. What follows is a sampling of some common GE-Free brands, but it is by no means comprehensive. *For the expanded list, get your copy of Your Right to Know: Genetic Engineering and the Secret Changes in Your Food!*

## SUPERMARKETS AND GE FOODS

Many supermarkets have their own organic store-brands, but some also have non-organic store brand products that are GE-free. Trader Joe’s, Whole Foods and Wild Oats all have GE-free store brand products!

## BABY FOODS AND INFANT FORMULAS

GE-FREE	MAY CONTAIN GE INGREDIENTS
Gerber products	Beech-Nut
Earth’s Best	Nestle’
Baby’s Only	Good Start
	Similac / Isomil
	Enfamil

## OILS, DRESSINGS AND SPREADS

GE-FREE	MAY CONTAIN GE INGREDIENTS	
Bragg’s Liquid Amino	Mazola	Hellman’s
Spectrum oils & dressings	Crisco	Smucker’s
Drew’s salad dressing	Pam	Skippy
Annie’s	Wesson	Peter Pan
Nasoya	Heinz	Wishbone
Muir Glen	Kraft	Del Monte
Marantha Nut Butters		
I.M. Health Soy nut Butters		

## FROZEN FOODS

GE-FREE	MAY CONTAIN GE INGREDIENTS	
Linda McCartney	Tombstone	Celeste
Barbara’s	Boca	Totino’s
Amy’s Kitchen	Stouffer’s	Kid Cuisine
Cascadian Farms	Voila!	Green Giant
A.C. LaRocco	Natural Touch	Eggo
Cedarlane	Healthy Choice	Lean Cuisine
	Gardenburger	Swanson
	Marie Callender’s	Rosetto
	Morningstar Farms	

## NON-DAIRY PRODUCTS

GE-FREE	MAY CONTAIN GE INGREDIENTS
Silk	8th Continent
EdenSoy	
Imagine Foods/	
Soy Dream	
Tofutti	
Vita Soy/Nasoya	
Whole Soy	
Soy Delicious	

## SOUPS AND SAUCES

GE-FREE	MAY CONTAIN GE INGREDIENTS
Walnut Acres	Hormel
ShariAnn’s Organics	Progresso
Imagine Natural	Chef Boyardee
Amy’s Soups	Healthy Choice
Fantastic Foods	Campbell’s
Health Valley/Hain	(Chunky, Healthy Request,
Westbrae Natural	Simply Home and
Seeds of Change	Pepperidge Farms)
Muir Glen	

## SNACK FOODS

GE-FREE	MAY CONTAIN GE INGREDIENTS
Garden of Eatin’	Kraft (Nabisco, Nilla Wafers,
Hain Pure Snax/Pure Foods	Oreos, Ritz, Nutter Butter,
Kettle Chips	Honey Maid, Snackwells,
Newman’s Own Organics	Teddy Grahams, Triscuit,
Newman’s Own	Wheat Thins)
(except salad dressing)	Pepperidge Farm
Bearitos/Little Bear Organics	Keebler
Barbara’s	Hostess
Nature’s Path	Frito Lay
Health Valley	Quaker Oats
	Pringles

## CANNED FOODS

GE-FREE	MAY CONTAIN GE INGREDIENTS
Westbrae	Chef Boyardee
ShariAnn’s Organics	Dinty Moore
Amy’s Kitchen	Stagg
Annie’s Naturals	Hormel
Yves Veggie Cuisine	Franco-American

## PACKAGED MEALS, GRAINS AND PASTA

GE-FREE	MAY CONTAIN GE INGREDIENTS
Amy’s Kitchen	Kraft Macaroni & Cheese
Annie’s Homegrown	Betty Crocker meals
Lundberg Farms	Lipton meal packets
Casbah (Hain/Celestial)	Pasta-Roni
Fantastic Foods	Rice-A-Roni
Seeds of Change	Knorr
Annie’s Natural Pastas	Near East
Bob’s Red Mill	

## BREADS AND BAKING

GE-FREE	MAY CONTAIN GE INGREDIENTS
Eden Organics	Aunt Jemima
Arrowhead Mills	Betty Crocker
Bob’s Red Mill	Pillsbury
Rumford Baking Powder	Duncan Hines
	Hungry Jack
	Calumet Baking Powder

## CEREAL AND BREAKFAST BARS

GE-FREE	MAY CONTAIN GE INGREDIENTS
Barbara’s	General Mills
Health Valley	Kellogg’s
EnviroKidz	Quaker
Nature’s Path	Post (Kraft)
Peace Cereal Organic	
Cascadian Farms	

## SODAS AND JUICES

GE-FREE	MAY CONTAIN GE INGREDIENTS	
Juice Squeeze	Coca-Cola (Frutopia,	
After the Fall	Minute Maid, Hi-C, NESTEA)	
Eden	Pepsi (Tropicana, Frappuccino,	
Knudsen juices	Gatorade, SoBe, Dole)	
and spritzers	Blue Sky (non-organic)	
Walnut Acres	Hansen’s Naturals	
Odwalla	Hawaiian Punch	
Santa Cruz Organic	Sunny Delight	Kool-Aid
	Crystal Light	Capri Sun
	Country Time	Tang
	Libby’s	Ocean Spray