

GMO CROPS

Foods to watch out for:

Alfalfa (first planting 2011)

Canola (approx. 90% of U.S. crop)

Corn (approx. 88% of U.S. crop in 2011)

Cotton (approx. 90% of U.S. crop in 2011)

Papaya (most of Hawaiian crop; approximately 988 acres)

Soy (approx. 94% of U.S. crop in 2011)

Sugar Beets (approx. 95% of U.S. crop in 2010) (Pure Cane Sugar is OK)

Zucchini and Yellow Summer Squash (approx. 25,000 acres)

Invisible GM Ingredients

From <http://www.nongmoshoppingguide.com/brands/invisible-gm-ingredients.html>

Processed foods often have hidden GM sources (unless they are organic or declared non-GMO).

The following ingredients may be made from GMOs.

| | | |
|---|------------------------------------|-------------------------------|
| ascorbic acid (vit C) | glycerol | Phenylalanine |
| Aspartame (NutraSweet®, Equal Spoonful®) | glycerol monooleate | phytic acid |
| baking powder | glycine | protein isolate |
| canola oil (rapeseed oil) | hemicellulose | shoyu |
| caramel color | high fructose corn syrup (HFCS) | sorbitol |
| cellulose | hydrogenated starch | soy flour |
| citric acid | hydrolyzed vegetable protein | soy isolates |
| cobalamin (vit B12) | inositol | soy lecithin |
| colorose | inverse syrup | soy milk |
| condensed milk | inversol | soy oil |
| confectioners sugar | invert sugar | soy protein |
| corn flour | isoflavones | soy protein isolate |
| corn masa | lactic acid | soy sauce |
| corn meal | lecithin | starch |
| corn oil | leucine | stearic acid |
| corn sugar | lysine | sugar (unless cane sugar) |
| corn syrup | malitol | tamari |
| cornstarch | malt | tempeh |
| cottonseed oil | malt syrup | teriyaki marinades |
| cyclodextrin | malt extract | textured vegetable protein |
| cystein | maltodextrin | threonine |
| dextrin | maltose | tocopherols (vit E) |
| dextrose | mannitol | tofu |
| diacetyl | methylcellulose | trehalose |
| diglyceride | milk powder | triglyceride |
| erythritol | milo starch | vegetable fat |
| Equal | modified food starch | vegetable oil |
| food starch | modified starch | vitamin B12 |
| fructose (any form) | mono and diglycerides | vitamin E |
| glucose | Monosodium glutamate (MSG) | whey |
| glutamate | Nutrasweet | whey powder |
| glutamic acid | oleic acid | xanthan gum |
| glycerides | | |
| glycerin | | Popcorn is NOT GMO |