How To Locate Non-GMO Food

What Are GMOs?
The term genetically engineered (GE) or genetic modification (GM) of food involves the laboratory process of artificially inserting genes from organisms such as bacteria, viruses or animals and inserting them into other, often unrelated, species into the DNA of food crops or animals. The result is a genetically modified organism or GMO.

Why Should I Be Concerned About GMOs?
Genetic engineering creates new organisms that do not occur in nature, producing new and unpredictable health and environmental risks. Preliminary evidence on health risks can be found at http://www.responsibletechnology.org/gmo-dangers/65-health-risks

Many people do not want to eat GMOs, but the United States does not require labeling. Use these tips to help you find and avoid GMO foods and ingredients.

NOTE: Hybridization, when plants with favorable characteristics are bred together, is not a form of genetic engineering or genetic modification according to the biotechnology definitions.

How Can I Find GMO-free or non-GMO Foods?

There are 3 ways to find GMO-free or non-GMO foods.

1. **Choose Organic products**
   The use of genetically engineered organisms is prohibited under USDA organic standards. Organic foods are grown without the use of synthetic chemicals or irradiation. The best way to avoid GMOs is to purchase 100% certified organic products.

2. **Look for Non-GMO Project Verified Seal**
   The Non-GMO Project is North America's only independent verification for non-GMO products. Products that have passed the Non-GMO Project's independent verification process are issued a seal of approval.

   The Non-GMO verified seal assures consumers that these products have been produced according to consensus-based best practices for GMO. To receive the label, a product has to be certified as containing ingredients with less than 1% genetic modification. Some products may be non-GMO but have not gone through the Non-GMO Project process.

3. **Avoid At-Risk Ingredients**
   Approximately 93% of soy, 88% of field corn, 94% cotton, and over 90% of canola seed and sugar beets planted in the U.S. are genetically engineered. Some of the most common genetically engineered are
   - Corn
     - Corn flour, meal, oil, starch, gluten, and syrup

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    - Sweeteners such as fructose, dextrose, and glucose
    - Modified food starch*
- Soy
    - Soy flour, lecithin, protein, isolate, and isoflavones
- Vegetable oil and vegetable protein**
    - Canola
    - Canola oil (also called rapeseed oil)
    - Cotton
    - Cottonseed oil
- Sugar
    - Anything not listed as 100% cane sugar

*May be derived from wheat, potato or tapioca
**May be derived from sunflower, safflower, or similar seeds

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