

The Institute for Responsible Technology is a world leader in educating the public about genetically modified foods and crops. Founded in 2003 by GMO expert Jeffrey M. Smith, IRT has worked in more than 30 countries. Our Campaign for Healthier Eating in America is designed to achieve the tipping point of consumer rejection of GM foods in the U.S.

Help Us Reclaim a Non-GMO Food Supply! Please donate today.

By mail: Institute For Responsible Technology
P.O. Box 469
Fairfield, IA 52556

Online: ResponsibleTechnology.org

By phone: (641) 209-1765

The Institute for Responsible Technology is a 501(c)(3) nonprofit, tax-exempt charitable organization. Donations to the Institute are tax-deductible as allowed by law.

Buy Non-GMO Brands—

spend your
food dollars on
healthier
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VISIT
NonGMOShoppingGuide.com
or download the iPhone app:
ShopNoGMO
for a list of non-GMO brands



The right to choose non-GMO products is proudly sponsored by...



Non-GMO Shopping TIPS

How to avoid foods made with genetically modified organisms (GMOs)



View or Download our FREE Product Guide at:
NonGMOShoppingGuide.com

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What is a GMO?

Genetically modified organisms (GMOs) are made by forcing genes from one species, such as bacteria, viruses, animals, or humans, into the DNA of a food crop or animal to introduce a new trait.

Why Should I Avoid GMOs?

The American Academy of Environmental Medicine reported that “Several animal studies indicate serious health risks associated with GM food,” including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system.

Many physicians advise ALL patients to choose healthier non-GMO foods.

Buy Non-GMO Brands Create a Tipping Point

Use your consumer power and invest your food dollars in non-GMO products. A consumer driven tipping point a decade ago has kept GMOs out of the European Union food supply in spite of government approvals. If sufficient numbers of U.S. shoppers avoid GM ingredients, then food companies here won't use them. The critical number for a U.S. tipping point could be as few as 5%—15 million health conscious shoppers choosing non-GMO brands.

Visit ResponsibleTechnology.org to:

- Learn about GMO health risks and safe eating alternatives
- Sign up with the Tipping Point Network to join forces with other non-GMO activists
- Explore our Resources section and Facebook page to share information with others
- Sign up for our free electronic newsletter
- Find out if there is an event or speaker training workshop near you

Tips to Avoid GMOs

Although most Americans say they would avoid brands if labeled GMO, unfortunately labels are not required. Here are 4 tips to help you shop non-GMO.

Tip #1: Buy Organic

Certified organic products cannot intentionally include any GMO ingredients. Buy products labeled “100% organic,” “organic,” or “made with organic ingredients.” You can be doubly sure if the product also has a Non-GMO Project Verified Seal.

Tip #2: Look for Non-GMO Project Seals

Products that carry the Non-GMO Project Seal are independently verified to be in compliance with North America's only third party standard for GMO avoidance, including testing of at-risk ingredients.



The **Non-GMO Project** is a non-profit organization committed to providing consumers with clearly labeled and independently verified non-GMO choices. NonGMOProject.org

Tip #3: Avoid at-risk Ingredients

If it's not labeled organic or verified non-GMO: Avoid products made with ingredients that might be derived from GMOs (see list). The eight GM food crops are corn, soybeans, canola, cottonseed, sugar beets, Hawaiian papaya (most), papaya from China, and a small amount of zucchini and yellow squash.

Sugar: If a non-organic product made in North American lists “sugar” as an ingredient (and NOT pure cane sugar), then it is almost certainly a combination of sugar from both sugar cane and GM sugar beets.

Dairy: Products may be from cows injected with GM bovine growth hormone. Look for labels stating No rBGH, rBST, or artificial hormones, or check brand listings at NonGMOShoppingGuide.com

Tip #4: Download the Guide

Visit NonGMOShoppingGuide.com to download the growing list of Non-GMO products available and check out the iPhone application, **ShopNoGMO** free at the iTunes store.

Invisible GM Ingredients

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)	glycerin	protein isolate
Aspartame (also called AminoSweet®, NutraSweet®, Equal Spoonful®, Equal®, Candere®, BeneVia®, E951)	glycerol	shoyu
baking powder	glycerol monooleate	sorbitol
canola oil	glycine	soy flour
(rapeseed oil)	hemicellulose	soy isolates
caramel color	high fructose com syrup (HFCS)	soy lecithin
cellulose	hydrogenated starch	soy milk
citric acid	hydrolyzed vegetable protein	soy oil
cobalamin (vit B12)	inositol	soy protein isolate
colorose	inverte syrup	soy sauce
condensed milk	inversol	starch
confectioners sugar	invert sugar	stearic acid
corn flour	isoflavones	sugar (unless cane sugar)
corn masa	lactic acid	tamari
corn meal	lecithin	tempeh
corn oil	leucine	teriyaki marinades
corn sugar	lysine	textured vegetable protein
corn syrup	maltol	threonine
comstarch	malt	tocopherols (vit E)
cottonseed oil	malt syrup	tofu
cyclodextrin	malt extract	trehalose
cystein	maltodextrin	triglyceride
dextrin	maltose	vegetable fat
dextrose	mannitol	vegetable oil
diacetyl	methylcellulose	vitamin B12
diglyceride	milk powder	vitamin E
erythritol	milo starch	whhey
Equal	modified food starch	whhey powder
food starch	modified starch	xanthan gum
fructose (any form)	mono and diglycerides	
glucose	monosodium glutamate (MSG)	
glutamate	Nutrasweet	
glutamic acid	oleic acid	
glycerides	Phenylalanine	
	phytic acid	

Popcorn is NOT GMO.
(Thank goodness.)