

# Tips to Avoid GMO's

## 1. Buy Organic



## 2. Look for Non-GMO Project Seal



## 3. Avoid At-Risk Ingredients



## 4. Use the Non-GMO Shopping Guide

[www.NonGMOShoppingGuide.com](http://www.NonGMOShoppingGuide.com)

# What else can I do?

- Contact your legislators and demand mandatory federal labeling for GMO foods and cloned meat.

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Rep. Kevin Van De Wege  
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Senator James Hargrove  
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- Vote with your food dollars by choosing foods that are USDA certified organic and by buying foods that are labeled as non-GMO by the manufacturers.
- Take responsibility for food choices, carefully read labels and look for suspect ingredients such as (but not limited to) non-organic dairy (rBGH,rBST), canola, corn, cotton, soy, and sugar sourced from sugar beets.
- Visit [NonGMOShoppingGuide.com](http://NonGMOShoppingGuide.com) to see a complete list of Non-GMO products or use the ShopNoGMO App on your iPhone.

# CONCERNED ABOUT GMOs?

Genetically Modified Organisms



everyone welcome  
Mon-Sat: 8am-9pm  
Sun: 9am-8pm

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# What is a GMO?

GMOs, or “genetically modified organisms,” are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This experimental technology merges DNA from one species into the DNA of another, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or through traditional crossbreeding.

## GMO Production in the U.S.

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

Source: [www.nongmoproject.org](http://www.nongmoproject.org)

# Why Should I Avoid GMOs?

The American Academy of Environmental Medicine reported, “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. They urge physicians to prescribe healthier non-GMO foods to everyone.

# At Risk Ingredients

Processed foods often have hidden GM sources (unless they are organic or declared non-GMO). The following are ingredients that may be made from GMOs:

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

Popcorn is not GMO-  
*thank goodness!*

Source: [www.responsibletechnology.org](http://www.responsibletechnology.org)

# Port Townsend Food Co-op

- encourages every member to take responsibility for their product choices
- believes that the safest approach to avoiding genetically modified (GMO) ingredients is to buy USDA certified organic products
- is committed to educate membership through in-store signage, regular newsletter articles and website updates
- supports manufacturers that label their products as NON GMO verified
- reminds members to buy local, to know your farmers and their practices

Updated 2012



we are the only  
certified organic  
produce department  
on the peninsula