

This guide is compiled from several, more exhaustive sources. Its focus is products that are available in the Portland-Metropolitan area. Any brands listed in this guide are known to be GMO-free at time of publication. If a product is not specifically mentioned here, compare its list of ingredients with the **Invisible GM Ingredients** on the second page. Also look for labels that state "**Organic**" or "**GMO-Free**." Information is subject to change. This guide will be periodically updated to reflect new information. Check for updates.

Meat: Beef – 100% grass-fed, no feed-lots. Pork, chicken, turkey - Non-GMO feed, most natural diet and conditions available. Ask your retailer or farmer, or choose from these:

Farm-direct/delivery/pick-up:

C'est Naturelle Farms
Harmony JACK Farms

In stores:

Organic Prairie
Pacific Village beef, pork and *Organic* chicken.
Pure Country Pork
Silvies Valley Ranch

Fish: Always choose wild-caught over farmed. Farmed fish are fed GMO corn or soy. The labels wild-caught or farmed take precedence over this list. In the absence of a label, use this list as a general guide. Please note that this guide primarily addresses the issue of GMO-free. While attempts were made to exclude threatened species from this list, there may be additional issues concerning sustainability and/or mercury levels that are not specifically addressed here. Please also note that shellfish such as clams, oysters, mussels and scallops may be farmed, but do not consume GMO feeds and thus can be considered safe.

Predominately farmed: (GM - avoid)

Carp
Catfish
Cod
Eel (unagi)
Salmon (Atlantic)
Shrimp (imported)
Tilapia
Trout
Tuna (bluefin)
Yellowtail

Wild-caught: (GMO-Free)

Crab (Dungeness, King)
Flounder
Halibut (Alaskan, Pacific)
Lobster
Mackerel
Mahi Mahi
Octopus
Pollock
Rockfish (Black)
Sablefish (Black cod)
Salmon (Sockeye, King, Chinook)
Sardine
Shrimp (U.S., Pacific)
Smelt
Snapper
Sole (Pacific)
Squid (Calamari)
Tuna (Albacore, Tongol, Yellowfin, Ahi)
White Seabass

Eggs:

Chino Valley Organic
New Season's Organic
Organic Valley
Stiebrs Farms Organic

Alternative Meat Products:

Amy's Kitchen
Papa G's Organic Tofu
Tofurkey
Woodstock Farms

Dairy Products:

Alden's Organic Ice Cream
Julie's Organic Ice Cream
Nancy's Organic Dairy
Organic Valley
Provvista Organic Cheese
Rogue Creamery
Stonyfield Farm

Alternative Dairy Products:

Earth Balance
Holy Kakow
Living Harvest
Nancy's Organic Cultured Soy
Organic Valley Soy
Pacific Soy
So Delicious

Grains, Beans & Pasta:

Bob's Red Mill, Organic
Eden Organic
Hakubaku Organic noodles
Hime Organic Rice
Lundberg Rice

Packaged Meals:

Amy's Kitchen
Annie's Homegrown Organic
Rising Moon Organics

Cereals & Breakfast Bars:

Country Choice Organic Oatmeal
EnviroKidz
Lundberg® Rice Cereal
Nature's Path
Peace Cereal Organic

Baked Goods:

Alvarado Street Bakery
Dave's Killer Bread
Food for Life/Ezekiel
Lotus Bakery
Nature Bake Organic Bread
Rudi's Bakery

Baking Supplies:

Arrowhead Mills Organic
Bob's Red Mill, Organic
Rapunzel
Rumford Baking Powder

Frozen Foods:

Amy's Kitchen
Helen's Kitchen
PJ's Organic
Rising Moon Organics
Woodstock Farms

Soups & Canned Goods:

Amy's Kitchen
Annie's Homegrown Organic
Eden Organic
Health Valley Organic Soups
Imagine Soups
Natural Directions
Walnut Acres
Woodstock Farms

Condiments, Oils, Sauces & Seasonings:

Amy's Kitchen
Annie's Naturals - Organic
Aunt Patty's / Glory Bee
Bragg's Liquid Amino
Emerald Valley Kitchen
Follow Your Heart (Vegenaise)

Frontier Spices
Justin's Nut Butters
MaraNatha Nut Butters
Napa Valley Naturals
Rising Moon Organics
San-J Soy Sauce
Simply Organic Seasonings
Spectrum Oils & Dressings
Sweet Creek Foods
The Wizard's Organic Sauces

Snack Foods:

Country Choice Organic Cookies
Falafel Chips
Food Should Taste Good Chips
Garden of Eatin' Tortilla Chips
Health Valley Crackers
Kettle Foods Chips & Nuts
Late July Organic Snacks
Mary's Gone Crackers
Natural Directions Organic Tortilla Chips
Que Pasa Tortilla Chips
R.W. Garcia Tortilla Chips

Energy Bars:

Betty Lou's
BumbleBar
Clif Bar
KIND Healthy Snacks
Luna Bar

Chocolate & Candy:

Annie's Homegrown Organic
Chocolove
Endangered Species Chocolates
Equal Exchange Chocolates
Justin's Peanut Butter Cups
Let's Do... Organic
Newman's Own Organic Mints
St. Claire's Organic Mints
Sjaak's Chocolates
Theo Chocolate
VerMints

Sweeteners:

Aunt Patty's Organic Agave Syrup
Coombs Family Farms Maple-syrup
Hain Organic Sugars
Wholesome Sweeteners
Woodstock Farms, organic

Beverages:

Adina Holistics & Iced Coffees
Columbia Gorge Organic Juices
Drew's Organic fizzytea
Dry Soda
Equal Exchange Coffee
Green Mountain Coffee
Guayaki Yerba Mate
High Country Kombucha
Hotlips Soda
Maine Root Sodas
Metromint Flavored Water
New Season's Coffee
Numi Organic Tea
Oogavé Soda
Organic Valley Juices
Pacific Natural Teas & Coffees
Portland Coffee Roasters
Prometheus Springs Capsaicin Drinks
Steaz Energy Drinks & Teas
Sweet Leaf Teas
Uncle Matt's Organic Juices
Vincent Family Cranberries

Pet Foods:

Organix
Party Animal
Sweet Creek Foods
Wet Noses Dog Treats

Invisible GM 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.

acetic acid (distilled vinegar) +
ascorbic acid +
Aspartame
baking powder
beet sugar +
canola oil (rapeseed)
caramel color
cellulose
citric acid
cobalamin (Vit. B12)
colorose
condensed milk
confectioners sugar
corn flour
corn gluten
corn masa
corn meal
corn oil
corn sugar
corn syrup
corn starch
cottonseed oil +
cyclodextrin
cystein
dextrin
dextrose
diacetyl
diglyceride
distilled vinegar +
Equal
food starch
fructose (any form)
glucose
glutamate
glutamic acid
gluten
glycerides
glycerin
glycerol
glycerol monooleate
glycine
hemicellulose
high fructose corn syrup (HFCS)
hydrogenated starch
hydrolyzed vegetable
protein
inositol
inverse syrup
invert sugar
inversol
isoflavones
lactic acid
lecithin
leucine
lysine
malitol
malt
malt syrup
malt extract
maltodextrin
maltose
mannitol
methylcellulose
milk powder
milo starch
modified food starch
modified starch
mono and diglyceride
monosodium
glutamate (MSG)
Nutrasweet
oleic acid
papain +
Phenylalanine

phytic acid
protein isolate
shoyu
sorbitol
soy flour
soy isolates
soy lecithin
soy milk
soy oil
soy protein
soy protein isolate
soy sauce
starch
stearic acid
sugar (unless cane)
tamari
tempeh
teriyaki marinade
textured vegetable
protein
threonine
tocopherols (Vit E)
tofu
trehalose
triglyceride
vegetable fat
vegetable oil
vinegar +
Vitamin B12
Vitamin E
whey
whey powder
xanthan gum

+ added by GMO-Free Portland

Acetic acid (distilled vinegar) can be derived from corn. Look for organic distilled vinegar, or a Non-GMO vinegar such as rice, cider (apple) or wine (grape).

U.S. GM crops (est. %GM as of 2010):

Corn (86% GM)
Soybeans (edemame) (93% GM)
Canola (93% GM)
Cotton (93% GM)
Hawaiian papaya (50% GM)
Zucchini (10-30% GM)
Yellow Crookneck squash (10-30% GM)
Sugar Beets (59-95% GM)

Sources:

Seafood recommendations:
www.montereybayaquarium.org

Non-GMO Shopping guide and Invisible GM ingredients:
www.seedsofdeception.com
www.responsibletechnology.org

GM crops & contamination:
www.gmcontaminationregister.org
www.optimalhealthsystems.com/shownews.asp?id=176

Dirty Dozen / Clean 15 produce:
www.ewg.org/foodnews
<http://motherjones.com/tom-philpott/2011/06/dirty-dozen-veggies-dont-forget-farmworkers>

List edited and compiled by:
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Please feel free to modify this list to match your region. Verify the info and put your name on it. Please keep the sources above.

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Dirty Dozen / Clean 15 Produce Complete list 2011

The following is the complete list of produce ranked in order of best to worst in terms of pesticides retained by the fruit or vegetable in question. The top is the **Clean 15** (lowest in pesticides). The bottom 12 are the **Dirty Dozen** (highest in pesticides). Organic varieties should always be selected when purchasing items from the Dirty Dozen to avoid pesticides completely. The 53 fruits and vegetables analyzed in the guide are the top 53 most consumed fruits and vegetables, as reported by the USDA, with a minimum of 100 pesticide tests between 2000 and 2009. The creators name serious reasons to always buy Organic so please see foodnews.org and read Tom Philpott's Dirty Dozen List editorial regarding toxin combination effects from even low levels.

Best (lowest in pesticides)

- 1 Onions
- 2 Sweet Corn *
- 3 Pineapples
- 4 Avocado
- 5 Asparagus
- 6 Sweet peas - frozen
- 7 Mango
- 8 Eggplant
- 9 Cantaloupe - domestic
- 10 Kiwi
- 11 Cabbage
- 12 Watermelon
- 13 Sweet potatoes
- 14 Grapefruit
- 15 Mushrooms
- 16 Winter squash
- 17 Plums - domestic
- 18 Cranberries
- 19 Papaya *
- 20 Tomatoes
- 21 Cauliflower
- 22 Honeydew melon
- 23 Cantaloupe - imported
- 24 Bananas
- 25 Green onions
- 26 Broccoli
- 27 Oranges
- 28 Summer squash *
- 29 Green beans - imported
- 30 Raspberries
- 31 Blueberries - imported
- 32 Plums - imported
- 33 Carrots
- 34 Green beans - domestic
- 35 Hot peppers
- 36 Nectarines - domestic
- 37 Pears
- 38 Cherries
- 39 Grapes - domestic
- 40 Cucumbers
- 41 Cilantro
- 42 Kale/collard greens
- 43 Lettuce
- 44 Blueberries - domestic
- 45 Potatoes
- 46 Sweet bell peppers
- 47 Grapes - imported
- 48 Nectarines - imported
- 49 Spinach
- 50 Peaches
- 51 Strawberries
- 52 Celery
- 53 Apples

Worst (highest in pesticides)

* Possible GM Crops