

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 GM soy, corn, cotton, or canola.

aspartame	gluten	modified starch
baking powder	glycerides	monosodium glutamate
bee pollen	glycerin	oleic acid
caramel color	glycerol	Phenylalanine
cellulose	glycerol monooleate	phytic acid
citric acid	glycine	sorbitol
cobalamin (Vitamin B12)	hemicellulose	soy flour
corn gluten	high fructose corn syrup (HFCS)	soy isolates
corn masa	hydrogenated starch hydrolates	soy lecithin
corn oil	hydrolyzed vegetable protein	soy protein
corn syrup	inositol	starch
cornmeal	invert sugar (colorose or inversol)	stearic acid
cornstarch	inverse syrup	tamari
cyclodextrin	isoflavones	tempeh
cystein	lactic acid	threonine
dextrin	lecithin	tocopherols (Vitamin E)
dextrose	leucine	tofu
diacetyl	lysine	trehalose
diglyceride	malitol	triglyceride
fructose	maltodextrin	vegetable fat
fructose (crystalline)	maltose	vegetable oil
glucose	mannitol	Vitamin B12
glutamate	methylcellulose	Vitamin E
glutamic acid	milo starch	xanthan gum

Our understanding is that ascorbic acid (Vitamin C), although usually derived from corn, is probably not GM because it is not made in North America. Honey and bee pollen may contain GMOs if the beehives are near GM crops.

This list is continually being updated and refined. For the most recent version, see www.responsibletechnology.org.