

# WHERE DO GMOs SHOW UP IN MY FOOD?



With new forms of genetic engineering like synthetic biology and gene editing now entering the marketplace, keeping GMOs out of your shopping basket is trickier than ever. To keep it simple, look for the Non-GMO Project Verified Butterfly—that’s your best assurance that a product has been produced according to the most rigorous standards for GMO avoidance.

## High-Risk Crops

All of the following crops are in large-scale commercial production and are at high risk for being GMO:



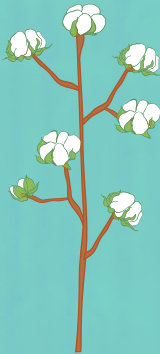
ALFALFA



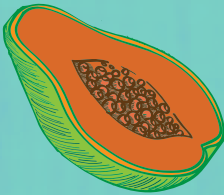
CANOLA



CORN



COTTON



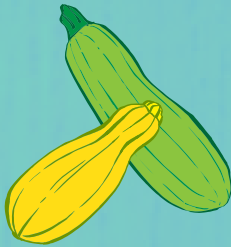
PAPAYA



SOY



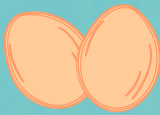
SUGAR BEET



ZUCCHINI AND  
YELLOW SUMMER SQUASH

## Animal Products

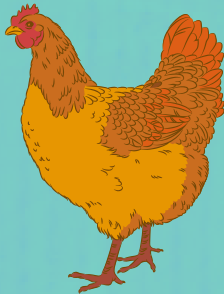
Livestock and aquaculture products are at high risk for being GMO because genetically engineered ingredients are common in animal feed; this impacts animal products such as:



EGGS



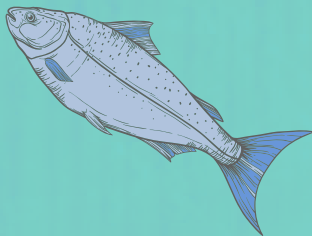
HONEY



MEAT



MILK



SEAFOOD

### WHAT IS A GMO?

Genetically modified organisms (GMOs) are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This creates combinations of plant, animal, bacteria, and virus genes that do not occur in nature or through traditional crossbreeding methods.

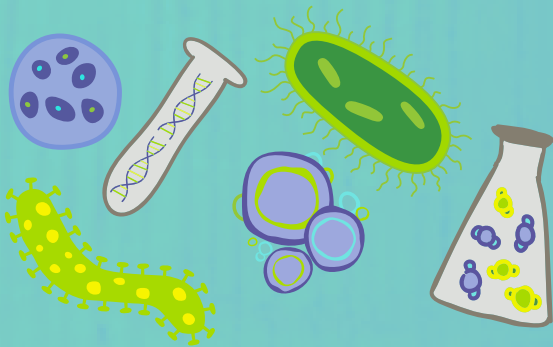
## Processed Inputs

GMOs also sneak into food in the form of processed crop derivatives and inputs derived from other forms of genetic engineering such as synthetic biology; some examples include:

CORN SYRUP  
FLAVORINGS  
HYDROLYZED & TEXTURED  
VEGETABLE PROTEIN  
MOLASSES  
SUCROSE  
VITAMINS



ENZYMES  
MICROBES  
YEAST PRODUCTS  
SYNTHETIC BIOLOGY INPUTS  
LIKE EGGS, FATS, FLAVORS,  
MILK, OILS, PROTEINS,  
SWEETNERS, ETC.



## Monitored Crops

The Non-GMO Project is currently tracking the development of close to 100 genetically engineered products. Of those, we have included the following in our surveillance program, either because they will likely soon be commercialized or because of known instances of contamination from GMOs:



APPLE, CAMELINA, FLAX, MUSHROOM, MUSTARD, ORANGE, PINEAPPLE,  
POTATO, RICE, SALMON, SUGARCANE, TOMATO & WHEAT

SOME CROPS WITH CROSS-POLLINATION RISK INCLUDE BOK CHOY, CHARD,  
RUTABAGA, VARIETIES OF SQUASH, TABLE BEETS & TURNIP