

INVISIBLE GMO INGREDIENTS

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

Aspartame (also called AminoSweet®, NutraSweet®, Equal Spoonful®, Canderel®, BeneVia®, E951)	cornstarch	glycerol
baking powder	cottonseed oil	glycerol monooleate
canola oil (rapeseed oil)	cyclodextrin	glycine
caramel color	cystein	hemicellulose
cellulose	dextrin	high fructose corn syrup (HFCS)
citric acid	dextrose	hydrogenated starch
cobalamin (Vitamin B12)	diacetyl	hydrolyzed vegetable protein
colorose	diglyceride	inositol
condensed milk	erythritol	inverse syrup
confectioner's sugar	Equalfood starch	inversol
corn flour	fructose (any form)	invert sugar
corn masa	glucose	isoflavones
corn meal	glutamate	lactic acid
corn oil	glutamic acid	lecithin
corn sugar	glycerides	leucine
corn syrup	glycerin	

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lysine	Phenylalanine	tempeh
malitol	phytic acid	teriyaki marinades
malt	protein isolate	textured vegetable protein
malt syrup	shoyu	threonine
malt extract	sorbitol	tocopherols (vitamin E)
maltodextrin	soy flour	tofu
maltose	soy isolates	trehalose
mannitol	soy lecithin	triglyceride
methylcellulose	soy milk	vegetable fat
milk powder	soy oil	vegetable oil
milo starch	soy protein	vitamin B12
modified food starch	soy protein isolate	vitamin E
modified starch	soy sauce	whey
mono and diglycerides	starch	whey powder
monosodium glutamate (MSG)	stearic acid	xanthan gum
Nutrasweet	sugar (unless specified as cane sugar)	Vitamin C (ascorbic acid) although usually derived from corn, is probably not GM because it is not likely made in North America.
oleic acid	tamari	