

INVISIBLE GENETICALLY MODIFIED 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.

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| <ul style="list-style-type: none">• Aspartame (also called AminoSweet®, NutraSweet®, Equal Spoonful®, Canderel®, BeneVia®, E951)• baking powder• canola oil (rapeseed oil)• caramel color• cellulose• citric acid• cobalamin (Vitamin B12)• colorose• condensed milk• confectioner's sugar• corn flour• corn masa• corn meal• corn oil• corn sugar• corn syrup• cornstarch• cottonseed oil• cyclodextrin• cystein• dextrin• dextrose• diacetyl• diglyceride• erythritol• Equal• food starch• fructose (any form)• glucose• glutamate• glutamic acid | <ul style="list-style-type: none">• glycerides• glycerin• glycerol• glycerol monooleate• glycine• hemicellulose• high fructose corn syrup (HFCS)• hydrogenated starch• hydrolyzed vegetable protein• inositol• inverse syrup• inversol• invert sugar• isoflavones• lactic acid• lecithin• leucine• lysine• maltitol• malt• malt syrup• malt extract• maltodextrin• maltose• mannitol• methylcellulose• milk powder• milo starch• modified food starch• modified starch• mono and diglycerides• monosodium glutamate (MSG) | <ul style="list-style-type: none">• Nutrasweet• oleic acid• 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 specified as cane sugar)• tamari• tempeh• teriyaki marinades• textured vegetable protein• threonine• tocopherols (vitamin E)• tofu• trehalose• triglyceride• vegetable fat• vegetable oil• vitamin B12• vitamin E• whey• whey powder• xanthan gum |
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Vitamin C (ascorbic acid) although usually derived from corn, is probably not GM because it is not likely made in North America.