

GMO Ingredient List

Watch out for these items if they are non organic. These are the food crop items that are officially in GMO production and highly likely to be genetically modified if they are not certified organic. If they are certified organic then they are not genetically modified. Ask the restaurant about these ingredients and also ask specifically which farms they get their meat from and research it, you can usually google it on your mobile phone at the table and determine if it is really organic or not. If the website of the farm doesn't say it is organic, then you can be almost certain the following ingredients are GMOs or that the animals are being fed GMOs.

Are these items certified organic?

Corn & Corn oil

Cooking Spray

Soy & Soy Oil

Veggie Oil

Canola Oil

Zucchini and crookneck squash

Sugar and Sugar beets (Cane juice is not in production so for now it is ok if not organic)

Papaya

Honey

Hidden Ingredients: Citric Acid, Xanthan Gum, Nutritional Yeast

"All natural/ Antibiotic Free / Free Range" Meats

"All natural/ Antibiotic Free / Free Range" Cheese

"All natural/ Antibiotic Free / Free Range / Vegetarian Fed / Free range" eggs

"Farm Raised Fish and some Wild Caught Fish" are raised on GMO feed. Look for Alaskan Wild Caught Fish to get true wild non GMO fish. Also be aware that [GMO salmon](#) is currently in the process of being approved. (where the animal itself is genetically modified as well as fed GMO feed)

Avoid Non organic meat, dairy, eggs and poultry because the animals eat GMO feed and then you eat the GMOs by eating the animal product. I have yet to find an "[all natural](#) / free range / hormone free" meat, dairy, or egg company that do not feed GMO feed to the animals. It must be **certified organic or 100% pasture raised and grass fed/grass finished** to not be fed GMO feed.

Summary What to Look for to Avoid GMOs at Restaurants:

Oils - Certified organic oils, **or** grapeseed, coconut oil, pure olive oil, rice bran oil. (These few are not in GMO production yet)

Beef & Lamb - certified organic **or** 100% pasture raised and grass fed and grass finished.

Chicken - Must be certified organic to not be GMO. Pasture *and* organic is ideal.

Eggs - Must be certified organic to not be GMO. Pasture and organic is ideal.

Cheese - Must be certified organic to not be GMO. Grass fed and organic is ideal.

Vegetables & Fruits - Certified organic or avoid zucchini and crookneck squash, papaya, sugar, and sugar beets, all corn products, all soy products.