
Invisible Genetically Modified Ingredients

Processed foods often have hidden GM sources (unless they are organic or labeled non-GMO). The following ingredients may be made from GM crops or GM micro-organisms.

Aspartame, also called NutraSweet, Canderel, Equal Spoonful, E951, BeneVia, AminoSweet
baking powder
canola oil
caramel color
cellulose
citric acid
cobalamin (Vit. B12)
colorose
condensed milk
confectioners sugar
corn flour
corn masa
corn oil
corn syrup
cornstarch
cottonseed oil
cyclodextrin
cystein
dextrin
diacetyl
diglyceride
erythritol
Equal
food starch
fructose (any form)
glucose
glutamate
glutamic acid
gluten
glycerides
glycerin
glycerol
glycerol monooleate

glycine
hemicellulose
high fructose corn syrup (HFCS)
hydronated starch
hydrolyzed vegetable protein
inositol
inverse syrup
invert sugar
inversol
isoflavones
lactic acid
lecithin
leucine
lysine
malitol
malt
malt syrup
malt extract
maltodextrin
maltose
mannitol
methylcellulose
milk powder
milo starch
modified food starch
mono and diglyceride
monosodium glutamate (MSG)
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 cane sugar)
tamari
tempeh
teriyaki marinade
textured vegetable protein
threonine
tocopherols (Vit. E)
tofu
trehalose
triglyceride
vegetable fat
vegetable oil
Vitamin B12
Vitamin E
whey
whey powder
xanthan gum

Source: Non-GMOshoppingguide.com