

GMOFreePortland.com

Local Shopping Guide: April 23, 2013

Brands listed in this guide are known to be GMO-Free at time of publication. For products not specifically mentioned, compare the ingredient list with the **Invisible GM Ingredients** on the second page. Look for labels that state "**Organic**" or "**GMO-Free**." This guide will be periodically updated to reflect new information.

Meat: Beef, lamb: 100% grass-fed, no feed-lots. Pork, chicken, turkey: Non-GMO feed, most natural diet and conditions available. Ask your retailer or farmer, or choose from these:

Farm-direct/delivery/pick-up:

C'est Naturelle Farms
Dolce Farm and Orchards
Harmony JACK Farms

In stores:

Applegate organic meats
Country Natural *Grass-fed* beef
New Seasons pork & *Organic* chicken
Organic Prairie
Pure Country Pork
Silvies Valley Ranch
Simple Truth Organic beef, chicken, turkey

Fish: Always choose wild-caught over farmed. Use this list as a general guide if not labeled. Exception: Bivalve shellfish such as clams, oysters, mussels or scallops may be farmed, but are not given GMO feeds and are considered GMO-Free. For more information, go to: www.montereybayaquarium.org

Predominately farmed: (GM - avoid)

Carp
Catfish
Cod
Eel (unagi)
Salmon (Atlantic)
Shrimp (imported)
Tilapia
Trout
Tuna (bluefin)
Yellowtail

Wild-caught: (GMO-Free)

Crab (Dungeness, King)
Flounder
Halibut (Alaskan, Pacific)
Lobster
Mackerel
Mahi Mahi
Octopus
Pollock
Rockfish (Black)
Sablefish (Black cod)
Salmon (Sockeye, King, Chinook)
Sardine
Shrimp (U.S., Pacific)
Smelt
Snapper
Sole (Pacific)
Squid (Calamari)
Tuna (Albacore, Tongol, Yellowfin, Ahi)
White Seabass

Eggs:

Chino Valley Organic
New Season's Organic
Organic Valley
Simple Truth Organic
Stiebrs Farms Organic
Wilcox Farms Organic

Alternative Meat Products:

Amy's Kitchen
Papa G's Organic Tofu
Tofurkey
Woodstock Farms

Dairy Products:

Alden's Organic Ice Cream
Fraga Farm Goat Cheese
Julie's Organic Ice Cream
Nancy's Organic Dairy
Organic Valley
Provvista Organic Cheese
Rogue Creamery
Simple Truth Organic
Stonyfield Farm

Alternative Dairy Products:

Earth Balance
Holy Kakow
Living Harvest
Nancy's Organic Cultured Soy
Organic Valley Soy
Pacific Soy
So Delicious

Grains, Beans & Pasta:

Bob's Red Mill, Organic
Eden Organic
Hakubaku Organic noodles
Hime Organic Rice
Lundberg Rice

Packaged Meals:

Amy's Kitchen
Annie's Homegrown Organic
Rising Moon Organics

Cereals & Breakfast Bars:

Country Choice Organic Oatmeal
EnviroKidz
Lundberg® Rice Cereal
Nature's Path
Peace Cereal Organic

Baked Goods:

Alvarado Street Bakery
Dave's Killer Bread
Food for Life/Ezekiel
Lotus Bakery
Nature Bake Organic Bread
Rudi's Bakery

Baking Supplies:

Arrowhead Mills Organic
Bob's Red Mill, Organic
Rapunzel
Rumford Baking Powder

Frozen Foods:

Amy's Kitchen
Helen's Kitchen
PJ's Organic
Rising Moon Organics
Simple Truth Organic
Woodstock Farms

Soups & Canned Goods:

Amy's Kitchen
Annie's Homegrown Organic
Eden Organic
Health Valley Organic Soups
Imagine Soups
Natural Directions
Walnut Acres
Woodstock Farms

Condiments, Oils, Sauces & Seasonings:

Amy's Kitchen
Annie's Naturals - Organic
Aunt Patty's / Glory Bee

Bragg's Liquid Amino
Emerald Valley Kitchen
Follow Your Heart (Vegenaise)
Frontier Spices
Justin's Nut Butters
MaraNatha Nut Butters
Napa Valley Naturals
Rising Moon Organics
San-J Soy Sauce
Simply Organic Seasonings
Spectrum Oils & Dressings
Sweet Creek Foods
The Wizard's Organic Sauces

Snack Foods:

Country Choice Organic Cookies
Falafel Chips
Garden of Eatin' Tortilla Chips
Health Valley Crackers
Kettle Foods Chips & Nuts
Late July Organic Snacks
Mary's Gone Crackers
Natural Directions Organic Tortilla Chips
Que Pasa Tortilla Chips
R.W. Garcia Tortilla Chips

Energy Bars:

BumbleBar
Clif Bar
KIND Healthy Snacks
Luna Bar

Chocolate & Candy:

Annie's Homegrown Organic
Chocolove
Endangered Species Chocolates
Equal Exchange Chocolates
Justin's Peanut Butter Cups
Let's Do... Organic
St. Claire's Organic Mints
Sjaak's Chocolates
Theo Chocolate
VerMints

Sweeteners:

Aunt Patty's Organic Agave Syrup
Coombs Family Farms Maple-syrup
Hain Organic Sugars
Wholesome Sweeteners
Woodstock Farms, organic

Beverages:

Columbia Gorge Organic Juices
Drew's Organic fizzytea
Dry Soda
Equal Exchange Coffee
Green Mountain Coffee
Guayaki Yerba Mate
High Country Kombucha
Hotlips Soda
Maine Root Sodas
Metromint Flavored Water
New Season's Coffee
Numi Organic Tea
Oogavé Soda
Organic Valley Juices
Pacific Natural Teas & Coffees
Portland Coffee Roasters
Prometheus Springs Capsaicin Drinks
Steaz Energy Drinks & Teas
Sweet Leaf Teas
Uncle Matt's Organic Juices
Vincent Family Cranberries

Pet Foods:

Organix
Party Animal
Sweet Creek Foods
Wet Noses Dog Treats

Invisible GM Ingredients

These are ingredients that may be made from GMOs, unless declared Organic or Non-GMO.

www.seedsofdeception.com

www.responsibletechnology.org

+ added by *GMO-Free Portland*

acetic acid (distilled vinegar) +
artificial color +
artificial flavor +
ascorbic acid (Vitamin C) +
Aspartame
baking powder
beet sugar +
canola oil (rapeseed)
caramel color
cellulose
citric acid
cobalamin (Vitamin B12)
colorose
condensed milk
confectioners sugar
corn flour
corn gluten
corn masa
corn meal
corn oil
corn sugar
corn syrup
corn starch
cottonseed oil +
cyclodextrin
cystein
dextrin
dextrose
diacetyl
diglyceride
distilled vinegar (unless rice, cider or wine) +
enriched flour
Equal
food starch
fructose (any form)
glucose
glutamate
glutamic acid
gluten
glycerides
glycerin
glycerol
glycerol monooleate
glycine
hemicellulose
high fructose corn syrup (HFCS)
hydrogenated 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
modified starch
mono and diglyceride
monosodium glutamate (MSG)
natural flavor (unless identified) +
Nutrasweet
oleic acid

papain +
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)
tamari
tempeh
teriyaki marinade
textured vegetable protein
threonine
tocopherols (Vitamin E)
tofu
trehalose
triglyceride
vegetable fat
vegetable oil
vinegar +
Vitamin B12
Vitamin C +
Vitamin E
whey
whey powder
xanthan gum

Additional resources:

www.seedsofdeception.com
www.responsibletechnology.org
www.thefutureoffood.com/
www.nongmoproject.org/
www.non-gmoreport.com/
www.saynotogmos.org/
www.gmwatch.org
www.aeonline.org/gmopost.html
www.organicconsumers.org
www.centerforfoodsafety.org
www.foodandwaterwatch.org
www.gmo-compass.org

Patrons:

Alberta Co-op Grocery

1500 NE Alberta St, Portland, 97211
503-287-4333 www.albertagrocery.coop

Cravin Ravin Bakery (Sellwood)

8339 SE 13th Ave, Portland, 97202
503-234-0603 www.cravinraven.com

Dave's Killer Bread (Milwaukie)

5209 SE International Way, Milwaukie, 97222
503-335-8077 www.daveskillerbread.com

Food Front Northwest

2375 NW Thurman St, Portland, 97210
503-222-5658 www.foodfront.coop

Harmony J.A.C.K. Farms (Scio)

41154 Ridge Drive, Scio, OR 97374
503-767-2174 harmonyjackfarms.com

Papa G's Organic Deli

2314 SE Division St, Portland, 97202
503-235-0244 www.papagees.com

Proper Eats Market and Cafe (St. Johns)

8638 N. Lombard Ave, Portland, OR 97203
503-445-2007 www.propereats.org

Need more copies of this guide? Download available at: GMOfreePortland.com/pdxshoppingguide.html

Please feel free to modify this list to match your region. Verify the info and put your name on it. Please keep the sources listed.

Edition date: April 23, 2013

Dirty Dozen / Clean 15 Produce (2013)

The following is the complete list of produce ranked in order of best to worst in terms of pesticides retained by the fruit or vegetable in question. At the top is the **Clean 15** (lowest in pesticides). The bottom 12 are the **Dirty Dozen** (highest in pesticides). Organic varieties should always be selected when purchasing items from the Dirty Dozen to avoid pesticides completely. For more information, go to: www.ewg.org/foodnews

Best (lowest in pesticides)

1 Corn (Possible GM Crop)*

2 Onions

3 Pineapples

4 Avocados

5 Cabbage

6 Sweet peas - frozen

7 Papayas (Possible GM Crop)*

8 Mangoes

9 Asparagus

10 Eggplant

11 Kiwi

12 Grapefruit

13 Cantaloupe

14 Sweet potatoes

15 Mushrooms

16 Watermelon

17 Bananas

18 Cauliflower

19 Honeydew melon

20 Tomatoes

21 Oranges

22 Snap peas – domestic

23 Green onions

24 Winter squash

25 Broccoli

26 Summer squash (*Possible GM Crop*)*

27 Tangerines

28 Green beans

29 Carrots

30 Blueberries – imported

31 Raspberries

32 Plums

33 Pears

34 Nectarines – domestic

35 Cherries

36 Kale / collard greens

37 Snap peas – imported

38 Lettuce

39 Blueberries – domestic

40 Hot peppers

41 Cherry tomatoes

42 Potatoes

43 Cucumbers

44 Nectarines – imported

45 Sweet bell peppers

46 Spinach

47 Peaches

48 Celery

49 Grapes

50 Strawberries

51 Apples

Worst (highest in pesticides)

***U.S. GM crops (est. %GM as of 2010):**

Corn (86% GM)

Soybeans (edemame) (93% GM)

Canola (93% GM)

Cotton (93% GM)

Hawaiian papaya (50% GM)

Zucchini (10-30% GM)

Yellow Crookneck squash (10-30% GM)

Sugar Beets (59-95% GM)

www.gmcontaminationregister.org

www.optimalhealthsystems.com/shownews.asp?id=176