

# Hidden Genetically Modified Organism (GMO) Ingredient List

Ascorbic acid (vitamin C)	Glutamic acid	NutraSweet
Aspartame ( <i>also called:</i> <i>Amino Sweet</i> © <i>Nutra Sweet</i> © <i>Equal Spoonful</i> © <i>Canderel</i> © <i>BeneVia</i> © <i>E-951</i> )	Glycerides	Oleic acid
Baking powder	Glycerin	Phenylalanine
Canola oil (rapeseed oil)	Glycerol	Phytic acid
Caramel color	Glycerol	Protein isolate
Cellulose	Monooleate	Shoyu
Citric acid	Glycine	Sorbitol
Cobalamin (vitamin B12)	Hemicellulose	Soy flour
Colorose	High fructose Corn syrup (HFCS)	Soy isolates
Condensed milk	Hydrogenated starch	Soy lecithin
Confectioners sugar	Hydrolyzed vegetable protein	Soy milk
Corn flour	Inositol	Soy oil
Corn masa	Inverse syrup	Soy protein
Corn meal	Inversol	Soy protein isolate
Corn oil	Invert sugar	Soy sauce
Corn sugar	Isoflavones	Starch
Corn syrup	Lactic acid	Stearic acid
Cornstarch	Lecithin	Sugar (unless cane sugar)
Cottonseed oil	Leucine	Tamari
Cyclodextrin	Lysine	Tempeh
Cystein	Malitol	Teriyaki marinades
Dextrin	Malt	Textured vegetable protein
Dextrose	Malt syrup	Threonine
Diacetyl	Malt extract	Tocopherols (vitamin E)
Diglycerides	Maltodextrin	Tofu
Erythritol	Maltose	Trehalose
Equal	Mannitol	Triglyceride
Food starch	Methylcellulose	Vegetable fat
Fructose (any form)	Milk powder	Vegetable oil
Glucose	Milo starch	Vitamin B12
Glutamate	Modified food starch	Vitamin E
	Modified starch	Whey
	Mono and diglycerides	Whey powder
	[Monosodium Glutamate (MSG)]	Xanthan gum