

GMO Corn and Soy Test Results – Label Status Current as of Press Time, 6am October 7, 2014

Consumer Reports tested a wide variety of processed foods with corn or soy ingredients on the label as a snapshot of the current US market. We only selected products with corn or soy on their ingredients list.

We purchased and tested products that were conventional, claimed to be “Natural”, “Organic”, or made some type of verified or unverified “Non-GMO” claim. We tested at least two samples of each product, each sample from a different lot. All products were purchased between April and July of 2014. It is important to note that between testing and publishing, there were manufacturers who were obtaining or obtained Non-GMO Project Verified certification. This demonstrates an actively changing market that seems to be responding to consumer demand.

The product was considered to be “Non-GMO” if test results showed that the corn/soy DNA was not more than 0.9% GMO. The product was considered to be “GMO” if the corn/soy DNA was greater than 0.9% GMO. The 0.9% threshold is the cutoff currently used by the Non-GMO Project for food ingredients. All of the products that we tested that contained greater than 0.9% GMO corn or soy had substantially more than 0.9% (these products had between 18% and 100% GMO corn or soy and on average more than 70%).

Results Table

Product Name (Purchased from April to July 2014)	Organic Claim	Non-GMO Project Verified	Non-GMO Claim ^s	“Natural” Claim	Corn and/or Soy Test Results*
Bars					
Kellogg's Special K Protein Chocolatey Peanut Butter Granola Snack Bar					GMO
Nature Valley Crunchy Oats 'N Honey Granola Bars				#	GMO
Nature Valley Protein Peanut Butter Dark Chocolate Chewy Bar				#	GMO
Nice! Oats & Honey Crunchy Granola Bar (Walgreens)					GMO
PowerBar Performance Energy Chocolate Peanut Butter					GMO
Clif Builder's Chocolate Peanut Butter Bar			✓		NON-GMO
Kind Plus Peanut Butter Dark Chocolate + Protein		11	✓	✓	NON-GMO
Breakfast Cereal					
General Mills Cocoa Puffs					GMO
General Mills Corn Chex					GMO
General Mills Kix					GMO
General Mills Trix					GMO
Kashi GoLean		11			GMO
Kashi GoLean Hearty Honey & Cinnamon (Hot Cereal)				✓	GMO
Kellogg's Froot Loops					GMO
Quaker Life Original					GMO
Barbara's Puffins Peanut Butter		✓			NON-GMO
Beechnut/Goya Corn Cereal		2		✓	NON-GMO
Kashi GoLean Crunch!		✓			NON-GMO
Nature's Path Organic Sunrise Crunchy Maple	✓	✓		#	NON-GMO
Post Grape Nuts Original		✓			NON-GMO
Corn Chips/Snacks					
Doritos Oven Baked Nacho Cheese					GMO
Pirate's Booty Aged White Cheddar		10		✓ ⁹	GMO ¹⁰
Snyder's of Hanover Yellow Corn Tortilla Chips				✓	GMO
Tostitos Multigrain Tortilla Chips					GMO

Product Name (Purchased from April to July 2014)	Organic Claim	Non-GMO Project Verified	Non-GMO Claim ⁵	"Natural" Claim	Corn and/or Soy Test Results*
Utz All Natural Multigrain Tortillas				✓	GMO ⁶
Xochitl Totopos de Maiz			✓	✓	GMO
365 Everyday Value Organic Tortilla Chips White Corn (Whole Foods)	✓	✓			NON-GMO
Barcel Takis Nitro					NON-GMO ⁷
Food Should Taste Good Yellow Corn Dipping Chips		2		✓	NON-GMO
Guiltless Gourmet All Natural Baked Not Fried Yellow Corn Tortilla Chips	✓	✓		✓	NON-GMO
Mission Organics Blue Corn Tortilla Chips	✓		✓		NON-GMO
Que Pasa Organic Tortilla Chips	✓	12	✓ ¹		NON-GMO
Simply Tostitos Yellow Corn Tortilla Chips	✓				NON-GMO
Trader Joe's Organic Yellow Corn Tortilla Chip Rounds	✓				NON-GMO
Xochitl Totopos de Maiz White Corn Chips Organic	✓		✓	✓	NON-GMO
Baking Mixes/Flours					
Betty Crocker Authentic Cornbread & Muffin Mix					GMO
Jiffy Corn Muffin Mix					GMO
Krusteaz Natural Honey Cornbread & Muffin Mix				✓ ⁹	GMO
Quaker Yellow Corn Meal					GMO
Arrowhead Mills Organic Gluten Free Yellow Corn Grits	✓	✓ ⁴		✓	NON-GMO
Bob's Red Mill Organic Whole Grain Corn Flour	✓		✓ ¹	✓	NON-GMO
Hodgson Mill Mexican Style Jalapeno Cornbread Mix		2		✓	NON-GMO
Corn Tortillas/Tortilla Flour					
La Banderita Corn Tortillas					GMO
Maseca Instant Corn Masa Flour					GMO
Mission White Corn Tortillas					GMO
Mission Yellow Corn Tortillas					GMO
Old El Paso Crunchy Taco Shells					GMO
Ortega Yellow Corn Taco Shells					GMO
365 Everyday Value Organic Corn Tortillas (Whole Foods)	✓	✓			NON-GMO
Bob's Red Mill Golden Corn Flour			✓ ¹	✓	NON-GMO
Food For Life Organic Sprouted Corn Tortillas	✓		✓ ¹		NON-GMO
La Tortilla Factory Sonoma All Natural Yellow Corn Tortillas	✓ ³		✓	✓	NON-GMO
Infant Formula					
Enfamil ProSobee Soy Infant Formula					GMO
Gerber Good Start Soy					GMO
Similac Go & Grow Soy Infant Formula					GMO
Similac Soy Isomil					GMO
365 Organic Soy-Based Infant Formula (Whole Foods)	✓		✓		NON-GMO
Earth's Best Organic Soy Infant Formula	✓		✓		NON-GMO
Meat Substitutes					
Boca Original Vegan Veggie Burgers					GMO

Product Name (Purchased from April to July 2014)	Organic Claim	Non-GMO Project Verified	Non-GMO Claim ⁵	"Natural" Claim	Corn and/or Soy Test Results*
MorningStar Farms Grillers California Turk'y Burger					GMO
MorningStar Farms Chik'n Nuggets					GMO
Amy's All American Veggie Burger	✓ ³		✓		NON-GMO
Bob's Red Mill TVP			✓ ¹	✓	NON-GMO
Boca All American Classic Veggie Burgers			✓		NON-GMO
Primal Strips Soy Meatless Vegan Jerky Texas BBQ			✓		NON-GMO
Wildwood SproutTofu Meatless Meatballs Original		✓		✓	NON-GMO
Soy "Dairy"					
Pacific All Natural Ultra Soy Original Non-Dairy Beverage	✓ ⁸		✓ ¹	✓	NON-GMO
Silk Original Soymilk		✓			NON-GMO
Soy Dream Butter Pecan Non-Dairy Frozen Dessert	✓ ³	✓ ⁴		✓	NON-GMO
Soy Dream Enriched Soymilk Original	✓				NON-GMO
Soy Dream Vanilla Frozen Dessert	✓ ³	✓ ⁴		✓	NON-GMO
Soy Slender Soymilk Vanilla	✓ ⁸	✓ ⁴			NON-GMO
Tofutti Better Than Cream Cheese Plain			✓ ¹		NON-GMO
Tofutti Cuties Vanilla Frozen Dessert			✓ ⁵		NON-GMO
Trader Joe's Soy Slices Cheese Alternative Cheddar Flavor	✓				NON-GMO
Tofu/Tempeh					
Lightlife Organic Tempeh Original	✓	✓			NON-GMO
Nasoya Organic Extra Firm Tofu	✓	✓			NON-GMO
Nasoya Light Silken Tofu	✓ ³	¹²	✓		NON-GMO
Soga All Natural Extra Firm Tofu		✓ ⁴		✓	NON-GMO
Soyboy Organic Smoked Tofu	✓	✓			NON-GMO
Wildwood Organic SprouTofu	✓	✓ ⁴		✓	NON-GMO

* The product was considered to be "Non-GMO" if test results show that the corn/soy DNA is not more than 0.9% GMO. The product was considered to be "GMO" if the corn/soy DNA is greater than 0.9% GMO.

⁵ Non-GMO Claims made by company other than Non-GMO Project Verified claim

¹ Claim not present on package tested, but claimed on company website

² Claim not present on the package tested, but manufacturer confirmed that product was in the process of getting Non-GMO Project verified

³ Product has claim that it is made with organic ingredients (≥70% organic)

⁴ Claim not present on package tested, but listed on Non-GMO Project Verified website at time of testing

⁵ Claim on ingredient list of some packages and on company website.

⁶ Six packages with different expiration dates were tested (lots) were tested. 4 Lots contained GMO corn and 2 lots contained Non-GMO corn.

⁷ Company stated that they do not try to source Non-GMO Corn

⁸ Product contained organic corn or soy beans in the ingredient list

⁹ While the product we tested had a natural claim on the package, as of publication of this report (October 2014) the claim had been removed

¹⁰ While in our tests, the packages of Pirate's Booty we tested were *not* Non-GMO, after our testing was completed, we learned that there is now a line of Pirate's Booty that is Non-GMO Project Verified as well as a line that isn't

¹¹ At the time of publication product was in the process of getting Non-GMO Project Verified

¹² At the time of publication product had become Non-GMO Project Verified

Product did not make a natural claim, but product name implies natural

