



WHOLE FOODS MARKET Potential GMO Risk Ingredients

VERSION 2.1
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The following is a list of examples of ingredients that are likely to be derived from GMO risk foods, and thus would require investigation to determine if and how labeling changes are made in order to comply with our GMO Labeling Policy by September 1, 2018.

Use this list as a place to view examples of the types of ingredients to investigate for GMOs, not as the end-all list of all GMO ingredients. It's not a comprehensive list; it is a working list, and we welcome suggestions for additions.

In some cases, there are versions of ingredients on this list which are not derived from GMO risk foods. For example, sugar may be from beet sugar (likely GMO) or cane sugar (not GMO). If you see sugar in a product ingredient list, investigate!

We are providing this list because many risk ingredients don't include the name of a risk food. For example, dextrose may or may not be derived from corn (likely GMO), so dextrose needs to be investigated.

It is the responsibility of suppliers to review potential sources of GMO risk in their own products and label the products accordingly per our GMO Labeling Policy.

ALFALFA	CORNMEAL	GLUCOSE-FRUCTOSE SYRUP
BROWN SUGAR	CORNSTARCH	GRILLED CHICKEN FLAVOR
CANOLA OIL	COTTONSEED OIL	GRILLED STEAK FLAVOR
CARAMEL COLOR	DEXTRIN	HICKORY SMOKE FLAVOR
CARAMELIZED SUGAR	DEXTROSE	HOMINY
CHEESE FLAVOR	DISTILLED VINEGAR	HYDROLYZED VEGETABLE
CHOCOLATE CHIPS	DISTILLED VINEGAR POWDER	PROTEIN
CHOCOLATE FLAVORED	DISTILLED WHITE VINEGAR	INVERT SUGAR
COATING	EDAMAME	INVERT SUGAR SYRUP
CHOCOLATE PEARLS	EDAMAME SOYBEANS	MAIZE
CHOCOLATE STARS	ENRICHED DEGERMED YELLOW	MALT EXTRACT
CORN	CORNMEAL	MALTITOL
CORN FLOUR	EXPELLER PRESSED	MALTODEXTRIN
CORN NUTS	CANOLA OIL	MASA
CORN OIL	EXPELLER PRESSED SOYBEAN OIL	MASA HARINA
CORN SYRUP	FRUCTOSE	METHYLCELLULOSE
CORN SYRUP SOLIDS	GLUCOSE SYRUP	METHYLCELLULOSE
CORN TORTILLA	(FROM WHEAT AND/OR CORN)	(DERIVED FROM CORN)
(YELLOW CORN)		

MICROBIAL ENZYMES
(DERIVED FROM CORN)
MISO
MODIFIED CORN STARCH
MODIFIED CORNSTARCH
MODIFIED FOOD STARCH
MODIFIED FOOD STARCH (CORN)
MOLASSES
MOLASSES FLAVOR
MONO- AND DIGLYCERIDES
(EMULSIFIER)
NATURAL APPLE FLAVORING
NATURAL BACON FLAVOR
NATURAL BANANA FLAVOR
NATURAL BUTTER FLAVOR
NATURAL BUTTERMINT FLAVOR
NATURAL CARAMEL FLAVOR
NATURAL CHEESE FLAVOR
NATURAL CHICKEN FLAVOR
NATURAL COCONUT FLAVOR
NATURAL COLA NUT FLAVOR
NATURAL CREAM FLAVOR
NATURAL DILL PICKLE FLAVOR
NATURAL FLAVOR
NATURAL FRUIT FLAVORS OF
LEMON AND LIME
NATURAL GARLIC FLAVOR
NATURAL GINGER FLAVOR
NATURAL GRILL FLAVOR
NATURAL HARDWOOD SMOKE
NATURAL HAZELNUT FLAVOR
NATURAL HICKORY SMOKE
FLAVOR
NATURAL JALAPENO FLAVOR
NATURAL LEMON FLAVOR
NATURAL MESQUITE SMOKE
FLAVOR

NATURAL PEANUT BUTTER
FLAVOR
NATURAL PEAR FLAVOR
NATURAL PEPPERMINT FLAVOR
NATURAL ROOT BEER FLAVOR
NATURAL SMOKE FLAVOR
NON-HYDROGENATED
VEGETABLE OIL SHORTENING
OLEORESIN CAPSICUM
OLEORESIN OF PAPRIKA
(PAPRIKA EXTRACT)
PAPAYA
POLYSORBATE 80
POTATOES
POWDERED SUGAR
RAPESEED OIL
ROASTED CHICKEN FLAVOR
SALMON
SALSA CORN STICKS
SEMI-SWEET CHOCOLATE CHIPS
SHELLED EDAMAME SOYBEANS
SMOKE FLAVOR
SMOKED BACON FLAVOR
SOY
SOY FLOUR
SOY LECITHIN
SOY NUTS
SOY SAUCE
SOY SAUCE POWDER
SOYBEAN OIL
SOYBEANS
SUCROSE
SUGAR
SUGAR BEETS
SUMMER SQUASH
SWEET YELLOW CORN

TEA BAGS
TEXTURED SOY PROTEIN
TEXTURED VEGETABLE PROTEIN
TORTILLA
VEGETABLE BASE
VEGETABLE GLYCERIN
VEGETABLE GUM
VEGETABLE OIL
VINEGAR
VINEGAR POWDER
WHITE DISTILLED VINEGAR
WHITE VINEGAR
WHOLE GRAIN CORN FLOUR
WHOLE YELLOW CORN
YELLOW CORN FLOUR
YELLOW CORN MASA
YELLOW CORNMEAL
YELLOW SQUASH
ZUCCHINI

