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		soy Corn Alfalfa Walnuts Cranberries Brussels sprouts	Soy (about 90% GMO in the US) Corn (about 90% GMO in the US) Alfalfa (about 90% GMO in the US) Zucchini (about 90% GMO in the US) Flax Wheat Rice Canola (about 90% GMO in the US) Cotton (about 90% GMO in the US) Vineger Sugar (sugar beets -about 90% GMO in the US) [try to buy Cane Sugar]
1 Strawberries			
2 Spinach			
3 Nectarines			
4 Apples		Apples	Apple (https://www.nytimes.com/2015/02/14/business/gmo-apples-are-approved-for-growing-in-us.html?_r=1)(http://www.foe.org/projects/food-and-technology/genetic-engineering/no-gmo-apples)
5 Peaches			
6 Pears			
7 Cherries		Cherries	
8 Grapes		Grapes	
9 Celery			
10 Tomatoes			
11 Sweet bell peppers			
12 Potatoes			Potatoes (U.S. Department of Agriculture formally approved two new types of genetically engineered potatoes, both of which were developed by Simplot, the Idaho-based spud giant. (A third GMO variety was previously approved by the department).)
13 Cucumbers			
14 Cherry Tomatoes			
15 Lettuce			
16 Snap peas - imported			
17 Blueberries - domestic			
18 Hot peppers +			
19 Kale / collard greens			
20 Blueberries - imported			
21 Green beans - Domestic			
22 Plums			
23 Tangerines			
24 Raspberries			

25 Carrots		
26 Winter squash		
27 Oranges		Oranges
28 Summer squash*		Yellow summer squash (about 90% GMO in the US)
29 Green beans - Imported		
30 Snap peas - domestic		
31 Bananas		
32 Green onions		
33 Watermelon		
34 Mushrooms		
35 Sweet potatoes		
36 Broccoli		Broccoli
37 Grapefruit		
38 Cauliflower		Cauliflower
39 Cantaloupe		
40 Kiwi		
41 Honeydew melon		
42 Eggplant		
43 Mangos		
44 Asparagus		Asparagus
45 Papayas*		Papaya (about 90% GMO in the US)
46 Sweet peas frozen		
47 Onions		Onions
48 Cabbage		
49 Pineapples		
50 Avocados		
51 Sweet Corn*	