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The Truefood Guide is your shopping list for healthy, GE-free food

Australia has very limited laws for the labelling of genetically engineered (GE) foods. That's where the Truefood Guide comes in. The Guide rates food brands and products as Green (GE-free) or Red (may contain GE ingredients).

- ✔ **Buy Green** Brands and products in the green section have policies and procedures throughout their supply chain to actively avoid ingredients derived from GE crops.
- ✘ **Avoid Red** Brands and products in the red section of the Guide may contain ingredients derived from GE crops.

GE crops were introduced in Australia in 2008. GE canola is now commercially grown in NSW and Victoria. Canola is found in many pantry foods from margarine and vegetable oil, to ice-cream, breads and sauces. Ingredients derived from soy, maize and cottonseed are also in many food products in Australia.

Most Australians do not want to eat GE food. Many food companies are responding to consumer demands by removing GE ingredients from their products.

You can help by asking companies with red-listed brands to adopt a non-GE policy.

**For further information,
visit www.truefood.org.au**



GE free

Green GE-free brands are rated green. These companies have a clear policy on excluding GE-derived ingredients, including oils derived from GE crops, and animal products from animals fed on GE crops. (Note: We do not rate on processing aids and yeasts that are processed in a laboratory setting rather than in the open environment.)

May contain GE

Red Brands that may include GE-derived ingredients in their products are rated red. This includes brands that either:

- contain GE derived ingredients; and/or
- have no clear policy on GE-derived ingredients; and/or
- have ignored or refused Greenpeace's request for information regarding their policies on GE-derived ingredients.

Stephanie Alexander, Chef

"I'm concerned that the next generation of environmentally aware consumers may not be able to enjoy GM-free food in the future."



Rosemary Stanton, Nutritionist

"If we are to get GE canola in our food supply, it should be labelled. If it is not labelled, we should ask why."



Ian Parmenter, Chef

"GE crops may pose risks to the environment and the economy, and should not be grown in Australia."

Tobie Puttock, Chef

"If GM products are a reality, then we at least have the right to know exactly what we are eating."



GE free 

May contain GE 

Baby food

Heinz for Baby
Heinz Nurture Formula
mOrganics-baby'O'
Organic Bubs
Rafferty's Garden
Tatura Infant Formula

Annum
Nestle Neslac Toddler Gold
Nutricia

Bread And Baking > Bread

Bill's Organic Bread
Country Life
Diego's Flour Tortilla Wraps
Flinders
Freya's
Helga's
La Famiglia
La Tartine
Leaning Tower
MacKenzie High Country Bread
Mighty Soft
Molenberg
Nature's Fresh
Pure Life
Quality Bakers
Diegos White Corn Tortillas
Vogel's
Western Bagels
Wonder White

Bakers Delight
Bürgen
Noble Rise
Pillsbury
Tip Top
Van Den Bergh's

Bread And Baking > Baking And Cakes

Edmonds
Crispix
Eggo
Fudge Shop
Green's
Keebler
Kellogg's
Clive of India
Easy Bakers Gluten Free
Green's
JJ's Bakehouse

Bourneville Cocoa
Cadbury Cooking Chocolate
Betty Crocker
Big Sister Foods
Cake Mate
Cereform
Croissant King
Fowlers Vacola
George & Simpson
Nestle Choc Bits
Holland House Cakes



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Kialla Pure Foods
Laucke Flour
Naturally Good
McKenzie's
Orgran Baking and Bread Mixes
Pampas
Quality Desserts
Queen Fine Foods (Vanilla Essences & Food Colours)
Ward McKenzie
Water Grain
White Wings

May contain GE ✗

Maypole Foods
McCormick
Nestle Baking Cocoa
Nestle Plaistowe
Weston Cereal Industries
Flake Cooking Chocolate

Butter / Margarine / Oil > Oil

Australian 100% olive oils all brands
Melrose Oils
Peerless
Pureharvest Oils
All 100% Australian olive oils
All 100% Australian corn oils
Bertolli
Brookfarm Macadamia Oils
Coles
Crisco
Dick Smith Canola Oil
ETA
Gold'n Canola
Leo's Fine Food
Melrose Organic Flaxseed Oil
Peerless Foods
Pureharvest Organic Cold Pressed Oils
Sandhurst Fine Foods
Stoney Creek Oils

All cottonseed oil
All imported soy, corn and vegetable oils
Woolworths

Butter / Margarine / Oil > Butter/Margarine

Dairy Soft
Flora
Flora Pro-activ
Logicol
Meadow Lea
Melrose Omega Gold

Allowrie
Country Gold
Girgar
Mainland
Naytura (Woolworths)
WeightWatchers Canola Spread



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GE free 

Nuttelex
Olive Grove
Tablelands
Tatura
Organic Mountain Spreads

Cereals / Pasta > *Cereals*

All-Bran
Brookfarm Macadamia Muesli
Carman's Fine Foods
Coco Pops
Corn Flakes
Crunchy Nut Nutty
Dick Smith Bush Foods Breakfast
Dick Smith Bush Foods Muesli
Froot Loops
Frosties
Sanitarium
Guardian
Honey Weets
Kellogg's
Kialla
Komplete
Light'n'Tasty
Lowan Whole Foods
Mini-Wheats
Monster Muesli
Nutri-Grain
Orgran Light and Crunchy Muesli
Pureharvest
Rice Bubbles
Special K
Sultana Bran
SunRice
Sustain
Up&Go
Weet-Bix

CEREALS / PASTA > *Pasta*

Casalare Pasta
Fantastic Snacks

May contain GE 

Western Star
Mainland Butter

Cheerios
Naytura (Woolworths)
Quakers
Uncle Tobys
Nesquik
Vita Brits

Dolmio
Frescarini

GE free 

Heidi's Pasta
 L'Abruzzese
 Nanda
 Orgran Gluten Free Foods
 Rinoldi
 San Remo
 Spiral Foods
 Vetta
 Viva Pasta

May contain GE 

Kan Tong
 Latina
 Leggo's
 Maggi
 Wokka
 Woolworths Select

Condiments > *Jam, Honey, Spread*

Blue Kitchen Gourmet Foods
 ETA Mayonnaise
 Aussie Mite
 Australian Quality Honey
 Blue Hills Honey
 Capilano
 Dick Smith Peanut Butter
 ETA
 Green Pot Honey
 Marmite
 Nutella
 Praise
 Pureharvest Organic Honey
 Pureharvest Organic Maple Syrup
 Pureharvest Nut Butters
 Pureharvest Rice Malt
 Sanitarium Peanut Butter
 Tasmanian Organic Honey

Cross & Blackwell
 Branston Pickle
 Kraft Lite Peanut Spread
 Kraft Peanut Butter
 Masterfoods
 Pecks
 Promite
 THOMY Delikatess Mayonnaise
 Vegemite
 Woolworths Select

Condiments > *Sauces*

Asia at Home
 Australian Harvest Red Wine Chilli Sauce
 Bertolli
 Castle
 Cornwell's
 Knorr
 Big Red Tomato Sauce
 Byron Bay Chilli Co
 Cornwell's
 Eggo Syrup

Bonox
 Dolmio
 Kan Tong
 Kraft Salad Dressings
 Kraft Mayonnaise
 Leggo's
 Masterfoods
 McCormick
 Old El Paso
 S&W



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Fantastic
Fountain
Gravox
Heinz Condiments
Holbrooks
HP Sauce
Kooka Tomato Sauces
Lea & Perrins
Orchid Sauces
Outback Spirit
Pace Sauces
Paul Newman's Own
Praise
Pureharvest
Raguletto
Robins Dessert Sauces
Roma Foods
San Remo
Saxa
White Crow sauces
Wildly Delicious

May contain GE ✗

Uncle Ben's
Woolworths Select

Dairy And Milk Products > Other Dairy

Fruche
Ideal Dairy
Tatura
Yogo

Bel
Kraft Dairy Bites
Lemnos Foods
The Margaret River Dairy Company

Dairy And Milk Products > Cheese

Australian Gold
Bega Cheese
Dick Smith Cream Cheese Spread
Goldfields Farmhouse Cheese
Heidi Farm Cheese
Hobbit Farm Goat Cheese and Goat Curd
King Island Dairy
Mersey Valley
Paris Creek Cheeses
South Cape
Tasmanian Heritage
Timboon

Dairy Farmers
Fonterra
Kraft
Kraft Cheese Spread
Kraft Parmesan Cheese
Kraft Singles
Mainland Dairy
Perfect Italiano
Philadelphia
Tholstrup Castello
Tuxford & Tebbutt
Woolworths Select



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Tilba Club
Wholemilk Continental Cheese

Dairy And Milk Products > Yoghurt

Yoplait
Attiki
B.-d. Farm Paris Creek
Farmhouse Milk
Jalna Dairy Foods
Pauls
Vaalia
Yoplait

May contain GE 

Bonlac
Bonland

Dairy And Milk Products > Milk

Big M
Breaka Flavoured Milk
Dairyfields Milk
Devondale
Flora
Rush Flavoured Milk
Warwick Milk
UHT
Zymil Milk
Betta Milk
Betta Light
Betta Free
Big M
Bonsoy
Devondale
Farmers Union
Heinz Nurture
Jive Flavoured Milk
Mainland
Masters
Nature's Soy
Nutrisoy
Parmalat
Pauls
Pura Milk
Pureharvest
So Good

Anchor
Anlene
Annum
Bonlac
Bonland
Carnation Evaporated Milk
Dairy Farmers
Fonterra
Nestle Bear Brand Evaporated Milk
Sunshine Milk Powder

GE free 

Tatura
Vitasoy

May contain GE 

Dairy And Milk Products > Ice-Creams

Blue Ribbon
Calippo
Cornetto
Carnival
Gaytime
Magnum
Memphis Meltdown
Paddle Pop
Splice
Streets Ice Cream
Viennetta
Weis Frozen Foods

Billabong
Drumstick
Dixie Cup
Entice
Frosty Fruits
Haagen-Dazs
Heaven
Icy Pole
Nestle Life Savers
Lite and Creamy
Maxibon
Miniz
Nestle Frozen Yoghurt
Peters
Smarties
Sara Lee

Dairy And Milk Products > Cream

Betta Cream

Drinks > Non-Alcoholic

Advil
Applemaid
Appletiser
Aqua Pura
Australian Fresh
Berri
Bickford's Cordials, Syrups, Mixes, Juices & Sodas
Big M
Breaka Flavoured Milk
Bushells
Cafecino
Campbell's Tomato Juice
Choysa
Classic Juice
Coca-Cola
Daabon Organic Coffee and Chocolate Drink

Gatorade
Milo
Nescafe
Nesquik
Nestle Coffee Mate
Pepsi
Schweppes
Tang
Woolworths Select
Flavia
Schweppes



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Daily Juice Company
Devondale Sparkling Apple Juice
Dick Smith Ozchoc Chocolate Drink Mix
D'vine Sparkling Grape Juice
Esprit
Frez Orange Juice
Fruitbox
Goulburn Valley
Jive Flavoured Milk
Lan-Choo
Limonya
Lipton
Lloyd's
Mocopan
Mountain Fresh
Mountain Fresh Juices
Nature's Own
Nudie
O'Cedar
Piranha
Planet Organic
Pureharvest Organic Juices
Qi Fairtrade Green and White Teas
Red Bull
Red Dragon Inn Organic Ginger Beer
Riva
Rush Flavoured Milk
Sunraysia Natural Beverages
Spritz
Tandaco
Tetley
Devondale Sparkling Apple Juice
Universal Village teas
Up&Go
V8

May contain GE 

Health And Vitamins

Australian Harvest Bio-Grape Pastes
Gislim
H2Oil

Blackmores
Naytura (Woolworths)



GE free ✓

- Lignan Life
- Melrose Organics
- Nature's Herbs
- Omegacare
- Vitality blend

May contain GE ✗

Meat / Poultry / Eggs > Eggs

- Freeranger Eggs
- Heidi's Eggs
- Manning Valley Eggs
- Milawa Free Range Poultry
- Oaks Organics Eggs
- Organic Ways Eggs
- Ovaston Organic Eggs
- Swanson Tinned Chicken
- Cornucopia Biodynamic Farm

- Pace Farm Eggs
- Woolworths Meats

Meat / Poultry / Eggs > Poultry

- Alaringa Chicken
- Bendele Farm Hinterland Ducks
- Bendele Farm Hinterland Turkeys
- Bendele Farm Organic Chickens
- Lilydale
- Oaks Organics Chicken
- Strictly Organic Chicken
- Sunforest Chicken
- Sunforest Turkey
- MEAT | POULTRY | EGGS > Meat
- Alaringa Lamb
- Cornucopia Biodynamic Farm
- Oaks Organics Chicken
- Oaks Organics Beef
- Strictly Organic
- Sunforest Pork
- The Meat-ting Place Certified Organic Meats
- Vitellone Grass Fed Veal

- Sunnybrand Chickens
- Baiada
- Bartter Enterprises
- Inghams
- Steggles

Meat / Poultry / Eggs > Small Goods / Deli

- Bio Grape Fig and Grape Paste
- Sandhurst Fine Foods

- Don Smallgoods
- KR Castlemaine
- Watsonia
- Woolworths

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May contain GE 

Ready-Made Meals > Canned/Packaged Food

Asia at Home
Blue Kitchen Gourmet Foods
Campbell's
Chunky Soups
Continental
Country Ladle Soups
Eden Foods
Fantastic Snacks
Greenseas
Heinz
Heinz Baked Beans
Heinz Tinned Spaghetti
NSM Falafel
Orgran Soups
Original Foods Grab & Go Meals
Pampas
Raguletto
Real Stock
Real Soups
Sensations Soups
Spiral foods
Vegie Delights
Velish Soups
Ward McKenzie
Wattie's
Worthington

Ally
Lean Cuisine
WeightWatchers
Bamboo Pot
Country Cup
Dolmio
Edgell
Harvest
Hormel Foods
John West
KanTong
Kraft Braised Canned Meals
Kraft Easy Mac
Kraft Macaroni Cheese
Kraft Quick Pasta
Leggo's
Maggi
MasterFoods
McCormick
Muir Glen
Naytura (Woolworths)
Old El Paso
Patak's
Simply Great Meals
SPC Ardmona
Trident
Uncle Ben's
Woolworths Select
Maggi World Flavours

Ready-Made Meals > Frozen Meals

Sanitarium
Kez's Kitchen
McCain
McKenzie's Home Style Soups
Morning Star
Natty Burgers
Uncle Harry's Natramburgers
Zoglo's Vegetarian Choice burger patties

Birds Eye
Chiko
I&J
Latina
Papa Giuseppi's
Sara Lee
Seakist
Papa Giuseppi's Frozen Pizza

GE free 

May contain GE 

Snacks > Chips And Crisps

Pepperidge Farm
Sandhurst Fine Foods
Ajita's Vege Chips
Dip Stix
Lolly Gobble Bliss Bombs
Noodlz
Byron Bay Chilli Co Corn Chips
Piranha Vege Crackers
Piranha Snack Combos
Pop Tarts
Zed Bar Mix
SnackSmart Soy and Nut Mixes
Soya King Snacks

Apero
Big Ben
Burger Rings
Cadbury biscuits
CC's
Cheetos
Chips Ahoy
Doritos
Frito-Lay
Grain Waves
Nobby's Nuts
Old El Paso
Premium
Red Rock Deli
Ruffles Potato Chips
Smith's
Twisties
Parker's Pretzels

Snacks > Dips

Bio Grape Fig and Grape Paste
Copperpot

Snacks > Nuts

Brookfarm Nuts & Walkabout mix

Snacks > Biscuits

Shapes
Arnotts
Boutique Bites
Chips Deluxe
Chocolate Monte
Dick Smith Shortbread Creams Biscuits
Dick Smith Temptin Biscuits
Fantastic Snacks
Farmbake Chocolate Chip
Fudge Shop
Full O'Fruit
Ginger Nut
Glengarry Macadamia
Glengarry Original

Captain's Table
Carr's
In A Biskit
Kavli
McVitie's Biscuits
Oreo
Pods Biscuits
Ritz
Ryvita
Sakata
Walkers Shortbread



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Graham Crackers
Granita
Heather Brae Shortbreads
Honey Jumbles
Iced Vo Vo
Jacksons Old Fashioned
Jatz
Malt-O-Milk
Marie
Milk Arrowroot
Mint Slice
Monte Carlo
Naturally Good
Nice
Outback Animals
Orgran Classic Choc Cookie
Orgran Gluten Free Biscotti
Paradise Biscuits
Premier Choc Chip & Nut Cookie
Premier Choc Chip Cookie
Pureharvest Corn Thins
Quatro
Scotch Finger
Spicy Fruit Roll
Tee Vee Snacks
Tim Tam
Tina Wafer
Venetian
Vienna Creams
Vita-Weat
Vive Veri Deli
Young Organics
Lattice

May contain GE 

Snacks > Bars

Kellogg's Snack Bars
Kingston
Real Foods
Soya King Snacks
Crunchy Nut

Natura (Woolworths)
Uncle Tobys Fruit Breaks Twists
a.o



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Go Natural Health Bars and Popcorn
K-Time
LCMs
Nutri Grain Bar
Sun Health Foods
Ashmore's
Brookfarm Bars

Snacks > *Chocolate*

Cocolo Chocolate
Crazy Koala
Darrell Lea
Ferrero Rocher
Green & Black's Organic Chocolate
Haigh's Chocolates
Kinder Bueno
Kinder Surprise
Kinder Chocolate
Organic Choc Frogs
Paton's
Raffaello
Sweet William

May contain GE 

Nestle Melts
Aero
Allen's
Boost
Bounty
Cadbury
Caramello Koala
Celebrations Chocolate
Cherry Ripe
Clinkers
Colombines
Cote d'Or
Crunchie
Dove Chocolate
Fry's Turkish Delight
Flake
Freddo Frog
Kit Kat
Lindt
Maltesers
Mars
Milky Way
Milo Bar
M&M's
Nestle Melts
Picnic Bar
Skittles
Smarties
Snickers
Starburst
Terry's Chocolate Orange



GE free 

May contain GE 

- Time Out
- Toblerone
- Twirl
- Twix
- In Cred I Bites

Snacks > Other Snacks

- Sanitarium Healthy Snacks
- Vitality Blend
- Sanitarium Organic
- Poppins
- Foster Clark's

Snacks > Confectionary

- Columbo's
- Darrell Lea
- Go Natural Organic Licorice
- Sun Health Foods
- Sun Kidz Fruit and Nut Energy Bars
- Taste of Paradise
- Tic Tac
- Von Mueller

- Starburst Confectionery
- Jelly Belly
- XXX Mints
- Zones
- Space Food Sticks

Supermarket Home Brands

- Aldi homebrand
- Coles Smart Buy
- Coles Finest
- Foodland-IGA Homebrand
- IGA Metcash Homebrand
- Maxi Foods
- Leo's Fine Food and Wine
- Simplot Homebrand
- You'll Love Coles (YLC)
- You'll Love Coles Organic (YLC)

- Franklins No Frills
- Safeway
- Woolworths Homebrand
- Woolworths Naytura
- Woolworths Select