



What GMOs are in development?

Our research team is currently aware of several GMO crops in development. Because many of the crops are made with new genomic techniques, they will likely not be regulated and labeling will not be required.

- Avocados
- Bananas
- Blackberries
- Cherries
- Corn (more varieties)
- Cranberries
- Grapes
- Honeysweet plum
- Lettuce
- Mushrooms
- Onions
- Oranges
- Peas
- Raspberries
- Strawberries
- Tomatoes (several additional varieties)

What traits are being created in these genetically modified crops?

These are the promised traits of biotech developers, but not necessarily the direct outcomes.

- Faster growing
- Higher yield
- Drought tolerance
- Disease/virus/fungus resistance
- Non-browning/reduced bruising
- Increased nutritional value (e.g., antioxidants, vitamin D)
- Food as pharma (e.g., hypertension reduction, inclusion of L-DOPA to address Parkinson's)
- Seedless/pitless
- Altered flavor profile (e.g., less bitter, spicy flavor)(Deinove)



Pocket Guide to GMOs in Produce

Where are GMOs showing up in the
produce aisle?

Search our list of
Non-GMO Project
Verified items



Non-GMO Project Verified Products:
nongmoproject.org/find-non-gmo

Produce is Better with the Butterfly

How to use this guide

GMOs frequently enter the food supply as highly processed foods and animal feeds. However, with the emergence of new technologies, biotech companies are focusing more on the produce aisle.

GMOs in the produce aisle present new challenges for both retailers and shoppers. Under current regulations, many GMOs made from new techniques will not require labeling. How will retailers be able to identify new GMOs? How will shoppers?

What is a GMO?

GMO stands for "genetically modified organism."

A GMO is a plant, animal or microorganism that has been altered through biotechnology.

Biotechnology includes specific techniques that are used to change the organism's genetic material (i.e., DNA or RNA), or forcing the combination of very unrelated organisms that would not reproduce in nature.

What GMO fruits and vegetables are currently in the market?

This is a list of genetically modified fruits and vegetables in the produce department today. To avoid GMOs, look for the Butterfly or the USDA organic certification.

- Arctic apples (several varieties)
- Conscious Greens mustard greens salad mix
- Corn
- Gaba tomato
- Innate potato
- Papaya
- Pink pineapple
- Purple tomato
- Zucchini and yellow summer squash

