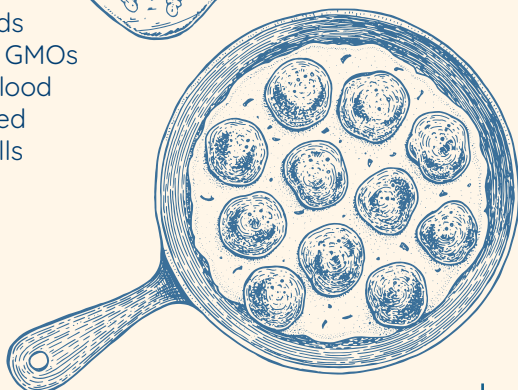## Meat Alternatives

Brands such as Impossible Foods and Motif BeefWorks are using GMOs such as synthetic non-animal blood compounds to make plant-based burgers, sausages and meatballs taste more "meaty."

Cheese Products

Companies are now making new GMO dairy proteins for cream cheese spreads and commercially available synbio cheeses and mozzarella for pizza.
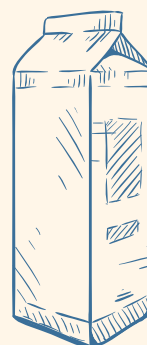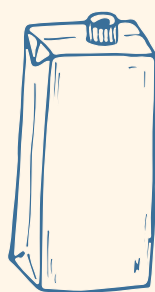
Protein Powders

Whey proteins using new GMO ingredients made by companies such as Myprotein's Whey FWRD and Unico Apollo are advertised as "animal-free" and are now entering the market.
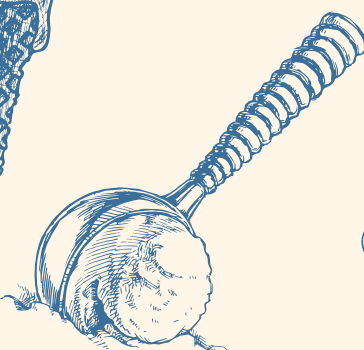
Milk + Beverages

Brands such as Bored Cow, Strive Nutrition, Very Dairy and Remilk make synbio non-animal milk alternatives, most of which use GMO ingredients from Perfect Day. Some products combine almond and oat milk (almost always considered vegan) with GMOs to add protein.
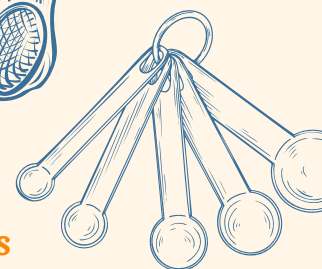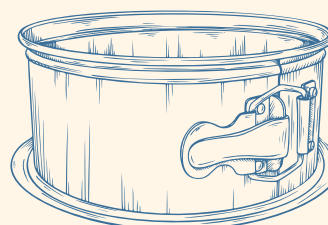
Egg Replacements

GMO egg proteins for baking or alternative meat solutions are coming online from ingredient suppliers like Perfect Day and the EVERY Company.

Ice Cream

Ice cream and gelato products are now available made with genetic engineering but lack labels. Companies including Graeter's Ice Cream and Villa Dolce use GMO ingredients from Perfect Day.
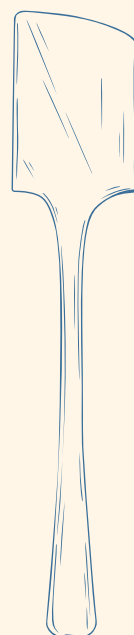
Sweets + Treats

Chocolate bars, snack bars and cake mixes made using synbio dairy protein ingredients are available from brands such as Mars and Renewal Mills.

WHERE NEW GMOs ARE SHOWING UP IN PLANT-BASED

Are you trying to eat plant-based foods and avoid GMOs? You'll want to avoid a new wave of ingredients made using synthetic biology (aka "synbio" or "precision fermentation"). Synbio uses genetically modified microorganisms such as yeast, bacteria or algae to produce a range of novel compounds used to manufacture food, supplements or other products. Synbio techniques are used to make "animal free" dairy proteins and meat alternatives. Are lab-grown foods marketed as "nature identical" still vegan? And are these ingredients really good for us, or the planet? Watch out for these products made with GMOs sneaking into markets near you.

NEW GMOs