

Plant-Based Meat Products on the Market

Plant-Based Alternatives	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbohydrates (g)	Protein (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)
Beyond Meat Beyond Burger Plant-Based Patties	113	230	14	5	7	20	390	2	0
Impossible Foods Burger Patties	113	240	14	8	9	19	370	3	1
Gardein Ultimate Beefless Burger Frozen Patties	85	130	5	0	8	14	340	2	1
Sweet Earth Mindful Chik'n Strips	85	140	4	0	6	19	420	6	0
365 by Whole Foods Market Chicken-Style Plant-Based Nuggets	80	140	6	0.5	13	12	420	2	1
JADA Plant Based Mediterranean Chick'n Mix	41	125	1.5	0	7	21	340	1	0
Raised & Rooted Bratwurst Plant Based Sausage	98	230	15	1	7	17	580	1	2
MorningStar Farms Veggie Breakfast Patties	38	80	3	0	5	9	230	2	<1
Hungry Planet Plant-Based Crab Cakes	113	170	5	0.5	15	17	380	4	1
Loma Linda Blue Plant-Based Lemon Pepper Fishless Tuna	85	79	2	0	7	8	178	3	2
Gardein Skillet Meals Porkless Thai Curry	284	300	10	1	39	14	710	3	7

SOURCE: THIS CHART IS A SAMPLE OF THE MANY PLANT-BASED MEAT ALTERNATIVES ON THE MARKET. ALL PRODUCT AND NUTRITION INFORMATION COMES FROM COMPANY WEBSITES.