

**Healthy, great tasting menu items from gardein™ (garden + protein) – it doesn’t get any better than this!**

Today’s consumers are more aware than ever about their food choices. One trend that is being seen across North America is conscious eating – individuals are taking more care to learn about the origin of foods, the impact on the environment and the health benefits. Foods that fit well into a healthy lifestyle are often plant-based, high in protein and low in fat.

One line of plant-based foods that is changing the way people eat is called gardein™ (garden + protein), a tasty line of plant-based foods with a meaty texture that is made from a blend of veggies, grains and pea, wheat and soy proteins.

In fact, people just can’t stop raving about gardein™. It has been featured on “The Oprah Winfrey Show” and The Ellen DeGeneres Show and more than 400 blog posts have been written singing the praises of gardein™. What’s causing the excitement? gardein™’s taste and texture has a lot to do with it as it is very similar to chicken or beef but gardein™ is 100 percent free of animal or dairy ingredients.

**So how does gardein™ stack up health-wise to chicken or beef?**

A comparison of gardein™ chick’n filet to the same serving size of animal-protein shows it is lower in calories and total fat than beef or chicken while offering comparable protein to that of beef. gardein™ is also the only one without cholesterol and saturated fat and the only one to provide a source of fiber.

3.5 oz/100g serving size	gardein™ chick’n filet	beef	chicken breast meat
protein	20g	24g	30g
cholesterol	0mg	90mg	84mg
fat: total	2g	21g	5g
fat: saturated	0g	8g	1g
fiber	2g	0g	0g
calories	120 cal	289 cal	173 cal

**Simply put: gardein™ is a tasty and healthy must-have menu item.**

With no cholesterol and low in fat and calories, gardein™ is available in many shapes and flavors and is a perfect food for chefs to create nutritious and delicious dishes without sacrificing the meaty-texture that many people crave.

With gardein™, there is no cooking learning curve, no major modifications to recipes and no extra kitchen costs required. So why not provide your customers today with delicious, healthy and low-fat fare by adding gardein™ to the menu? The time has definitely arrived.

Contact Shaun Richmond ([shaun@gardenprotein.com](mailto:shaun@gardenprotein.com)) for more information and to make gardein™ a part of your menu. To learn more about gardein™ food service, please visit [http://www.gardein.com/food\\_service.php](http://www.gardein.com/food_service.php)

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