

A COMPARISON OF 13 PLANT-BASED BURGERS

WHAT ARE THEY MADE FROM?

GLUTEN

Made with gluten, the protein found in wheat. Labeled as: vital wheat gluten, textured wheat protein, or wheat gluten.

PEA

Made with pea protein concentrate or pea protein isolate from split peas.

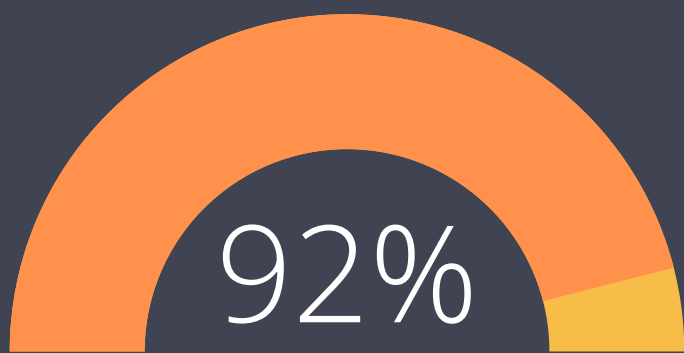
SOY

Made with soy protein concentrate or soy protein isolate from soy beans.

WHOLE FOODS

Made from whole foods like legumes, grains, and vegetables. These are usually highest in fiber.

WHAT VITAMINS AND MINERALS DO THEY CONTAIN?



OF BURGERS CONTAINED CALCIUM, IRON & POTASSIUM



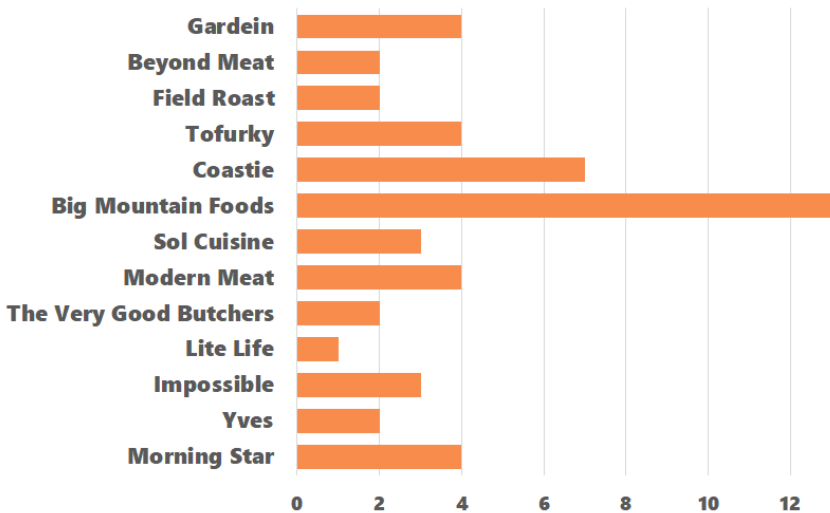
31% WERE FORTIFIED WITH ADDITIONAL NUTRIENTS

Yves The Good Veggie | Morning Star Harvest Veggie | Impossible Burger | Beyond Meat Burger | Lightlife Burger | Field Roast Chef's Signature Burger | Tofurky Plant-Based Burger | Very Good Butchers Burger | Coastie Sol Searcher | Big Mountain Food The Original Veggie Patty | Sol Cuisine Extreme Griller | Modern Meat Modern Burger

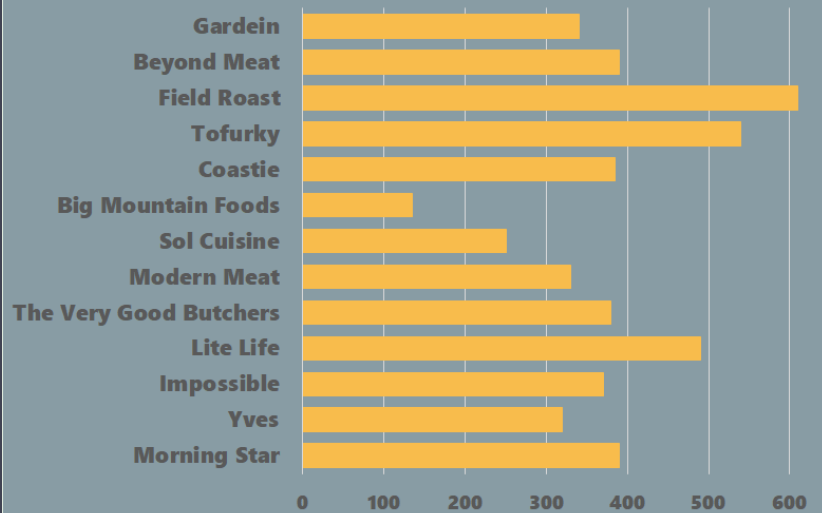
	BEYOND MEAT BEYOND BURGER	LIGHT LIFE PLANT BASED BURGER	IMPOSSIBLE THE IMPOSSIBLE BURGER	YVES THE GOOD VEGGIE BURGER
CALCIUM	✓	✓	✓	✓
IRON	✓	✓	✓	✓
POTASSIUM	✓	✓	✓	✓
VITAMIN B12	✓	✓	✓	✓
VITAMIN B6	✓	✓	✓	✓
THIAMINE		✓		✓
ZINC	✓	✓		✓
NIACIN	✓	✓	✓	✓
RIBOFLAVIN		✓	✓	✓
PHOSPHORUS			✓	
FOLATE	✓	✓	✓	
PANTOTHENATE	✓	✓	✓	✓
MAGNESIUM		✓		✓

HOW DO FIBRE, SODIUM, PROTEIN, AND SATURATED FAT STACK UP?

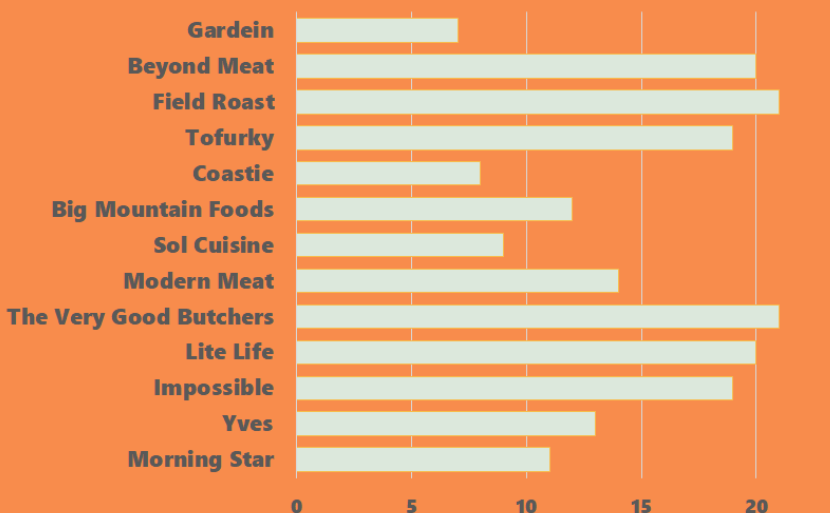
Fibre (g)



Sodium (mg)



Protein (g)



Saturated Fat (g)

