


HARVEST SHREDS: BETTER FOR YOU

	Calories	Total Fat	Fat as % DV	Saturated Fat	Protein	Protein % Cal	Sodium
 HARVEST SHREDS	130	4.5g	6%	.5g	16 g	49%	320mg
 Conventional 80/20 Ground Beef	210	16 g	21%	6 g	15 g	28%	56mg*
 Impossible Burger	173	10 g	13%	5 g	14 g	32%	278 mg
 Beyond Burger	173	11 g	14%	1.5 g	16 g	36%	233mg
 Traditional Chicken Nuggets	255	16 g	21%	4 g	13 g	21%	444mg
 Beyond Chicken Tenders	195	9g	12%	1 g	14 g	29%	474mg
 Impossible Chicken Nuggets	215	11 g	14%	1 g	12 g	22%	429mg
 Chik'n Nuggets	188	9 g	12%	1.5 g	12 g	25%	455mg



HARVEST SHREDS.
Advantage

Lowest Calorie

Lowest Fat & Sat Fat

Most Protein Rich

Sodium is comparable to that in "beef" & markedly lower than most "chicken" analogs

Data Source: Good Foods Institute, collected February 2022

These serving sizes have been standardized to 85 grams for ease of comparison, although burger servings are generally 1/3 larger.

DV represents the recommended Daily Value.

* Plant-based meats are pre-seasoned and conventional meat is sold unseasoned.