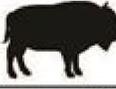
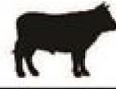
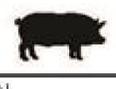


I'm not robot!

NUTRIENT COMPOSITION  
(per 100 grams = 3.5 oz. of cooked lean meat)

SPECIES	FAT (GRAMS)	CALORIES	CHOLESTEROL (MG)	IRON
BISON 	2.42	143	82	3.42
BEEF 	8.09	201	86	2.99
PORK 	9.66	212	86	1.10
CHICKEN 	2.00	158	86	0.60
SALMON 	12.35	206	63	0.34

THE BEYOND<sup>®</sup> BURGER

VS

ANIMAL-BASED BEEF<sup>\*</sup>

20	PROTEIN (G)	19
30%	IRON (DV)	12%
5	SATURATED FAT (G)	9
0	CHOLESTEROL (MG)	80
20	TOTAL FAT (G)	23
270	CALORIES	287
✓	PLANT-BASED	✗
✓	ANTIBIOTIC-FREE	?
✓	HORMONE-FREE	?
✓	GMO-FREE	?
✓	SOY-FREE	✓
✓	GLUTEN-FREE	✓

\*4-OZ BEYOND BURGER RETAIL PATTY

USDA NATIONAL NUTRIENT DATABASE<sup>\*</sup>



Ground Beef

Nutrition Facts	
Serving size (113g)	
Amount Per Serving	
Calories	220
Total Fat 14g	28%
Saturated Fat 5g	10%
Trans Fat 0g	0%
Cholesterol 40mg	8%
Sodium 70mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0.1mcg	2%
Calcium 15mg	3%
Iron 2mg	10%
Potassium 200mg	4%
Thiamin 0.2mg	4%
Riboflavin 0.3mg	15%
Niacin 4.8mg	10%
Vitamin B6 0.4mg	25%
Folate 6mcg	2%
Vitamin B12 2mcg	60%
Phosphorus 175mg	15%
Zinc 4.6mg	40%



Soy-Based Alternative

Nutrition Facts	
Serving size (113g)	
Amount Per Serving	
Calories	250
Total Fat 14g	28%
Saturated Fat 5g	10%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 370mg	74%
Total Carbohydrate 5g	10%
Dietary Fiber 2g	8%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 160mg	32%
Iron 4.2mg	25%
Potassium 610mg	12%
Thiamin 28.2mg	2350%
Riboflavin 0.6mg	30%
Niacin 8.8mg	30%
Vitamin B6 0.4mg	25%
Folate 115mcg	30%
Vitamin B12 2mcg	100%
Phosphorus 180mg	15%
Zinc 5.8mg	80%



Pea-Based Alternative

Nutrition Facts	
Serving size (113g)	
Amount Per Serving	
Calories	260
Total Fat 15g	30%
Saturated Fat 5g	10%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	60%
Total Carbohydrate 5g	10%
Dietary Fiber 2g	8%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 100mg	20%
Iron 4mg	20%
Potassium 200mg	4%





