

## Which is which?

Water, Pea Protein Isolate\*,
Expeller-Pressed Canola Oil,
Refined Coconut Oil, Rice
Protein, Natural Flavors,
Cocoa Butter, Mung Bean
Protein, Methylcellulose, Potato
Starch, Apple Extract, Salt,
Potassium, Chloride,
Vinegar, Lemon Juice
Concentrate, Sunflower
Lecithin, Pomegranate
Fruit Powder, Beet Juice Extract

Pea, Sweet Potato, Pea Protein,
Pea Starch, Lentils, Flaxseed
Meal, Sunflower Oil Preserved
with Mixed Tocopherols, Calcium
Carbonate, Vegetable Flavoring,
Salt, Vitamins (Choline Chloride,
Vitamin E Supplement,
Vitamin A Supplement, Vitamin
D3 Supplement, Calcium
Pantothenate, Thiamine
Mononitrate, Pyridoxine
Hydrochloride, Riboflavin
Supplement, Niacin, Folic
Acid, Biotin, Vitamin B12
Supplement, Minerals

## Synthetic "meats" are ultra-processed industrial imitations.

P.S. The one on the right is the dog food.

\*Ultra-processed foods "are formulated from industrial ingredients and contain little or no intact foods," according to NOVA food classification. A recent National Institutes of Health study found ultra-processed foods cause weight gain.

Find out what you're putting in your mouth at

CleanFoodFacts.com