

# NUTRIFAX<sup>®</sup>

2009

## Meat Alternatives

Vegetarian diets are steadily growing in popularity, which has increased the demand for tasty meat alternatives. The food industry is continuing to perfect meatless meal substitutions. Items like: tempeh, tofu, seitan/mock duck, and a wide variety of dairy and meat soy based products are rapidly becoming part of the mainstream American diet.



### Nutrition

How does the nutritional value of a meatless burger rate to the more traditional animal source? Each product is different; reading and comparing food labels is the only accurate means to determine the nutrition contribution

In general, soy/veggie products tend to be lower in calories, fat, cholesterol, and protein but higher in sodium, fiber, carbohydrates, and some vitamins/minerals. Vegetarian food substitutions do not always provide the same essential nutrients as the standard. For example, soy milk will only contain calcium if it has been fortified whereas cow's milk is a natural source.

When incorporating meat and dairy alternatives refer to the USDA Dietary Guidelines. Follow general recommendations regarding portion size, moderation, and variety to achieve overall balanced nutrition each day.

**Food and Nutrition Services can assist in providing nutrition information.  
Call 703-813-4800 and ask for a Registered Dietitian.**

### Allergies

Reading the ingredient list is critical if you are sensitive to food allergies. Many meat alternatives may contain or have been processed in a plant which also produces: soy, wheat, eggs, dairy, and nuts.

### Food Safety

- Pay attention to storage recommendations to maintain quality and keep food safe (refrigeration, freezer, or shelf stable).
- Check the expiration date.
- Keep prepared foods at the proper temperature. Maintain cooked food above 135°F and cold food under 40°F.

### Cooking

Meat substitutions typically require various cooking techniques. Preparing a veggie burger is different than a beef or turkey burger – grilling doesn't yield the same end result.

Meatless products tend to have less fat and dry out quicker. Cooking methods that retain moisture are the most successful. These include: baking, steaming, and microwaving.

[www.google.com](http://www.google.com)



## Nutritional Comparison Meat & Meat Alternatives

Product	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Boca Burger (Original)	70	0.5g	0 g	0 mg	280 mg	6 g	4 g	0 g	13 g
Garden Burger (Original)	100	3 g	1 g	10 mg	400 mg	18 g	5 g	<1g	5 g
Morning Star Farms (Garden Veggie Patties)	130	6 g	1 g	0 mg	260 mg	5 g	2 g	<1 g	15 g
USDA Beef Burger (20% Fat)	209	13.7 g	5.2 g	70 mg	58 mg	0 g	0 g	0 g	19.8 g
USDA Beef Burger (5% Fat)	140	5.4 g	2.4 g	62 mg	53 mg	0 g	0 g	0 g	21.6 g
USDA Turkey Burger (8% Fat)	193	10.8 g	2.8 g	84 mg	88 mg	0 g	0 g	0 g	22.4 g
Lightlife (Vegan SmartDog)	45	0 g	0 g	0 mg	310 mg	2 g	1 g	1 g	8 g
MorningStar Farms (Veggie Dog)	50	0.5 g	0 g	0 mg	410 mg	5 g	<1 g	2 g	7 g
Ball Park (Standard Hot Dog)	180	16 g	6 g	45 mg	550 mg	4 g	0 g	2 g	6 g
Oscar Meyer (98% Fat-Free Hot Dog)	40	0.5 g	0 g	15 mg	470 mg	3 g	0 g	1 g	5 g
Oscar Meyer (Turkey Dog)	100	8 g	2.5 g	30mg	510 mg	2 g	0 g	1 g	5 g