



## Hungry Planet FAQs

**Other plant-based meats have really long, unpronounceable ingredient lists (20+!). Is the same true for Hungry Planet?**

No, our ingredient list is much shorter - about half of those found in technology driven brands. As a chef-crafted company, it has always been a priority to reduce our list of ingredients to include only what is essential and nutritious. For instance, the Hungry Planet Beef™ Patty only has eleven ingredients, one of which is water.

**Where can I find Hungry Planet ingredient and nutritional information?**

Full nutritional and ingredient information for each meat is available on our website in the [Our Meats](#) Section. We intentionally craft our meats to be healthier. Compared to conventional meat and to other popular plant-based options, our meats have as much (or more) protein, fewer calories, less fat (no saturated), less sodium, and are packed with dietary fiber.

**Do Hungry Planet Meats contain allergens?**

All Hungry Planet® meats are powered by non-GMO soy protein. Our chicken, pork and crab also include non-GMO wheat protein.

**Are Hungry Planet Meats high in protein?**

Hungry Planet Beef™ (ground and patties), Italian Sausage and Chorizo, are high protein meats and have slightly more protein than their conventional counterparts. Hungry Planet Pork™, Chicken and Crab are also high in protein, containing approximately ⅓ of the RDA of protein per serving.

**Why does Hungry Planet use soy?**

Soy is a complete protein and helps pack our meats with as much or slightly more protein than conventional meat. Our non-GMO soy protein also provides superior mouthfeel/texture and provides ultimate versatility for Hungry Planet's wide range. Many people don't know that soy protein is the only plant protein comparable in quality to animal protein. Not only is it the only plant protein that carries the Food and Drug Administration's heart health claim, confirming that 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease, but it is also a complete protein — one of the few plant-based proteins offering consumers all of the essential amino acids our bodies need. Pea protein is just one of many other niche proteins that does not meet this high standard.

**What are the benefits of soy?**

Soy has powered healthy diets for centuries. It is a high-quality protein, rich in fiber and several essential minerals including iron, potassium, magnesium and phosphorus. Many significant epidemiological studies show that soy consumption reduces the risk of breast cancer, and in fact shows a protective effect. The soy we use at Hungry Planet® provides high quality protein plus lots of beneficial dietary fiber that is absent in conventional protein. (Soy is an allergen for ~0.3% of the general population.)

**Do Hungry Planet meats have saturated fats?**

Hungry Planet® meats do not contain any saturated fats. We intentionally excluded commonly used coconut oil because it is very high in saturated fat and not part of a nutritious diet.

**Are Hungry Planet meats non-GMO?**

All ingredients in all Hungry Planet® meats are 100% non-GMO.

**Are Hungry Planet meats gluten-free?**

Hungry Planet Beef, Italian Sausage and Chorizo are free of gluten ingredients. We are constantly innovating so look for additional gluten-free meats in the near future.

**Are Hungry Planet Meats Kosher and Halal?**

Our ingredients are kosher and Halal, and we are working towards those certifications for our finished plant-based meats. Stay tuned!

**Are Hungry Planet proteins lean?**

All Hungry Planet meats are lean, meaning they are more healthful and should be cooked similarly to conventional lean meat. Just like conventional lean meat, to maintain moisture/juiciness, our chefs encourage a well-oiled surface and quick cooking time.

**Do Hungry Planet meats have the texture of conventional meat?**

Hungry Planet Ground Beef, Italian Sausage, Chorizo, Chicken, Pork and Crab all mirror the texture of their conventional counterparts. The Hungry Planet Beef Patties, Southwest Chipotle Chicken Patty and Crab Cake all perfectly match the taste and texture of conventional beef patties, chicken patties and crab cakes.

**What is the shelf life of Hungry Planet Meats?**

All Hungry Planet® meats have a frozen shelf life of 14 months. Once defrosted, they behave like conventional meat with a refrigerated shelf life of 5-9 days. Additionally, once defrosted, unused and still highly chilled portions can be refrozen and used another time.

**How much sodium is in Hungry Planet Meats?**

All Hungry Planet® meats have the natural flavor of conventional meat without unnecessarily high levels of sodium. The sodium levels in our meats are significantly lower than competitor brands. The product specification pages provide all nutritional information.

**Where does Hungry Planet source ingredients?**

All of our ingredients are proudly produced and sourced in the U.S.

**Do Hungry Planet meats include cholesterol, hormones, or antibiotics?**

Unlike conventional meat, Hungry Planet® meats contain no cholesterol, hormones or antibiotics. Did you know that 70% of all antibiotics are fed to farmed animals in an attempt to keep them healthy under high confinement conditions? When choosing Hungry Planet® you can feel good knowing you're choosing a healthy, planet-friendly and humane option.

**Are Hungry Planet meats considered processed?**

Any time food is cooked, baked or prepared it becomes "processed". But processed doesn't necessarily mean unhealthy. Peanut butter, cheese, yogurt, and other foods we generally consider to be healthy are also processed. Similarly, we utilize plant-proteins and other natural ingredients to create our full range of premium plant-based meats. Generally, it's the quick serve items such as candy, potato chips, soda, and many conventional frozen dinners that are most worrisome when considering the negative aspects of processed foods.