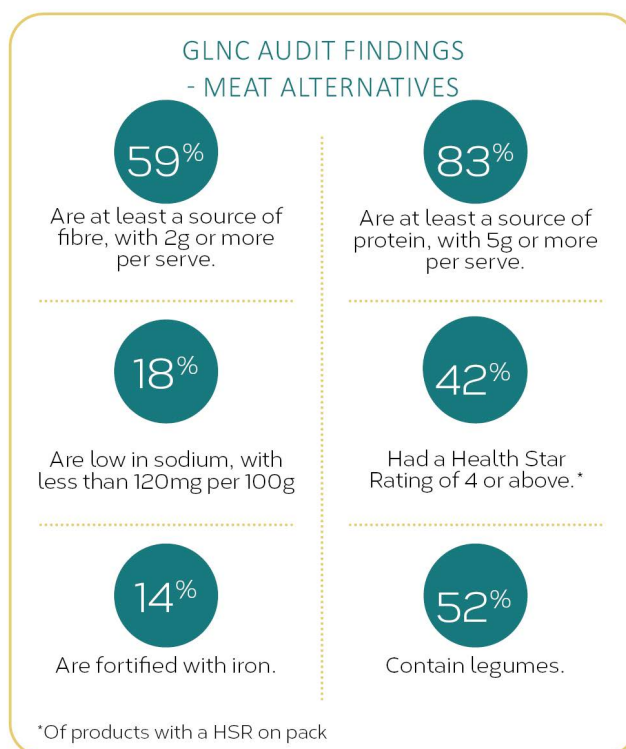


GLNC PRODUCT AUDIT HIGHLIGHTS

Plant Based Meat Alternatives – September 2020

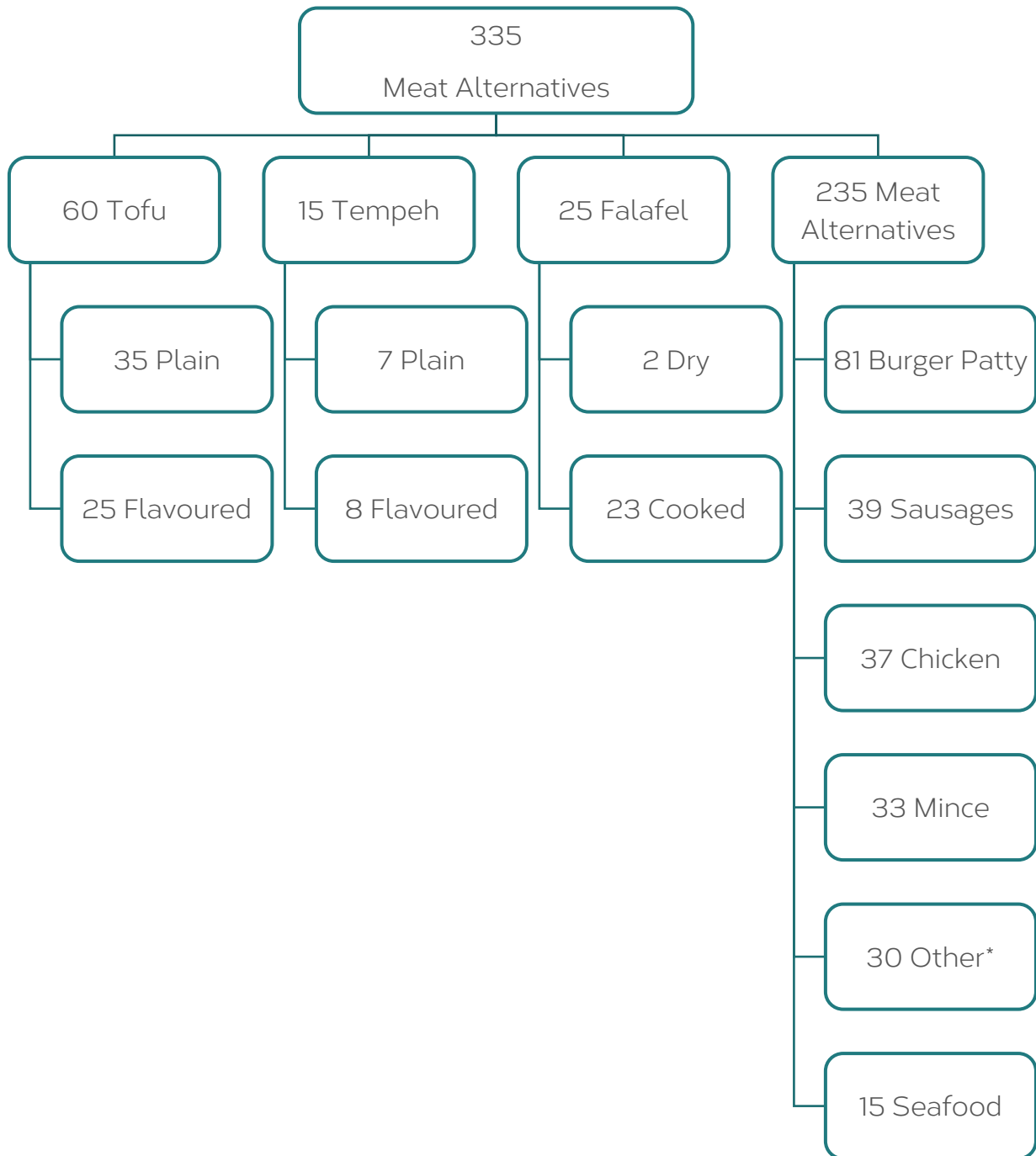
Demand for plant-based meat alternatives is growing globally for nutritional and environmental reasons, with Australia the third-fastest growing vegan market worldwide. In September 2020, GLNC audited 335 meat alternative products from four major supermarkets in Sydney, by collecting product information in store and online. Read on for a summary of the audit.



TOP TIPS:

- If you regularly eat plant-based meats, opt for those that are fortified with micronutrients such as iron, vitamin B12 and zinc.
- Plant based meats can be a delicious way to eat more vegetables, whole grains and legumes. Choosing options made with whole ingredients may be an easy way of getting more of these short-fall foods into your diet
- Although plant-based meats can add variety to the diet, it can be beneficial to choose protein-rich whole foods on occasion too. Enjoying half a cup, or 100g, of beans, peas or lentils provides a valuable source of plant protein and gut friendly fibre.

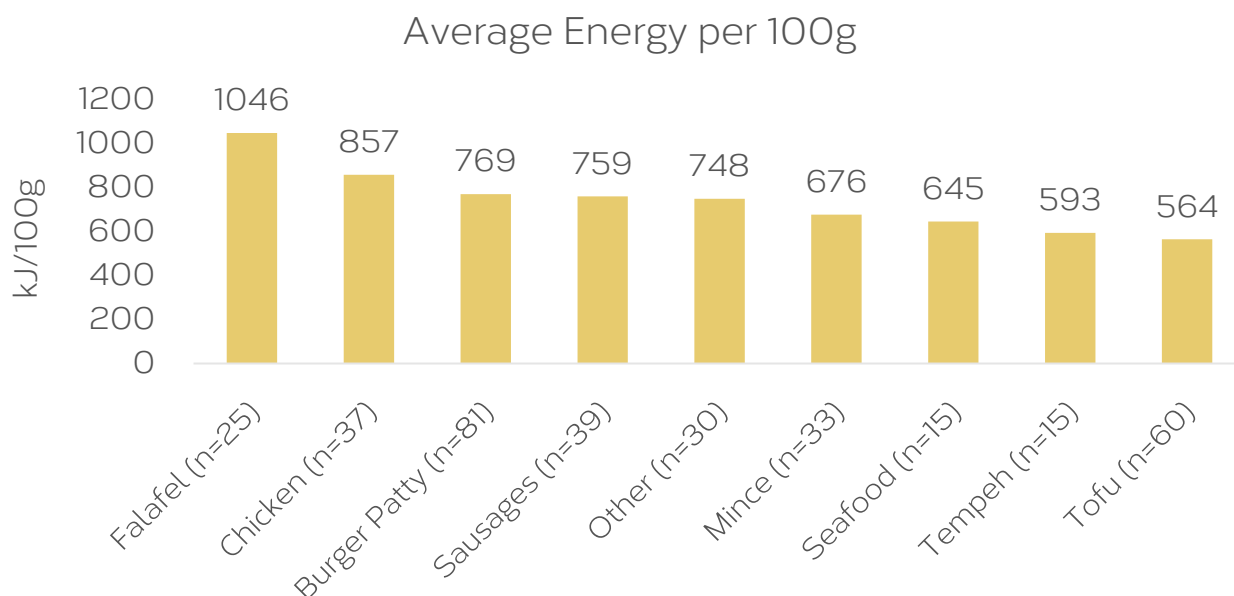
Category overview:



Nutrient Overview

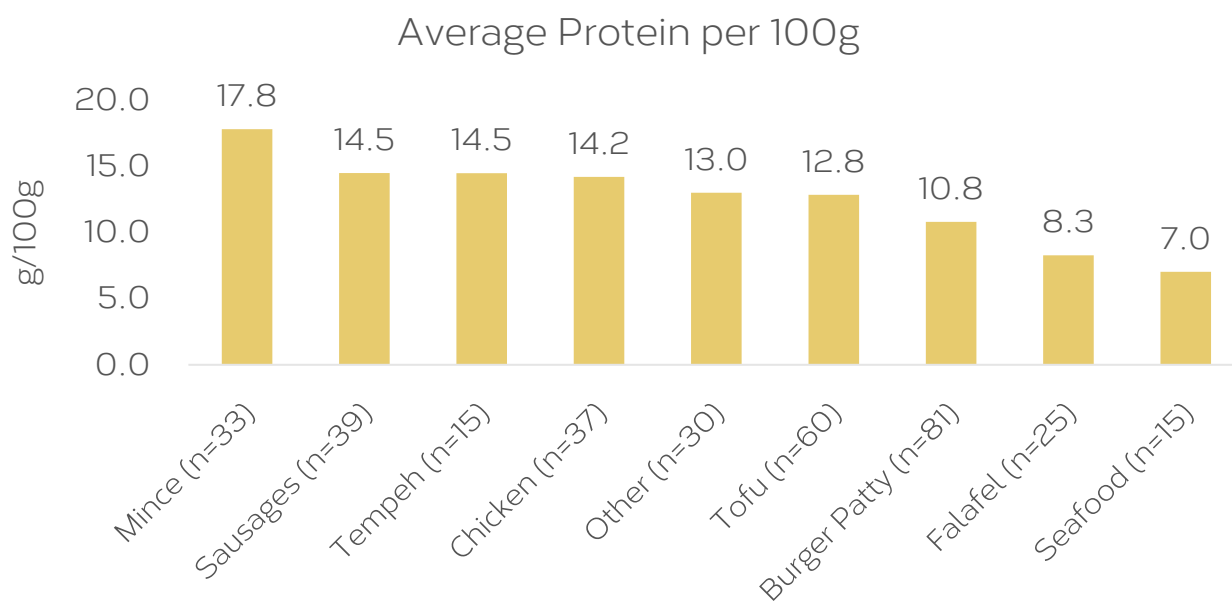
Energy (kilojoules):

Mean energy per 100g was fairly consistent across categories, though falafels were the highest (1046kJ/100g), and tempeh and tofu were the lowest (593-564kJ/100g).



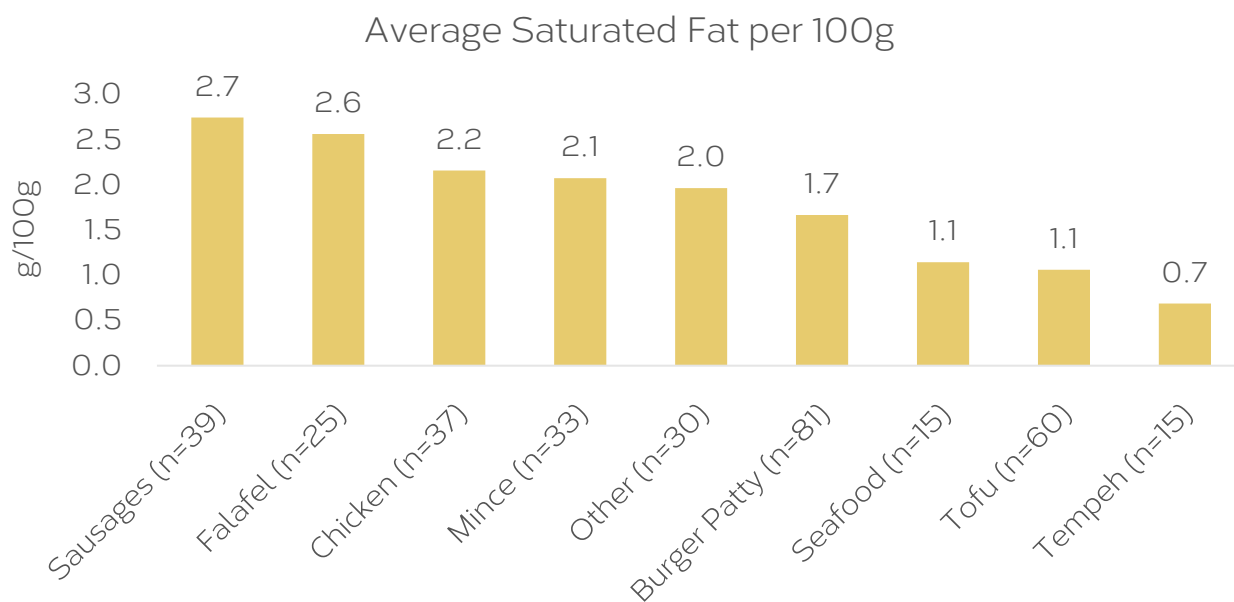
Protein

Eighty three percent of products overall were considered a 'source of protein,' ($\geq 5\text{g}$ per serve). Plant based mince was the highest in protein on average (17.8g/100g), followed by sausages and tempeh (14.5g/100g). Seafood meat alternatives were the lowest in protein (7g/100g).



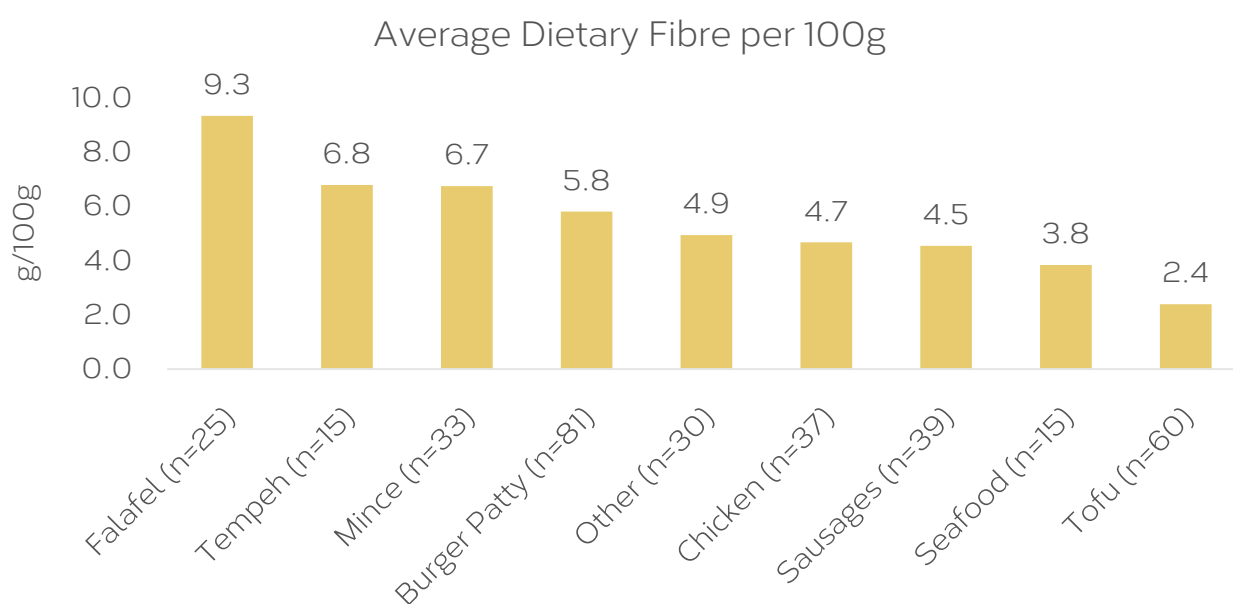
Saturated fat:

Seventy percent of meat alternatives overall were low in saturated fat ($\leq 1.5\text{g}/100\text{g}$), with tofu and tempeh the lowest on average. Sausages had the greatest amount of saturated fat on average.



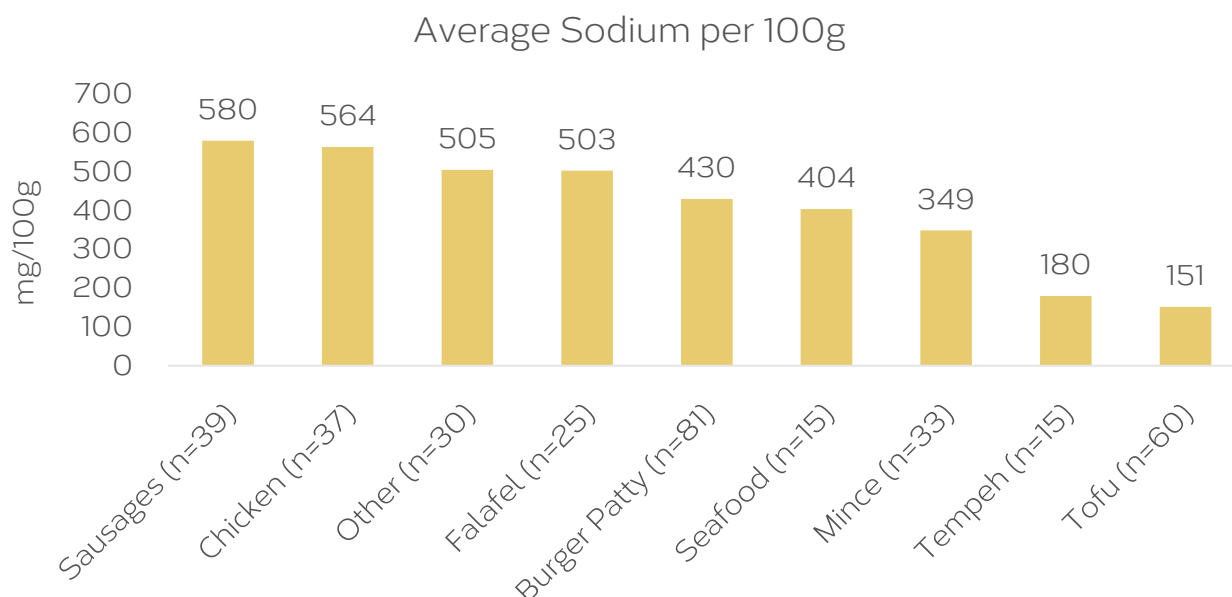
Dietary fibre:

Overall, 59% of products were eligible to make a fibre claim, with 2g or more per serve. Unsurprisingly, falafels were the highest in fibre due to the addition of whole ingredients such as chickpeas.



Sodium:

Overall, 18% of meat alternatives were low in sodium ($\geq 120\text{mg}/100\text{g}$). Average sodium was $403\text{mg}/100\text{g}$ and ranged from 1.0– $3300\text{mg}/100\text{g}$. Tempeh and tofu the lowest on average ($180\text{–}151/100\text{g}$), and sausages the highest ($572\text{mg}/100\text{g}$).



Health Star Rating (HSR):

Overall, 50% of meat alternatives displayed a HSR on pack. The average score overall was 4.2 stars, with a range of 2.0 to 5.0 stars. Only 24% of falafels displayed the HSR, while all tempeh products carried the star rating. Falafels and tempeh had the highest mean score (4.7) compared to chicken and seafood alternatives with the lowest mean score (3.7).

Category	Displaying HSR (%)	Average
Grand Total (n=335)	50%	4.2 (2.0–5.0)
Falafel (n=25)	24%	4.7 (4.0–5.0)
Burger Patty (n=81)	38%	4.2 (3.5–5.0)
Chicken (n=37)	57%	3.7 (2.0–5.0)
Mince (n=33)	70%	4.4 (3.0–5.0)
Other (n=30)	50%	4.1 (3.0–5.0)
Sausages (n=39)	54%	3.7 (2.0–4.5)
Seafood (n=15)	27%	4.4 (4.0–5.0)
Tempeh (n=15)	100%	4.7 (3.5–5.0)
Tofu (n=60)	52%	4.3 (3.5–5.0)

