



## Why we are using Non Bioengineered label for our products:

From the list of Bioengineered foods below, we do have one Soybean product – Nutrigget. Its made from 100% GMO free Soybean, details below.

We made switch to Sunflower oil from Canola oil in March 2019.

List of Bioengineered Foods -  
<https://www.ams.usda.gov/rules-regulations/be/bioengineered-foods-list>

The Agricultural Marketing Service (AMS) developed the List of Bioengineered Foods to identify the crops or foods that are available in a bioengineered form throughout the world and for which regulated entities must maintain records. These records will inform regulated entities about whether they must make a bioengineered food disclosure. The list includes any BE crops or foods that are to capture any BE crops or foods that are currently in legal production somewhere in the world. New BE products continue to be developed. Even if a food is not included on the List, regulated entities whose records show that a food they are selling is bioengineered must make appropriate disclosure of that food. AMS will review the List annually and, if necessary, make updates through the federal rulemaking process.

- [Alfalfa \(pdf\)](#)
- [Apple \(Arctic™ varieties\) \(pdf\)](#)
- [Canola \(pdf\)](#)

- Corn (pdf)
- Cotton (pdf)
- [Eggplant \(BARI Bt Begun varieties\) \(pdf\)](#)
- Papaya (ringspot virus-resistant varieties) (pdf)
- Pineapple (pink flesh varieties) (pdf)
- Potato (pdf)
- Salmon (AquAdvantage®) (pdf)
- Soybean (pdf)
- Squash (summer) (pdf)
- Sugarbeet (pdf)

**Nutrigget** made from Nutrela brand of soya chunks  
[http://www.ruchisoya.com/products\\_nutrela\\_tvp.htm](http://www.ruchisoya.com/products_nutrela_tvp.htm) )

Nutrela contains more protein than Milk, Wheat, Egg and Meat.

- Taken from this [link](#)
- Nutritional Information  
 Approximate composition per 100g  
 Energy value 336 k cal  
 Protein 54.2 g  
 Fat 0.4 g  
 Carbohydrate 28.9 g  
 Calcium 533 mg  
 Iron 21.2 mg
- Technical Data (Nutrient Composition) for Nutrela
- a) Essential Aminoacids Present:  
 Lysine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Phenylalanine, Tyrosine, Tryptophane, Histidine, Valine.  
 b) Vitamin Present:  
 Thiamine, Riboflavin, Niacin, Pyridoxine, Hydrochloride, Pantothenic Acid, Folic Acid.  
 c) Mineral Content:  
 Calcium Content 0.20%  
 Iron 0.008%  
 Magnesium 0.27%  
 Phosphorus 0.58%  
 Potassium 2.80%  
 Sodium 0.02%  
 (Vitamin and Mineral contents comply with Indian and International Standards)
- d) Product Composition:  
 Protein (on dry basis) 53 55%

Fat 0.8%  
Moisture 8%  
Crude Fibre 15%  
Carbohydrates 33.5%  
Ash 6%  
Calories (g/100g) 290

- e) Recommended for:  
Infants (excellent child nutrition), Adults, Diabetics, Heart Patients etc.
- Nutrela contains no cholesterol  
Hundred percent vegetarian (vegan?)

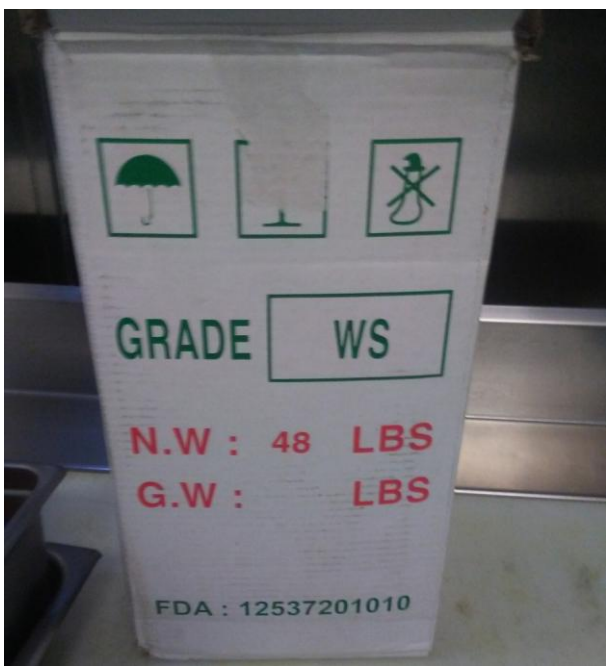
Made from 100% pure NON-GMO soyabeans

Some other products we use:

Parboiled (Sela) Basmati rice – Royal brand – Parboiled rice has GI (glycemic index) of 38 against 56 for Brown rice and 89 for White rice. GI uses the scale of 100 with reference to sugar or white bread.



Cashew Nut sauce – called ‘white sauce’ also. We are using this in place of heavy whipping cream in pursuant to our switch to 100% plant based food vendor.



Coconut Milk (Aroy-D brand): more info below.

<https://importfood.com/products/assorted-thai-grocery/item/thai-coconut-milk-all-natural>

Sunflower Oil:



# Vegetable Oils – Comparison, Cost, and Nutrition

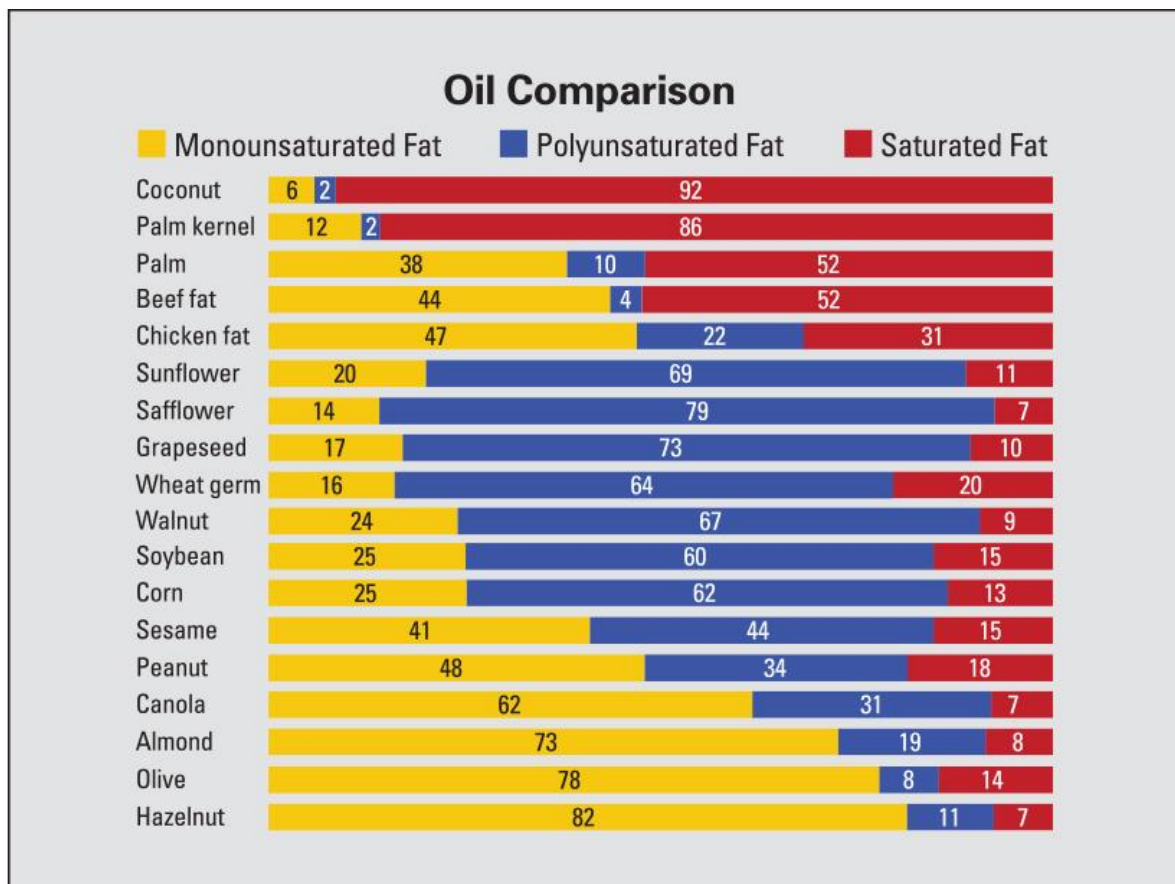
(<https://blogs.extension.iastate.edu/spendsmart/2013/08/19/vegetable-oils-comparison-cost-and-nutrition/> )

- August 19, 2013 Jody Gatewood 26 Comments
- As I was reaching for the canola oil in my cupboard last week while doing some baking, I got to looking at the different oils I have on hand. The canola oil and olive oil are at the front of the cupboard because those are the ones I use most often but I also have peanut oil and sesame oil. Some may wonder, like my husband, why I have four different kinds of oil. The kind of oil I use depends on what kind of food I'm preparing. For baking, I like to use canola oil but for roasting or sautéing vegetables, I use olive oil.
- When deciding what kind of oil you are going to buy, consider three things 1) what it will be used for, 2) how much it costs, and 3) nutrition. Below is a comparison of commonly used oils. You'll notice olive oil is more expensive than canola or vegetable oil, but keep in mind that typically recipes call for small amounts of olive oil so a bottle lasts a long time.

Type of Oil	Uses	Cost***	Unit price (per fl oz)
<b>Canola</b> (48 fluid oz)	Sautéing, baking, frying, marinating	3.59-4.59	.07-.09
<b>Olive</b> (17 fl oz)	Grilling, sautéing, roasting, spreads for breads	7.69-7.99	.45-.47
<b>Vegetable*</b> (48 fl oz)	Sautéing, baking, frying, marinating	3.18-4.39	.06-.09
<b>Peanut</b> (24 fl oz)	Stir-frying, roasting, deep frying, baking	3.58-4.98	.15-.21
<b>Sesame**</b> (8.45 fl oz) (12.7 fl oz)	Stir-frying (light), dressings/sauces (dark)	5.89-7.89	.70-.62

- \*usually made from a combination of corn, soybeans, and/or sunflower seeds
- \*\*there are light and dark versions of sesame oil
- \*\*\*Costs were found at grocery stores in Central Iowa

- Below is a chart that compares the nutritional value of different fats and oils. Saturated and trans fats raise cholesterol levels and are not heart-healthy. Polyunsaturated and monounsaturated are considered the ‘good’ fats. Oils high in monounsaturated fats are particularly heart healthy because they lower LDL levels, the ‘bad’ kind of cholesterol. Replacing the fats and oils that are higher in saturated and trans fats with those higher in monounsaturated and polyunsaturated fats is good for your health.



- I also noticed while in the grocery store a couple of new oil blends. There is a Natural Blend oil that is a combination of canola, sunflower, and soybean oil. It was \$3.59 for a 48 fluid ounce bottle. The other new one I noticed was called Omega and was a combination of canola and extra virgin olive oil. It was \$3.99 for a 48 fluid ounce bottle.
- For best quality store your oil in a cool, dark place and replace it if it smells “bitter” or “off.”
- Watch our recent ‘How To’ video and learn how to make your own salad dressing using the oils in your cupboard.