



**The consumption, product compliance and manufacturer insights of plant-based foods
in KwaZulu-Natal**

Camilla Govender

Thesis submitted in fulfilment of the requirements of the degree of:

Master of Applied Science in Food and Nutrition

Department of Food and Nutrition: Consumer Science

Faculty of Applied Sciences

Durban University of Technology

Supervisor: Prof Ashika Naicker

Date: 20 /08/2024

Co-supervisor

Makanjana

Date: 20/08/2024

DECLARATION

I, Camilla Govender, hereby declare that the research work presented in this thesis is my original work and all the materials used are appropriately acknowledged and explicitly referenced. A reference list is attached to the thesis.

I also confirm that the thesis has not been submitted in any of its part or entirety for any degree in any other institution of higher learning locally or internationally.

I therefore give permission that my work be available for replication and/or for re-printing, for inter-library loan, and for the title and abstract of my thesis to be made available to other educational institutions and students who may need it.

Student:

Camilla Govender

Date: 20/08/24

Supervisor:

Prof Ashika Naicker

Date: 20/08/24

Co-supervisor:

Dr Onwaba Makanjana

Date: 20/08/24

DEDICATION

I dedicate this thesis to:

My loving parents

Don and Vishie Naidoo

I am eternally grateful for your unconditional love, support and sacrifice.

In loving memory of

Mr Rajen Govender

&

Kamantha Perumal

A journey of a thousand miles begins with a single step.

LAO TZU

ACKNOWLEDGEMENT

First and foremost, I give thanks to God for his faithfulness, grace and mercy.

- I would like to express my deepest gratitude to everyone who crossed my path along my academic journey. Thank you for your encouragement and support.
- To my dear husband and daughter, Kimarah. I am forever grateful for having you in my life.
- To my loving family, thank you for believing in me even when I did not believe in myself. Thank you for walking this journey with me. I love you!
- To my dearest friend, Avy Naicker. You have been my pillar of strength. Thank you for assisting me so selflessly.
- To my Supervisor, Prof Naicker, thank you for your dedication and commitment. You have imparted a wealth of knowledge to me.
- To my Co-supervisor, Dr Makanjana, thank you for your mentorship and words of encouragement.
- To my Chemistry family (Mavis, Nompumelelo, Lyndon, Nhlanhla), thank you for helping and motivating me.
- To my research assistants and colleagues (Shivneta, Riashnie, Sandra, Ashlen, Saffia, and Siphosethu), thank you for your constant support and assistance.
- Thank you to Rivati for assisting me during my study leave.
- My heartfelt gratitude to Karina Palmer for your encouragement and friendship throughout the years.
- Thank you to Thamika and Kelly for being there to help and listen to my challenges.
- A special thank you to Gill Hendry and Mike Vermeer for the technical support.
- Thank you to the FoodBev SETA for funding my study.

TABLE OF CONTENTS

DECLARATION.....	I
DEDICATION.....	II
ACKNOWLEDGEMENT.....	III
LIST OF TABLES.....	VII
LIST OF FIGURES.....	VIII
LIST OF ABBREVIATIONS.....	IX
LIST OF APPENDICES.....	XI
CHAPTER ONE: INTRODUCTION.....	1
1.1 Introduction.....	1
1.2 Overview of plant-based diets and the importance of the study.....	1
1.3 Problem Statement.....	3
1.4 Aim of the study.....	3
1.5 Objectives.....	3
1.6 Assumptions.....	4
1.7 Study parameters.....	4
1.8 Outline of the study.....	4
1.9 Definitions of terms.....	5
1.10 Conceptual framework.....	5
1.11 Structure of the thesis.....	7
1.12 Conclusion.....	7
1.13 Referencing style.....	7
CHAPTER TWO: LITERATURE REVIEW.....	8
2.1 Introduction.....	8
2.2 A shift towards plant-based diets.....	8
2.3 Plant-based diets.....	9
2.4 Benefits of plant-based diets.....	11
2.4.1 Health benefits.....	11
2.4.2 Environmental benefits of plant-based diets.....	15
2.5 Metabolic effects of healthy and unhealthy plant-based diets.....	15
2.6. Limitations of plant-based diets.....	16
2.6.1 Nutrients.....	16
2.6.1.1 Vitamin B12 (Cobalamin).....	17
2.6.1.2 Proteins.....	17

2.6.1.3 Fatty Acids.....	17
2.6.1.4 Iron.....	18
2.6.1.5 Zinc.....	18
2.7 Consumer Challenges and Barriers.....	18
2.8 Plant-based meat alternatives (PBMA).....	19
2.8.1 Soy protein.....	20
2.8.2 Legume protein.....	20
2.8.3 Wheat gluten.....	20
2.9 Other alternative and emerging protein sources.....	21
2.9.1 Cultured meat.....	21
2.9.2 Insects.....	21
2.10 Plant-based milk alternatives.....	22
2.11 Plant-based legislation (developments in SA).....	22
2.12 Conclusion.....	23
CHAPTER 3: RESEARCH METHODOLOGY.....	25
3.1 Introduction.....	25
3.2 Research Design.....	25
3.2.1 Study design.....	25
3.2.2 Setting.....	25
3.2.3 Study population and sample size.....	26
3.3. Plant-Based Foods Consumer Survey.....	27
3.3.1 Measurement tool.....	27
3.4 Recruitment of participants for plant-based food consumption survey.....	28
3.5 Key Informant Interviews.....	31
3.6 The 24-hour food recall.....	32
3.7 Plant-based product availability and scientific and regulatory compliance.....	33
3.8 Adherence to COVID-19 Protocol.....	35
3.9 Statistical analysis.....	36
3.10 Data Quality Management.....	36
3.11 Validity.....	36
3.12 Reduction of bias.....	37
3.13 Ethical consideration.....	37
3.14 Conclusion.....	37
CHAPTER 4: RESULTS AND DISCUSSION.....	38

4.1 Introduction.....	38
4.2 Plant-based consumer survey	38
4.2.1 Demographic characteristics of participants	38
4.3 Key informant interviews with plant-based food manufacturers.....	43
4.4 Documentation of the scope of plant-based products in terms of availability and regulatory compliance	47
4.5 Dietary adequacy of plant-based diets	49
4.6 Discussion.....	52
4.6.1 Plant-based food consumption trends.....	53
4.6.2 Barriers to and facilitators of adoption of plant-based foods	54
4.6.3 Manufacturers insights into plant-based food trends and the market	55
4.6.3.1 Consumer-centric PBFs	55
4.6.3.2 Consumer-driven plant-based trends	56
4.6.3.3 Growth in the plant-based market.....	56
4.6.3.4 Dynamic and evolving PBF product development	56
4.6.3.5 Challenges in PBF manufacture and marketability	57
4.6.3.6 Insufficient government support	57
4.6.3.7 Market-related prices of plant-based foods.....	58
4.7 PBF database and regulatory compliance	58
4.8 Dietary adequacy of plant-based diets.....	59
4.9 Conclusion	59
CHAPTER 5 CONCLUSION AND RECOMMENDATIONS	60
5.1 Introduction.....	60
5.2 Summary of the findings.....	60
5.3 Strengths of the study.....	62
5.4 Limitations of the study	62
5.5 Recommendations.....	63
5.6 Conclusion	63
REFERENCES	64
APPENDIX A.....	72
APPENDIX B.....	78
APPENDIX C.....	79

LIST OF TABLES

Table 2.1: Types of plant-based diets.....	10
Table 3.1: Recommendations and amendments from the pilot study.....	28
Table 4.1: Consumption of plant-based food.....	39
Table 4.2: Drivers for consuming plant-based food	40
Table 4.3: Preferred plant protein source	41
Table 4.4: Barriers and facilitators that influence choice for plant-based food.....	40
Table 4.5: Summary of the themes and representative quotes emerging from key informant interviews.....	42
Table 4.6: Scope of plant-based food products available in retail outlets in KZN	47
Table 4.7: Types of plant protein used in plant-based products	48
Table 4.8: A list of plant-based products with health claims	49
Table 4.9: Mean nutrient intake by gender for both 24-hour food recalls.....	50
Table 4.10: Supplementation of participant's diets	52

LIST OF FIGURES

Figure 1.1: Outline of the research study	4
Figure 1.2: Conceptual framework of the study	6
Figure 2.1: An illustration of different plant-based diets.....	11
Figure 2.2: Cardioprotective mechanisms of healthy vegetarian diets.....	13
Figure 2.3: The impacts of a plant-based diet on the microbiome-gut brain axis.....	14
Figure 2.4: Metabolic effects of healthy and unhealthy vegetarian diets.....	16
Figure 3.1: Map of South Africa highlighting the province of KZN	26
Figure 3.2: Recruitment advert for participants	30
Figure 3.3: Guidelines for the key informant interviews	31
Figure 3.4: Recruitment of participants for the 24-hour food recall.....	32
Figure 3.5: Food sample measurement tools used in the 24-hour recall	33
Figure 3.6: Front of pack plant-based foodstuff label highlighting labelling regulatory requirements	34
Figure 3.7: Back-of-pack plant-based foodstuff highlighting labelling regulatory compliance	35
Figure 4.1: Demographic characteristics of participants.....	38
Figure 4.2: Plant-based meat alternatives product categories	41

LIST OF ABBREVIATIONS

AI	Adequate Intake
ALA	Alpha-Linolenic Acid
CAFO	Concentrated Animal Feeding Operations
CGCSA	Consumer Goods Council of South Africa
CHD	Coronary Heart Disease
CO ₂	Carbon Dioxide
DAFF	Department of Agriculture Forestry and Fisheries
DALRRD	South African Department of Agriculture, Land and Reform
DHA	Docosahexaenoic Acid
DOH	Department of Health
DRI	Dietary Reference Intakes
DUT	Durban University of Technology
EAR	Estimated Average Requirements
EAT	Environmental Assessment and Reference Tool
EPA	Eicosapentaenoic Acid
GHG	Green House Gases
IgE	Immunoglobulin E
IOL	Independent Online
IREC	Institutional Research Ethics Committee
KZN	KwaZulu-Natal
LI	Lactose Intolerance
MS	Microsoft
NCDs	Non-communicable Diseases
OECD-FAO	Organisation for Economic Co-operation and Development and the

	Food and Agricultural Organisation
PBFS	Plant-Based Food Sources
PBMA	Plant-based Meat Alternatives
QUID	Quantitative Ingredient Declaration
SA	South Africa
SAMRC	South African Medical Research Council
SPSS	Statistical Package for Social Sciences
TVP	Textured Vegetable Protein
USD	United States Dollar
WHO	World Health Organisation

LIST OF APPENDICES

Appendix A: Plant-based food consumer survey.....	76
Appendix B: Letter of Information-Consent letter.....	79
Appendix C: Key Informant Interview Guide.....	82
Appendix D: 24-Hour Food Recall.....	83
Appendix E: Plant-based food template	84
Appendix F: IREC Approval letter	85
Appendix G: Plant-based food database.....	104

ABSTRACT

Background: The term plant-based diet focuses predominantly on the consumption of food from plants. A plant-based diet consists mainly of wholegrains, fruits, vegetables, legumes, nuts, seeds and may also include more processed food products made from these ingredients. Food is the single most powerful lever to optimise human health and environmental sustainability. A large body of work has emerged on the environmental impact of various diets. As per the findings of the Environmental Assessment and Reference Tool (EAT)-Lancet Commission, many studies have concluded that a diet rich in plant-based foods (PBFs) has improved health and also environmental benefits. This transition has led to a noteworthy increase in the demand for PBFs globally, and South Africa is no exception.

Aim: This study aimed to determine the consumption, product compliance and manufacturer insights of plant-based foods in KwaZulu-Natal (KZN).

Methods: This study used a mixed methods approach, namely, qualitative and quantitative research methodology. The first objective of this study was to determine the consumption of PBFs and identify barriers and facilitators influencing the adoption of plant-based diets through a consumer survey. The study's second objective was to document the scope of plant-based products in terms of availability through in-store and online observations that were available in KZN. All products were analysed to determine the scientific and regulatory compliance of plant-based products by analysing food labels according to the Foodstuffs, Cosmetic and Disinfectant Act (Act 54, 1972), R146 Regulation relating to the labelling and advertising of foodstuffs. The qualitative aspect of the study delved into the product development practices, trends and challenges of plant-based manufacturers in South Africa through key informant interviews. The adequacy of the diet among consumers (n=100) who consumed plant-based foods was assessed through two 24-hour food recalls and analysed for dietary adequacy.

Results: Three hundred and eighty consumers participated in the online survey, of which 67.7% (n=259) of participants were women and 31.3% (n=120). Regarding the frequency of consumption of PBFs, 47% (n=180) of participants consumed PBFs between 2 to 3 times a week, 27.7% (n=106) of participants consumed PBFs daily, 17.2% (n=66) of participants consumed PBFs once a week, and 4.2% (n=16) of participants consumed PBFs once a month. A significant 63.4% (n=243) of participants indicated that they spend at most R60.00 on plant-based products, $p < 0.001$. Using the binomial test to assess if any response option was selected significantly more than others, a significant number of participants (80% n=307) $p < 0.001$,

reported that they consumed PBFs for health reasons, followed by 37% (n=142) who reported that they consumed PBFs due to religious reasons. A significant 64% (n=245) and 58.5% (n=224) of participants reported that the most common format of plant-based meat alternatives that they consumed were burgers and sausages, respectively ($p < 0.001$). The findings of this study also revealed that there are many challenges and barriers that are associated with the adoption of PBFs. This study found that 58.5% of participants (n=224) reported that PBFs were expensive ($p < 0.001$), and 40.5% of participants (n=155) indicated that PBFs were limited and lacked variety.

A comprehensive database of plant-based products (n=431) in the South African market was documented through in-store and online observations. Eighty-nine percent (n=386) of the products documented were manufactured in South Africa.. Regarding South Africa's labelling regulation, 95% (n=411) of the plant-based products complied with legislation.

Key informant interviews were conducted with manufacturers to understand the market trends and constraints within the South African plant-based food sector. Key themes emerging from the key informant interviews included consumer-centric PBFs, consumer-driven plant-based trends, growth in the plant-based market, dynamic and evolving plant-based product development, challenges in PBF manufacture and marketability, insufficient government support and market-related price of PBFs.

Furthermore, the adequacy of plant-based diets was analysed using the 24-hour food recall (n=92). The majority of nutrients fell below the EAR for both males and females. Both groups exhibited dietary inadequacies in specific micronutrients: vitamin D, folate, vitamin B12, and iron. Dietary inadequacy of specific micronutrients was noted for vitamin D, Folate, vitamin B12 and iron in both groups. However, there was notable carbohydrate excess intake across both groups and genders, surpassing the recommended estimate for energy.

Conclusion:

This study comprehensively examined the consumption patterns, product compliance, and manufacturer insights of PBFs in KZN. The findings reveal a growing interest in flexitarian diets and frequent consumption of PBFs, driven primarily by health motivations but hindered by cost and limited variety. Retail availability of PBFs in KZN is extensive, offering consumers a wide range of choices in both fresh and frozen categories, reflecting the robust state of the plant-based industry in KZN and it can be reasonably generalised to the whole country.

Regulatory compliance among PBFs is generally high, although small-scale manufacturers occasionally fall short of labelling standards. Manufacturer insights indicate a consumer-driven demand for PBFs that closely mimic meat products, necessitating innovation and regulatory support to stabilise this emerging market. Nutritional assessments of plant-based diets highlight a critical need for dietary supplementation to address deficiencies in essential vitamins and minerals such as B12, iron, and zinc. The study underscores the importance of nutrition education to guide consumers towards healthier food choices within plant-based diets. In conclusion, while the plant-based food sector in KZN is expanding and meeting many consumer needs, there are significant opportunities for improvement in product variety, affordability, regulatory compliance, and nutritional adequacy. Addressing these challenges through coordinated efforts among stakeholders can further enhance the adoption and benefits of plant-based diets. The conclusions drawn from this study can be reasonably generalised to metropolitan areas of the whole country.

CHAPTER ONE: INTRODUCTION

1.1 Introduction

Chapter One provides an overview of the research study, which focuses on plant-based foods (PBFs) and plant-based diets. The significance of the research study and problem statement are briefly outlined. The aim, objectives, assumptions, study parameters, the structure of the thesis and the conceptual framework of the study are provided in this introductory chapter.

1.2 Overview of plant-based diets and the importance of the study

Plant-based foods are primarily derived from plants, including fruits, vegetables, herbs, and spices, as well as food products derived from these ingredients (Eisenreich and Schäfer 2023: 1). The term 'plant-based diet' focuses predominantly on the consumption of PBFs. (Fehér et al. 2020: 2). A plant-based diet consists mainly of wholegrains, fruits, vegetables, legumes, nuts and seeds (Wyker and Davison 2010: 170). According to Lang (2020:2), three main reasons exist for transitioning from meat-based to plant-based diets. These include a healthier lifestyle, environmental sustainability, and animal welfare. This move has resulted in a significant demand for PBFs. The consumption of PBFs is a global trend, and certain segments of the population in both developed and developing countries appear to be increasingly aware of and interested in PBFs and plant-based diets. Likewise, in South Africa, more people are embracing plant-based diets. This is evident in the increasing demand for PBFs as more products are emerging in the South African market, and major retailers, including Hyper Checkers, Woolworths, SPAR and Pick n Pay, are offering more plant-based brands to consumers (Szejda et al. 2021: 2).

Food is the single most powerful lever to optimise human health and environmental sustainability of the Earth (Willett *et al.* 2019: 147). A large body of work has emerged on the environmental impact of various diets. As per the findings of the EAT-Lancet Commission (2019: 7), many studies have concluded that a diet rich in PBFs has improved health and environmental benefits. Essentially, diets that limit the use of meat and promote PBF consumption have been proven to improve overall health (McMacken and Shah 2017: 342; Willett *et al.*). Plant-based diets are associated with lower blood pressure, cholesterol, blood sugar, and reduced body weight. The improved health conditions often translate to a lower risk of heart disease, diabetes, cancer, and other diseases (Selinger *et al.* 2022: 4). Eating more PBFs could help reduce the risk of some of the aforementioned health conditions and allow

people to live longer (EAT-Lancet Commission 2019:9). However, according to Lang (2020:1), most populations found that reducing consumption of meat products was easier than entirely replacing meat with PBFs, as among mainstream consumers, PBFs are perceived as unfamiliar and unappealing, resulting in poor acceptance. Cardiometabolic diseases, including obesity, stroke and heart disease, are often the result of poor lifestyle choices. Chronic diseases are the leading contributors to high mortality rates (WHO 2021). The effectiveness of a vegetarian diet has been shown to contribute to the treatment of atherosclerotic plaque (Kahlevo, Levin and Barnard 2017:2). The prevalence of type-2 diabetes is rising globally (McMacken and Shah 2017: 342). A sedentary lifestyle and poor eating habits, including refined and fast foods, are key drivers of diabetes. These diseases can be managed through plant-based diets that assist with regulating insulin levels. Plant-based diets offer increased insulin sensitivity, resulting in improved glycemic control (Kahleovu et al 2011).

Current diets in developed and developing countries are dominated by the consumption of high levels of animal-based foods, which are linked to various adverse health outcomes and negatively impact the environment (Willett *et al.* 2019: 449). Transitioning to increased plant-based food consumption and reducing dependence on animal-based foods is not only seen as beneficial to human health but also has positive implications for a more sustainable food system. In this way, PBF contributes to reducing greenhouse gas emissions associated with human food production (EAT-Lancet Commission 2019: 17).

The increased trend towards PBFs has led to the development of innovative plant-based products, such as plant-based meat alternatives (PBMA), to facilitate a smoother transition for consumers. Plant-based meat alternatives refer to PBFs developed to replicate the sensory attributes of meat by using plant protein to manufacture products such as plant-based burgers and plant-based sausages. The substitution of PBMA allows the consumer to experience flavours and textures that replicate meat products (Estell, Hughes and Grafenaur 2021:2). Whilst there is an increasing shift towards PBFs, there are concerns about food safety and labelling, and consumers are demanding clear information and regulation to allow them to make informed decisions about the food products they choose to consume (Alcorta *et al.* 2021: 1). This is evident in the 'clean label trend' which is gaining popularity globally. Consumer perceptions impact pre-purchase decision-making, significantly influencing the acceptance of plant-based products currently offered in the market (Aschemann-Witzel and Peschel 2019:1).

Plant-based food products have significantly grown in the market. The future of plant-based meat alternatives is promising. There is significant interest and movement towards plant-based diets, primarily for health and sustainability reasons. Research in this area is imperative to address consumer concerns and reduce nutritional inadequacies among people who follow a plant-based diet (Estell, Hughes and Grafenaur 2021:13).

1.3 Problem Statement

Despite the growing popularity of PBFs in South Africa, several barriers hinder their widespread acceptance, including unfavourable taste profile, textures and inadequate nutritional content. As a result, many consumers are hesitant to adopt PBFs in their diet. Furthermore, the processed and ready-to-eat PBF market in South Africa is expanding, but it is unclear how manufacturers are responding to consumer demands and regulatory requirements. The study aims to explore the consumer perspective on the transition towards PBFs and investigate the strategies employed by South African PBF manufacturers to address the rising consumer interest and demand for PBFs including their approaches to legislation.

1.4 Aim of the study

This study aimed to determine the consumption, product compliance and manufacturers' insights into plant-based foods in KwaZulu-Natal (KZN).

1.5 Objectives

- To determine the consumption of plant-based foods and identify barriers and facilitators influencing the adoption of plant-based diets through a consumer survey questionnaire.
- To document the scope of plant-based products in terms of availability through in-store and online observations.
- To determine the scientific and regulatory compliance of plant-based products by analysing food labels.
- To conduct key informant interviews with manufacturers of plant-based foods to determine trends in plant-based food product development.
- To assess the adequacy of the diet of consumers that only consume plant-based foods through two 24-hour food recalls.

1.6 Assumptions

- All responses to the plant-based consumer survey, the 24-hour food recall and the key informant interviews were assumed to be accurate and unbiased.
- It was assumed that all participants in the study could comprehend English as it was the primary language used to communicate with participants.

1.7 Study parameters

- The study population for the plant-based consumer and the 24-hour food recall was limited to KZN.
- Only adults who consumed PBFs were eligible to participate in the study.
- The 24-hour food recall was completed twice by 100 participants who only consumed plant protein and no meat and eggs (lacto-vegetarians).

1.8 Outline of the study

Figure 1.1 provides the activities of the research study.

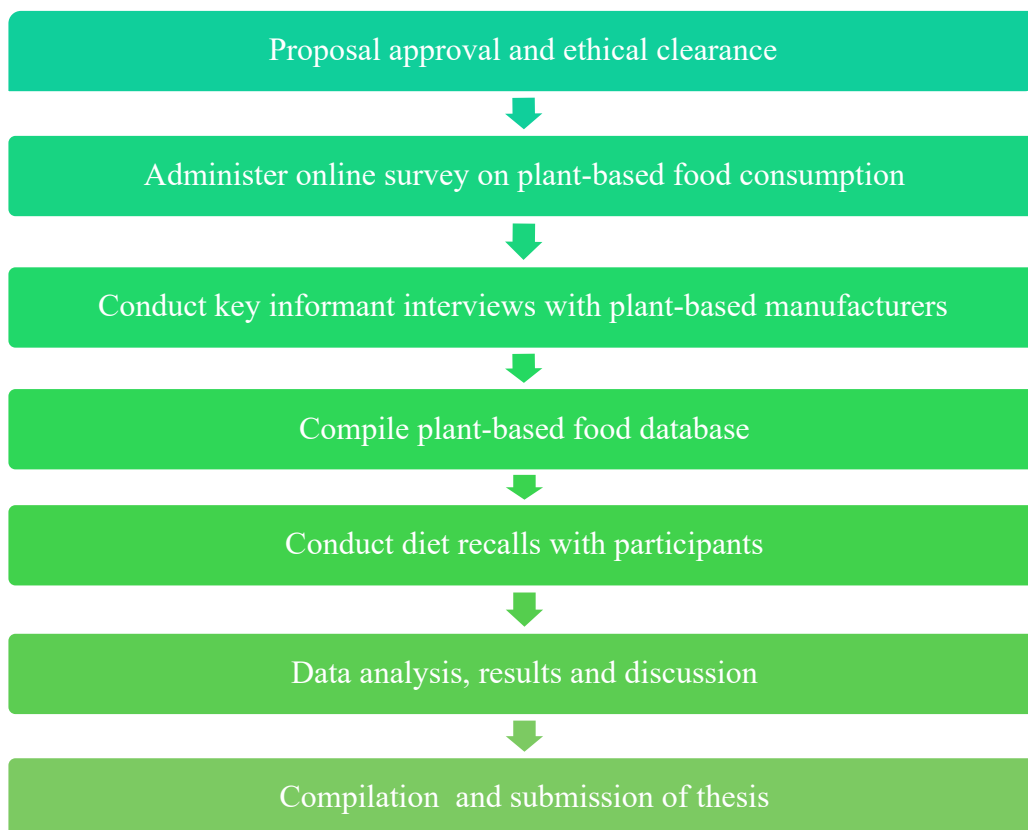


Figure 1.1: Outline of the research study

1.9 Definitions of terms

Consumer: Any person engaged in the consumption process is a consumer (Jisana 2014).

Food allergens: Food allergies are Immunoglobulin E (IgE) mediated immunological reactions (Barni *et al.* 2020: 1).

Label: “Any tag, brand, mark, pictorial, graphic or other descriptive matter which is written, printed, stencilled, marked, embossed, impressed upon, or permanently attached to a container of foodstuff and includes labelling to promote its sale or disposal.” (Department of Health 2010:8).

Meat analogues: A meat analogue, also called a meat substitute, mock meat, faux meat or imitation meat, approximates certain aesthetic qualities and chemical characteristics of specific types of meat (Joshi and Kumar 2015: 107).

Plant-based diets: Diets that are low in or free from animal derivatives (Hu 2003: 543).

Plant-based foods: Plant-based foods are primarily derived from plants, including fruits, vegetables, herbs, and spices, as well as food products derived from these ingredients (Eisenreich and Schäfer 2023: 1).

Plant-based meat alternatives: May also be referred to as meat analogues, meat replacement, faux meat or mock meat (Thavamani, Sferra and Sankararaman 2020: 346).

Vegan: Excludes all animal products (Tuso *et al.* 2013: 62).

Welfare: Refers to the state of an individual in relation to its environment (Broom 1991: 4167).

1.10 Conceptual framework

In Figure 1.2, the conceptual framework of the study provides a structured approach to investigating the factors influencing consumer acceptance and barriers of PBFs and guides the research design, data collection and analysis.

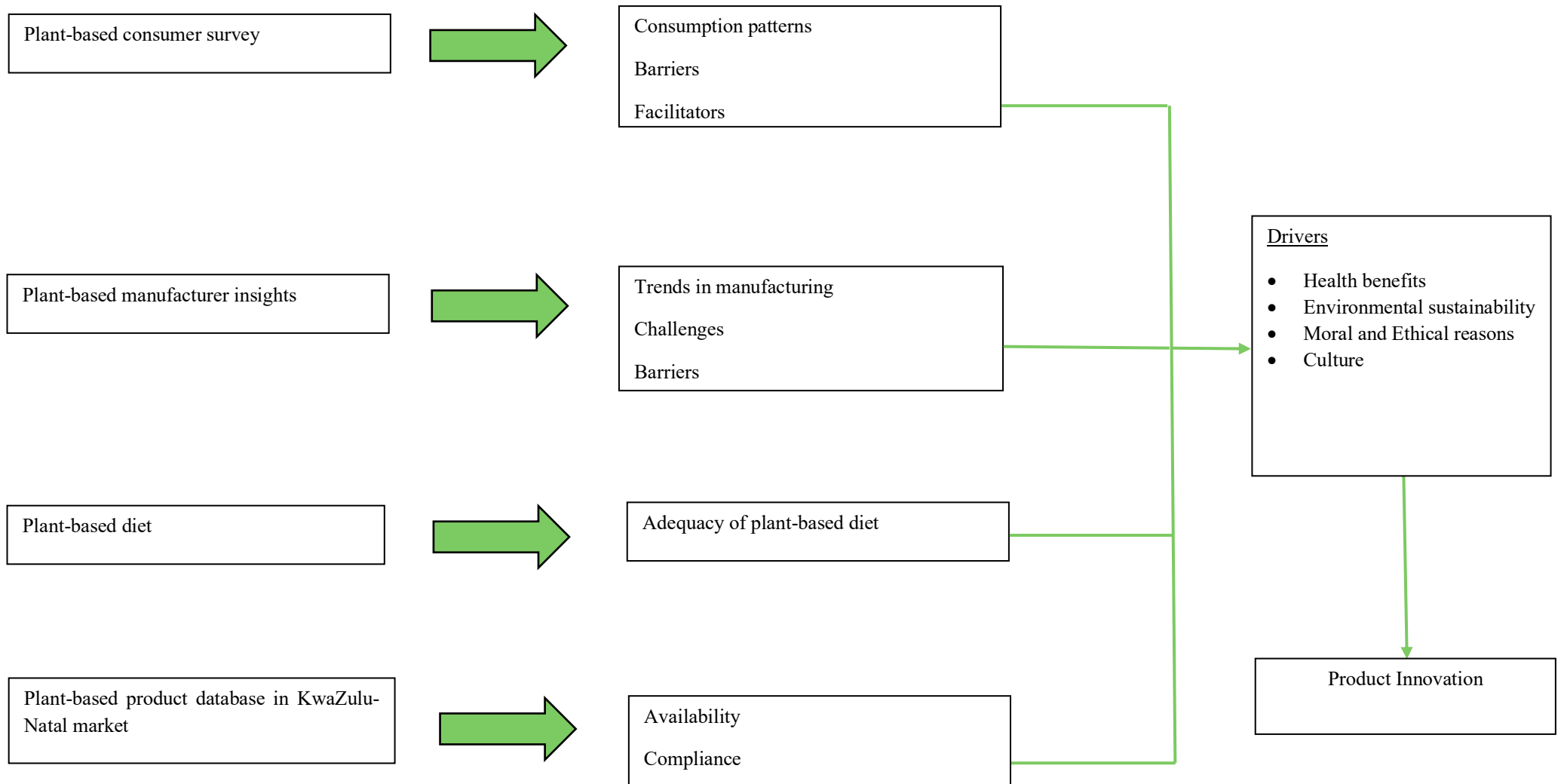


Figure 1.2: Conceptual framework of the study (Govender 2023)

1.11 Structure of the thesis

The structure of the study is documented according to the following sequence and format.

Chapter 1: Introduction

This chapter outlines the study's background and context. The introduction chapter highlights the research's problems, objectives, significance, and scope and provides an overview of the thesis structure.

Chapter 2: Literature Review

This chapter provides an in-depth review of the relevant literature related to the research study's scope. The literature review contextualises the research problem and identifies gaps and limitations in existing research.

Chapter 3: Methodology

This chapter outlines the research design, data collection methods, data analysis techniques and ethical considerations.

Chapter 4: Results and Discussion

In this chapter, the results of the study are presented. The results are discussed and interpreted in relation to the research problem and objectives.

Chapter 5: Conclusion and Recommendations

In this chapter, deductions are made, and areas of future research are recommended.

1.12 Conclusion

This chapter has provided an overview of the importance of plant-based diets and the background of the study. The number of people following plant-based diets has increased steadily over the years, creating a demand for PBFs. Despite the health benefits and positive environmental impact, the transition towards PBFs among consumers and food manufacturers is fraught with challenges, such as consumer resistance, regulatory hurdles and the lack of government support to the PBF sector. The following chapter provides a review of the relevant literature on PBFs, focusing on the benefits and challenges of plant-based diets and the trends in PBFs.

1.13 Referencing style

The prescribed referencing style used for this thesis follows the Durban University of Technology (DUT) Harvard referencing guide (Mitha, Naidoo and Thomas 2017).

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

The recent global shift towards plant-based diets has sparked scholarly interest in understanding this transition. Chapter Two provides a review of the relevant literature with a focus on the factors leading to the transition to plant-based diets and related subtopics, including the benefits and challenges.

2.2 A shift towards plant-based diets

Plant-based foods are increasingly being produced, distributed, sold and consumed on a global scale as a result of growing consumer awareness, a demand for clean-label products, widespread initiatives to promote and adopt sustainable practices and the increasing concern for animal welfare (Tachie, Nwachukwu and Aryee 2023: 1). India and China are known to be the two Asian countries that have [historically] adopted plant-based diets. Tempeh, tofu and seitan have been consumed in Asian countries for many centuries. These indigenous plant protein products were commonly used in Buddhist and vegetarian dishes. The number of vegetarians in developed countries has increased, resulting in the emergence of more plant alternative products (He *et al.* 2020: 2643). The shift towards veganism is growing globally, especially in developed Western societies. Countries that have shown an upward trend towards plant-based diets include the United Kingdom, Germany and Italy (Alcorta *et al.* 2021: 2). The number of vegans in America increased from approximately four million in 2014 to 19.6 million in 2017 (Alcorta *et al.* 2021). Furthermore, a national nutrition study conducted in the United Kingdom by Alae-Carew *et al.* (2022:1) reported a nearly two-fold increase in individual consumption of PBMA (13.1%) between 2017 and 2019. According to a report by Markets and Markets (2021), it is projected that the global market for plant-based meat substitutes is anticipated to grow from USD 1.6 billion in 2019 to USD 3.5 billion by 2026. Plant-based meat replacements, such as burgers (USD 283 million), sausages and hot dogs (USD 159 million), were the top-selling meat substitute foods in 2019 (Alcorta *et al.* 2021: 2). However, data on consumption of minimally processed whole plant-based foods are limited.

There are key drivers of plant-based products. Excessive meat consumption, especially red meat, is linked to the development of many non-communicable diseases (NCDs) (Chung, Li and Liu 2021). For this reason, more people are moving towards plant-based foods for improved health and lifestyle. Livestock farming has a detrimental impact on resources such

as land and water, and greenhouse emissions. Plant-based farming and agriculture have a lower environmental impact and are, therefore, more sustainable. Animal activists are also concerned about animal suffering, and this has influenced the moved towards veganism.

South Africa is increasingly promoting healthier and more sustainable practices through a range of policies, programmes and interventions to improve public health and nutrition (National Department of Health 2023). Initiatives such as the adoption of the United Nations Sustainable Development Goals (SDGs), particularly SDG3 (good health and well-being) and SDG 12 (responsible consumption and production) (United Nations 2015). This is in response to the high prevalence of obesity (28%) and heart disease affecting adults (Organisation for Economic Co-operation and Development and the Food and Agricultural Organisation) (OECD-FAO 2020). Furthermore, South Africa is ranked as the ninth highest consumer of beef, which causes strain on the ecosystem. While concentrated animal-feeding food production operation (CAFO) systems offer cost-effective meat production, continuously expanding and relying on these systems is not a sustainable solution as it raises significant concerns regarding public health, the environment, and animal welfare (Santo *et al.*, 2020). Therefore it is important to shift to healthier practices and explore alternate protein sources (Szejda *et al.* 2021: 2).

2.3 Plant-based diets

According to Tusso *et al.* (2013:62), the plant-based shift can be linked and categorised to specific diets. Consumers following a diet aiming to reduce meat consumption fall into several categories driven by dietary trends (Wicks and Wentzel-Viljoen 2021). Flexitarians opt for meals with less or no meat if available, whilst Reduceterians strive to eat less meat. Climetarians, as another example, base their food choice on the carbon footprint of the foods they consume (Wicks and Wentzel-Viljoen 2021).

There are many subsets of plant-based diets, which may include animal derivatives such as milk, eggs, and fish (Craig *et al.* 2021). Plant-based diets are further classified based on the food groups being excluded. Vegan diets are exclusive of all sources of animal protein and by-products (Alcorta *et al.* 2021: 62). The different types of plant-based diets, as described by Alcorta *et al.* (2021:62), follow in Table 2.1.

Table 2.1: Types of plant-based diets (Alcorta *et al.* 2021:62)

Plant-based diet	Description
Vegan	This diet prohibits the consumption of all animal products.
Raw food, vegan	Follows the same principles as vegan; however, does not permit foods cooked at temperatures greater than 47°C.
Lacto-vegetarian	Diet includes dairy products (milk), excludes egg, meat, fish and seafood.
Ovo-vegetarian	Includes egg but prohibits dairy, meat, fish, and seafood.
Lacto-ovo-vegetarian	Includes milk and egg in the diet, excludes meat, fish and seafood.
Whole foods, plant-based	Maximises the use of foods in ‘raw’ or whole form, allowing for optimum absorption of nutrients. This diet limits animal products.
Flexitarian	A diet that includes PBFs as well as meat, egg, fish and dairy in moderation.
Vegetarian	Diet that includes PBFs and may include eggs, dairy and honey.

Figure 2.1 provides an overview of the different types of plant-based diets aligned to the inclusions and exclusions of different food groups. Vitamin B12 intake increases as the diet progresses from vegan to omnivore, whilst the sustainability of the diet increases with more PBFs (Niklewicz *et al.* 2022: 3).

	Vegan	Lacto-vegetarians	Ovo-vegetarians	Lacto-ovo vegetarians	Pescatarian	Flexitarian*	Omnivore
Fruits, vegetables, legumes, and nuts	✓	✓	✓	✓	✓	✓	✓
Dairy products	✗	✓	✗	✓	✓	✓	✓
Eggs	✗	✗	✓	✓	✓	✓	✓
Fish and seafood	✗	✗	✗	✗	✓	✓	✓
Meat	✗	✗	✗	✗	✗	✓	✓
Vitamin B ₁₂ found from foods in diet* ¹	None High 						
Sustainability of diet	High Low 						

Figure 2.1: An illustration of different plant-based diets (Niklewicz *et al.* 2022: 3)

2.4 Benefits of plant-based diets

2.4.1 Health benefits

The World Health Organisation (WHO) defines ‘healthy’ as a state of complete physical, mental and social well-being and not just the absence of disease. Essentially, diets that limit meat use and promote plant use are proven to improve type-2 diabetes (McMacken and Shah 2017: 342). Plant-based diets are associated with improved cardiovascular health and lower body mass index compared to non-vegetarians (Kahleova, Levin and Barnard 2017: 2). These improved health measures often translate to less risk of diabetes, cancer, and other diseases (Dinu *et al.* 2017: 3642). Eating more whole, plant-based foods could help reduce the risk of some health conditions and might even help people live longer (EAT-Lancet Commission 2019:9).

Whole food consumption of fruit, vegetables, plants and legumes provides macronutrient, micronutrient and bioactive components that enhance metabolic functions (Tuso, Stoll and Li

2015: 62). An increased consumption of fruit and vegetables which contain large amounts of polyphenols is beneficial in mitigating the risk of coronary blockages and [artery] narrowing (Mintel *et al.* 2009). The efficacy of purely vegetarian diets has proven to help treat atherosclerotic plaque (Kahleova, Levin and Barnard 2017: 63). Atherosclerosis is linked to a high intake of meat, fat, and carbohydrates in the Western diet. Hence, endothelial dysfunction is triggered by progressive damage to the endothelial cells lining the circulatory system, including the heart (Tuso, Stoll and Li 2015: 65). Plant-based diets are higher in polyunsaturated and mono-unsaturated fats, which reduce insulin sensitivity and reduce cardiometabolic risk compared to meat-based diets that have higher saturated fat content (Kahleova, Levin and Barnard 2017: 6).

A systemic review of eight research studies conducted on Seventh-Day Adventist vegetarians showed that there was 40% less risk of heart disease compared to individuals who consumed meat (Hemler and Hu 2019a: 8). Furthermore, a prospective cohort study among 131,000 men and women reported that substituting animal protein with plant protein helped increase longevity (Song *et al.* 2016: 1). Soluble fibre's viscous gel formation may also delay digestion and prolong nutrient absorption, increasing satiety and suppressing post-prandial insulinemic and glycemic reactions (Łuszczki *et al.* 2023: 2). In a study on the perceived benefits of plant-based diets among dietitians in KZN, the strongest perceived benefits of a whole-food plant-based diet were its association with increased fibre intake and the decreased consumption of saturated fats (Rensburg and Wiles 2016: 1).

Plant-based diets may work through various mechanisms, such as improved glucose control, reduced inflammation, and changed neurotransmitter metabolism through food consumption or digestive function.

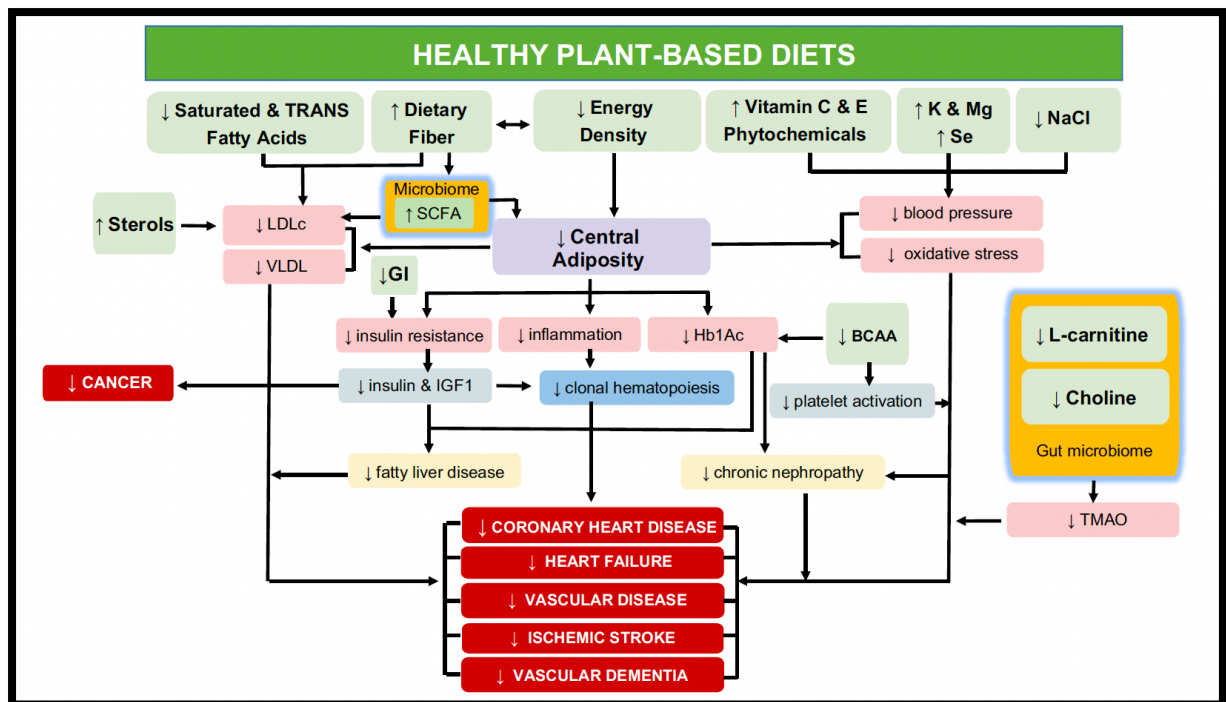


Figure 2.2: Cardioprotective mechanisms of healthy vegetarian diets (Wang *et al.* 2023: 3426)

In figure 2.2, Wang *et al.* (2023: 3426) further underscore the examination of well-designed and balanced plant-based diets to determine the precise mechanisms that contribute to their positive impact on reducing the risk of coronary heart disease (CHD) and potentially mitigating cancer and dementia. Several factors have been hypothesised to play a role, including (i) the lipid-lowering effect, (ii) glucose-lowering, insulin sensitising, and hormonal effects, (iii) safeguarding against oxidative stress, inflammation, and hypertension, and (iv) the production of intestinal microbial metabolites that influence metabolic and immune health as illustrated in Figure 2.2.

A systematic review by Medawar *et al.* (2019: 10) explored the cognitive effect on neuro functions and behaviours associated with consuming plant-based food (Figure 2.3).

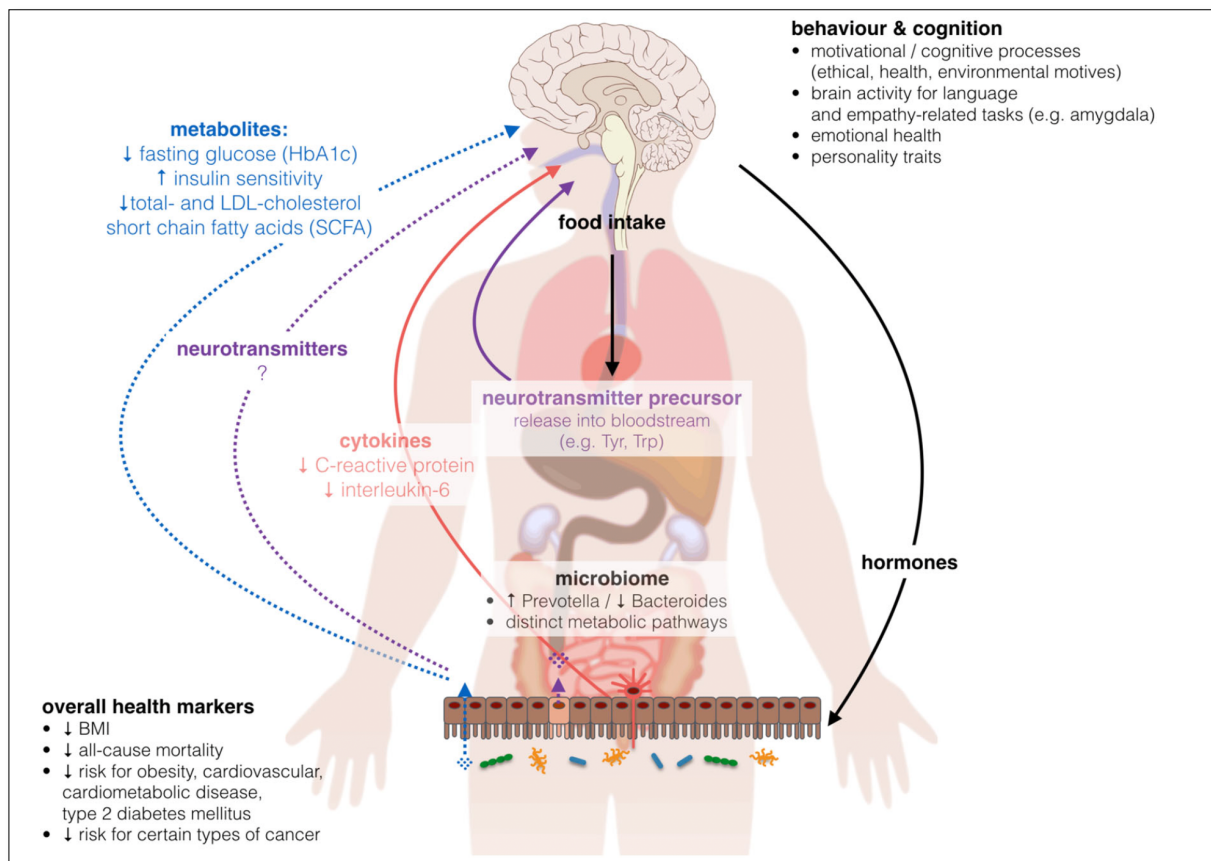


Figure 2.3: The impacts of a plant-based diet on the microbiome-gut-brain axis (Medawar *et al.* 2019: 10)

Pinpointing the presumed beneficial effects of a plant-based diet on metabolic status to one specific component or characteristic appears challenging, as evident in Figure 2.3. It is improbable that the low energy content of some plant-based diets can account for all the observed effects. Instead, plant-based diets might influence various pathways, such as enhancing glycaemic control, reducing inflammatory activity, and modifying neurotransmitter metabolism through dietary intake or intestinal activity (Medawar *et al.* 2019: 10). According to Medawar *et al.* (2019: 1), more studies and research are needed in this area for more conclusive results.

Diabetes mellitus is associated with high blood glucose levels and is a leading cause of mortality globally. The prevalence of type-2 diabetes is rising rapidly. Sedentary lifestyles and poor eating habits, which include refined and fast foods, are key drivers of diabetes. The management of type-2 diabetes through plant-based diets assists with regulating insulin levels (Key, Papier and Tong 2022: 192). A study conducted by the European Prospective

Investigation into Cancer and Nutrition (EPIC) OXFORD that included 65000 men and women residing in the United Kingdom (UK) showed that the risk of diabetes in vegans and vegetarians was 35% and 47% lower, respectively, compared to diets with meat. Plant-based diets are linked to an improved glycaemic index, which reduces the long-term risk of diabetes mellitus (Niklewicz *et al.* 2022: 4)

2.4.2 Environmental benefits of plant-based diets

A current global challenge is determining how to provide food to an ever-growing population while mitigating the impact on the ecosystem. Animal welfare and the effects of livestock farming and its influence on natural resources, including water, land, and greenhouse gas (GHG) emissions, remain a concern (Zhang *et al.* 2021: 702). By the year 2050, the global population is projected to reach 9 billion (Bonny *et al.* 2015: 256). According to (Willett *et al.* 2019: 448), biodiversity should be preserved to feed a population of approximately 10 billion people sustainably. Methane and nitrous oxide levels should not rise further, and nitrogen pollution should be reduced. There are massive differences in the GHG emissions of different foods. For instance, one kilogram of beef emits 60 kilograms of greenhouse gases (CO₂-equivalents), whereas one kilogram of peas emits just 1 kilogram. In general, animal-based foods tend to have a higher footprint than plant-based (Poore and Nemecek 2018: 3).

The livestock industry depends on water and land resources, which are becoming limited due to environmental and climatic changes (Godfray *et al.* 2018: 1). There are significant trends towards plant-based diets. Promoting more plant-based diets will be crucial as the population increases whilst climate change continues to challenge our planet's ability to produce food, which endangers future food security (Hemler and Hu 2019b: 276). The transition to plant-based diets will preserve resources, safeguarding the environment (He *et al.* 2020: 2641). Due to the gap between future demand and current meat supply capacity, there is a growing desire for meat replacements as a protein source (Lee *et al.* 2020: 1533). In developing countries, meat as a protein source is expensive or scarce; therefore, PBMA are developed to ensure that the producers can meet the dietary requirements of consumers through non-meat derivatives (He *et al.* 2020: 2644).

2.5 Metabolic effects of healthy and unhealthy plant-based diets

Whilst a plant-based diet has several benefits, an unhealthy plant-based diet that heavily relies on ultra-processed foods, refined grains, sugary snacks, and high-fat plant-based alternatives might lead to nutritional deficiencies, elevated levels of added sugars, unhealthy fats, and

excessive sodium intake, as illustrated in Figure 2.4. Such diets can increase the risk of obesity, diabetes, and cardiovascular issues despite being plant-focused. The important factor to consider is balancing the types of foods consumed to mitigate chronic health issues (Wang *et al.* 2023: 3425).

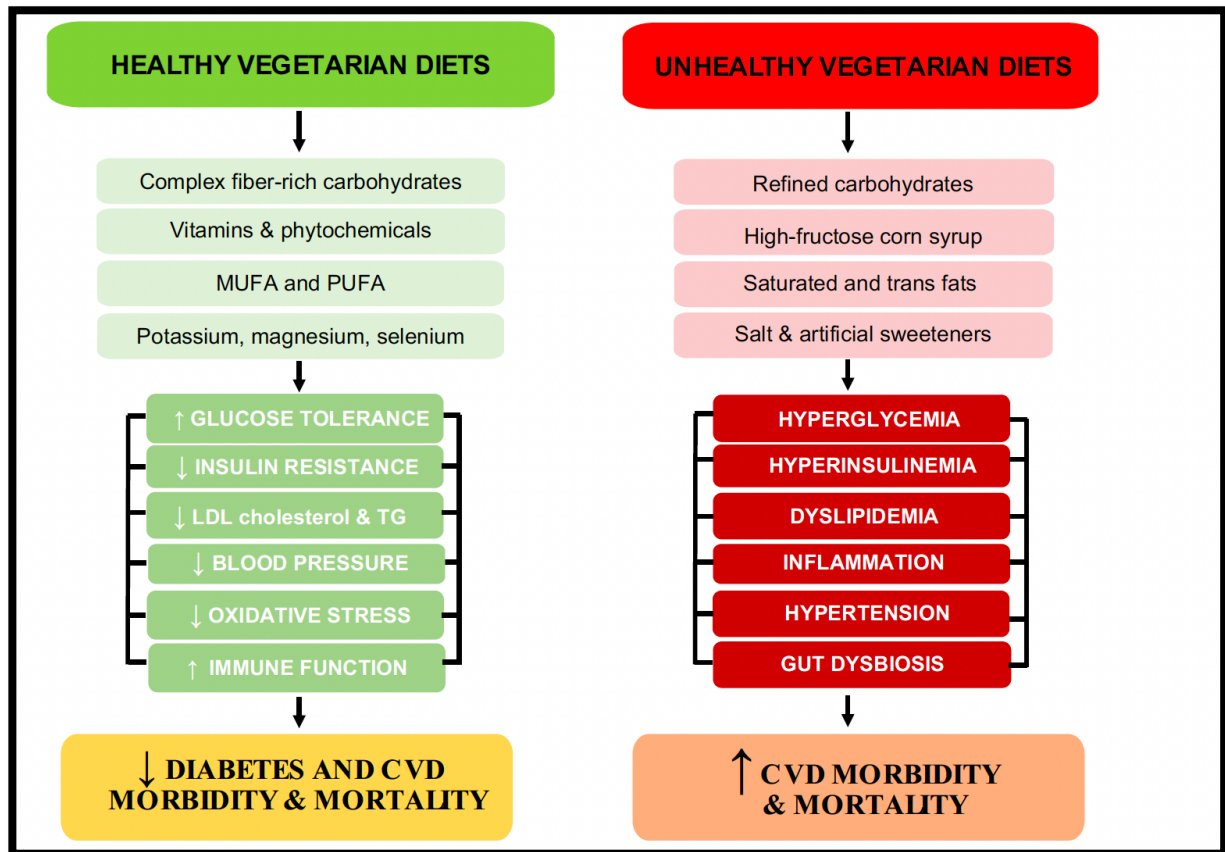


Figure 2.4: Metabolic effects of healthy and unhealthy vegetarian diets (Wang *et al.* 2023: 3425).

2.6. Limitations of plant-based diets

2.6.1 Nutrients

According to (Craig *et al.* 2021: 2), eight types of nutrients are compromised, especially when following strict plant-based diets. The nutrients of concern include calcium, iron, zinc, iodine, vitamin D, omega-3 fatty acids, protein, and vitamin B12. A systematic review was conducted on the vegan Western population to assess if nutrient intake adequacy was in accordance with WHO recommendations for human health. The study population were non-supplemented vegans. Protein, niacin, calcium, zinc, potassium, vitamin B2 and vitamin B12 were below the recommended threshold. Both macro- and micronutrient deficiencies were reported among individuals following a plant-based diet (Bakaloudi *et al.* 2021: 10).

2.6.1.1 Vitamin B12 (Cobalamin)

Vitamin B12 plays a pivotal role in the body's metabolic processes, including the formation of red blood cells, neurological function, and DNA synthesis, throughout the human life cycle and, more especially, during gestation (Niklewicz *et al.* 2022: 1511). Vitamin B12 is primarily found in ASFs and can be a challenge for those who follow a vegetarian or vegan diet. A lack of vitamin B12 may lead to neuro and cognitive disorders such as memory loss and anaemia (Hever 2016: 95). Vegan pregnant women are at a higher risk of vitamin B12 deficiency, especially when there is no supplementation. The British Dietetic Association (BDA) recommends that a reputable and good-quality vitamin B12 supplement be used as there is no evidence of alternative plant-based B12 sources that can fulfil dietary requirements (Niklewicz *et al.* 2022). A study conducted by EPIC Oxford on a cohort of vegan males indicated that 52% of the participants had serum vitamin B12 plasma levels below the required amounts, signifying deficiency (Key, Papier and Tong 2022: 191).

2.6.1.2 Proteins

Proteins are an integral dietary requirement as they assist the body in the formation of muscle tissues, help to prevent diseases and are also responsible for many essential physiological processes (Alcorta *et al.* 2021: 8). Protein derived from animal sources has better nutritional value as it consists of all nine amino acids that the body cannot produce (Górska-Warsewicz *et al.* 2018: 1). For this reason, amino acids, including tyrosine, lysine, methionine and tryptophan plasma concentration in plant-based diets is the lowest (Bakaloudi *et al.* 2021: 7). To address the protein content variability of plant-based foods, the amino acid profile can be increased by consuming a variety of plant-based foods in particular legumes, pulses and complementary proteins.

2.6.1.3 Fatty Acids

Plant-based diets lack omega-3 fatty acids (Alcorta *et al.* 2021: 13). The body cannot produce essential fatty acids; therefore, it must be consumed. Oily fish are the primary sources of this fatty acid and are absent in vegan diets. Omega-3 fatty acids are converted to Eicosapentaenoic (EPA) and Docosahexaenoic (DHA). Linolenic acid is a precursor of EPA and DHA. The conversion of Alpha-linolenic acid (ALA) to EPA and DHA is less in vegetarians and vegans, resulting in lower serum levels. It is important, especially for vegetarian and vegan pregnant women, to supplement their diets with omega-3 fatty acids (Craig and Mangels 2009: 1266). The importance of having these fatty acids is linked to good heart health, a reduced risk of

causing strokes, and improved neurological functions. Flaxseeds, canola oil and walnuts are good sources of omega-3 fatty acids and are therefore encouraged in plant-based diets (Tuso *et al.* 2013: 62).

2.6.1.4 Iron

Iron is essential for transporting oxygen and energy to the body's cells (Young *et al.* 2018: 2). Iron deficiency may lead to fatigue, weakening of the defense system and an imbalance in metabolic processes. Vegans and vegetarians are more likely to have an iron deficiency (Blanco-Rojo and Vaquero 2019: 127). Although PBF sources provide non-heme iron, it is not easily absorbed by the body compared to heme iron from animal sources. The bioavailability (Bakaloudi *et al.* 2021: 3511) of non-heme iron from plant sources is lower as it is bound by inhibitors such as fibre and polyphenols that weaken its absorption. Non-heme iron absorption increases when there are low iron reserves (Blanco-Rojo and Vaquero 2019: 128). A systematic review study of 48 cohort and cross-sectional studies shows that veganism is associated with lower ferritin levels (Bakaloudi *et al.* 2021: 3511).

2.6.1.5 Zinc

Plant-based foods have a lower zinc content as compared to animal-based diets. Vegetarians, especially vegans, are at a higher risk of zinc deficiency due to the lower bioavailability and content of plant-based food. Phytate, a compound found in plant-based foods can also inhibit zinc absorption (Foster and Samman 2017).

2.7 Consumer Challenges and Barriers

The consumption of meat goes beyond physiological needs; it also fulfils socio-cultural standards, including status and the feeling of belonging in a social setting. The overall satisfaction of meat consumption is the biggest challenge to plant-based products and diets (Gbejewoh, Marais and Erasmus 2022: 6). Food neophobia is [defined as] the hesitancy of consumers to try out new food (Dovey *et al.* 2008: 181). Unfamiliar products are more difficult to accept, especially when introduced later in the human lifecycle (Alcorta *et al.* 2021: 5). Plant-based foods are regarded as incomplete protein as they lack essential amino acids such as lysine, cysteine and threonine (Kumar *et al.* 2022: 2). Furthermore, the cost of plant-based foods and plant-based milk is substantially higher and may negatively influence purchasing habits. A common perception is that plant-based dishes are tasteless and bland. In a study by Aschemann-Witzel *et al.* (2021: 3124), consumers also indicated that plant-based dishes were

not readily available nor convenient and were more difficult to prepare and cook; furthermore, PBFs did not fulfil satiety compared to meat dishes.

2.8 Plant-based meat alternatives (PBMA)

The rapid growth of the world's population and the impact of meat production on the environmental footprint is concerning. The move towards plant-based protein is trending, and manufacturers are providing alternative substitutes to consumers. In a review by Lachie *et al.* (2023:1), the trend in the development of novel food products developed from plants as well as the environmental benefits were emphasised, while the need for improved plant-based food characteristics, and the necessity for proper safety regulations in the emerging plant-based food industry was highlighted.

Although tofu and textured vegetable protein (TVP) have been around for many years, more recently there has been the development of more meat-like products (Estell, Hughes and Grafenauer 2021: 2). The concept of PBMA was further expanded in the 1960s when TVP was utilised as the primary ingredient, soy, in vegan versions of meat-based foods like sausages, burgers and bacon. Such foods use the same technology as TVP to create a meat-like texture with similar organoleptic properties to real meat (Riaz 2001: 7). Plant-based meat alternatives refer to plant food developed to replicate the sensory attributes of meat by using ingredients including legumes and protein isolates. Plant-based meat alternatives provide a substitution for animal products but still allow the consumer to perceive similar flavours and textures of meat products (Estell, Hughes and Grafenauer 2021: 2). Plant-based meat alternatives aim to resemble the qualities and appearance of meat (Dekkers, Boom and van der Goot 2018: 26). Meat alternative protein sources are one of the most significant components for product identity and distinction arise from the protein ingredients used in the creation of meat alternatives. In terms of hydration and solubility, interfacial qualities (emulsification and foaming), flavour binding, viscosity, gelation, texturisation, and dough formation, proteins have important structure-function interactions (Meade, Reid and Gerrard 2005: 905).

Proteins are the primary components of the human body structure. Meat protein is highly beneficial to humans; however, excessive meat consumption is known to have detrimental effects on overall health (Wild *et al.* 2014: 192). Meat includes cholesterol and a larger proportion of saturated fatty acids than polyunsaturated fatty acids, as is widely known (Wild *et al.* 2014: 192). Many plant-based meat alternative manufacturers are using various sources of protein, including soy, gluten (seitan), legumes, pulses, beans, and nuts. Novel meat proxies,

including cultured meat, insects, and algae as alternative meat protein, are receiving more interest (Wild *et al.* 2014). Texturising plant-based proteins with high moisture extrusion technology, spinning, and shear cell technology are some manufacturing processes used to develop meat replacements (Thavamani, Sferra and Sankararaman 2020: 349). Plant and animal proteins must unfold, crosslink, and orient themselves to produce microscopic and macroscopic fibres. The required process condition is provided by the high-moisture cooking extrusion process, which is characterised by water levels of up to 70%.

2.8.1 Soy protein

Soybeans have a long history in Asia as a source of protein. Tofu, soy sauce and tempeh are just a few of the soybean delicacies developed by Asians throughout the millennia (Zhang *et al.* 2021: 702). Soybean is a popular ingredient choice in the manufacturing sector as it is recognised to be a viable source of bioactive peptides, vegetable protein, and chemical product ingredients (Ashaolu 2020: 421). Compared to meat proteins, plant-based proteins are considered incomplete protein packages as they do not all contain all nine amino acids. The protein quality is determined by its necessary amino acid content and digestibility in the human body after indigestion (Qin *et al.* 2022: 2), along with its outstanding gelation qualities, superior nutritional content, and inexpensive cost. Soy protein has been identified as a good choice for use in developing plant protein meat replacements (Zhang *et al.* 2021).

2.8.2 Legume protein

Peas, chickpeas, lentils, and mung beans are types of legume proteins. These proteins are used to manufacture PBMA (Bohrer 2019: 323). *Pisum sativum* L., also referred to as pea, is a common protein alternative source. This legume is known for its nutritional content, and is economical and readily available, and displays low allergenicity properties (Lam *et al.* 2018: 126). The classification of pea protein and its molecular characteristics can be further grouped into four sub-categories: Globulin, Albumin, Prolamin and Glutelin. The two major constituents, Globulin with a 55-65% protein content, and Albumen with an 18-24% protein content, determine its physical and chemical properties (Lu *et al.* 2020: 2594).

2.8.3 Wheat gluten

Seitan is also commonly referred to as wheat gluten. Its distinguished ability to form elasticity and aid in dough formation assists in developing plant-based meat alternatives. It provides a chewy texture and is widely used commercially as a binding agent (Kumar *et al.* 2017: 926).

Wheat gluten lacks the amino acid known as lysine. During the manufacturing process of plant-based meat alternatives, wheat gluten may be added with other proteins, improving the overall textural quality of the finished product. It can be used as an extension to enhance meat alternatives (Zhang *et al.* 2021: 704).

2.9 Other alternative and emerging protein sources

2.9.1 Cultured meat

Lab-grown meat is developed using animal stem cells grown in vitro cultivation. Starting with a small amount of starting cells, usually taken from an animal's muscle biopsy, production can begin (George 2020: 5). The proper conditions allow for the growth and differentiation of stem cells into muscle and fat by transferring these cells into a suitable medium and growing them in a bioreactor. Nutrients and energy allow for growth (Szejda *et al.* 2021: 2). Cultured meat is developed in many forms, including burgers. The nutritional status of lab-grown meat is the same as conventional meat. It also may be more accepted by animal activists as it is known not to cause harm to animals (Thavamani, Sferra and Sankararaman 2020: 350). The advantages of cultured meat include sustainability and consumer acceptance as it is the closest replicate to meat, and it is suggested that consumers [concerned about the environment] would be able to identify more easily with lab-grown meat (Lee *et al.* 2020: 1538).

2.9.2 Insects

It is estimated that there are 5.5 million different species of insects, and they are one of the most abundant living things on the planet (Stork 2018: 37). Among them, about 2000 kinds of insects are eaten in 113 nations, primarily in Southeast Asia, South America, and Africa. The consumption of insects is a long-standing tradition (known as entomophagy) and goes back more than 3,000 years. In South Africa, common types of insects that are consumed include mopane worms, locusts and edible stink bugs. Because of their high protein content and provision of important amino acids for our daily needs, insects have been consumed as a valuable source of protein. Coleoptera (beetles), Lepidoptera (caterpillars), Hymenoptera (ants, wasps, and bees), Orthoptera (locusts, grasshoppers, and crickets), Hemiptera (leafhoppers, planthoppers, and cicadas), Isoptera (termites), Odonata (dragonflies), and Diptera (flies) are the insect species that are most frequently consumed (Lee *et al.* 2020: 1536).

2.10 Plant-based milk alternatives

Water-soluble extracts of legumes (chickpeas, soybeans), grains (oats, rice), pseudo-cereals (quinoa, amaranth), nuts (almonds, cashew nuts, hazelnuts, walnuts, coconut), or seeds (sesame, sunflower) that resemble cow's milk and are used as a substitute are known as plant-based milk alternatives. The breakdown of plant material (cereals, pseudo-cereals, legumes, oilseeds, and nuts) extracted in water results in milk-like fluids, and subsequent homogenisation of such fluids mimics the appearance and consistency of cow's milk (Sethi, Tyagi and Anurag 2016: 3409). Plant-based milk alternatives can be adopted due to medical conditions like Lactose Intolerance (LI) caused by lactase enzyme deficiency (Silva, Silva and Ribeiro 2020: 1).

Plant-based meat alternatives (PBMA) typically have lower levels of calcium, potassium, magnesium, zinc, and vitamin B12. Additionally, many PBMA contain higher amounts of sodium and saturated fat compared to traditional meat. Therefore, switching from an omnivorous diet to a plant-based one can raise some nutritional concerns (Bogueva and McClement 2023:1).

2.11 Plant-based legislation (developments in SA)

There is no globally unified guideline or legislation specifically defining what can be called a "plant-based food." However, various countries and regions have their own regulations and guidelines regarding food labelling, including those related to plant-based products.

For instance, in the European Union (EU), regulations exist regarding the labelling of vegetarian and vegan products. The EU has specific rules on the use of terms like "vegetarian" and "vegan" to prevent misleading consumers. These regulations typically govern aspects such as ingredient declarations and claims made on packaging (ProVeg International 2022).

Similarly, in the United States, the Food and Drug Administration (FDA) regulates food labelling. While there isn't a specific definition for "plant-based," the FDA provides guidance on how food labels should accurately represent the ingredients and nutritional content of products (ProVeg International 2022).

Recent developments in plant-based legislation in South Africa have highlighted significant challenges and changes in the regulatory landscape for plant-based products. In accordance

with Regulation.1283, "*processed meat*" means meat that has undergone any action that substantially altered its original state (including, but not limited to, heating, smoking, curing, fermenting, maturing, drying, marinating (surface application), extraction or extrusion or any combination of all these processes), but excludes raw processed meat (Department of Agriculture Forestry and Fisheries 2019).

In June 2022, the South African Department of Agriculture, Land and Reform (DALRRD) announced the “ban” of plant-based [meat] analogues from using names such as “burger”, “biltong”, and “sausage” on its labels and packaging. This movement received support from the South African Meat Processors Association as they believe that plant-based products are labelled incorrectly and are misrepresented to the consumer (IOLNews 2022).

Stakeholders, including Proveg, have expressed concern as meat production is already increasing greenhouse gas emissions. Plant-based alternatives are more sustainable and cause less harm to the environment. Plant-based food is also healthier for consumers. Many small companies have also expressed that this new law will have detrimental financial implications. Renaming and changing labels can be costly.

The Consumer Goods Council of South Africa (CGCSA) secured a temporary interdict last year. Fry’s, one of South Africa’s largest brands and producers of plant-based foods, have challenged this legislation in court and won their appeal. South Africa does not have regulations for meat analogue products in the Agricultural Products Standards Act 119 of 1990. The Consumer Goods Council of South Africa has called for DALRRD to engage with the PBF sector and draft new regulations. The plant-based industry is hopeful that this will allow for communication on regulations specific to plant-based analogues

2.12 Conclusion

Africa’s population, and more specifically that of sub-Saharan Africa (SSA), is projected to quadruple over the next few decades, reaching roughly 2.5 billion people in 2050 (Tachie, Nwachukwu and Aryee 2023). Current Western diets with high meat consumption are detrimental to health and the environment. Whilst plant-based diets confer health benefits, the transition to plant-based protein is more favourable in terms of sustainability for the future population (Estell, Hughes and Grafenauer 2021). The South African plant-based food market has grown significantly, and there is continued interest in adopting more sustainable production

practices and methods. The research design and methodology will be discussed in the next chapter.

CHAPTER 3: RESEARCH METHODOLOGY

3.1 Introduction

This chapter discusses the methods and the tools used to achieve the objectives of the study. In essence, this chapter provides insight into understanding the methodological framework adopted and executed.

3.2 Research Design

3.2.1 Study design

This study used a mixed methods approach, namely, qualitative and quantitative research methodology. In this cross-sectional study, the quantitative data included a consumer survey to determine the consumption of plant-based foods and identify barriers and facilitators influencing the adoption of plant-based diets. The adequacy of the diet among consumers who only consume plant-based foods was also assessed through two 24-hour food recalls. The qualitative aspect of the study delved into the product development practices of plant-based manufacturers in South Africa through key informant interviews and observations of the plant-based product range available in the South African market, specifically in KwaZulu-Natal (KZN), for the development of a comprehensive plant-based product database. The qualitative and quantitative aspects of this study were set out to extrapolate data on drivers, emerging trends and consumer insights of PBFs within the South African context.

3.2.2 Setting

The research was conducted in the province of KZN, which is the southern-eastern portion of South Africa (Figure 3.1). Participants for the consumer survey and 24-hour food recall were recruited from KZN. The assessment of plant-based products in the market involved observations in KZN-based stores; however, the key informant interviews of plant-based manufacturers included those whose products were available in KZN stores but potentially could have been based in any region of South Africa.



Figure 3.1: Map of South Africa highlighting the province of KZN (Statistics South Africa)

3.2.3 Study population and sample size

According to (Taherdoost 2017: 238), to obtain a confidence level of 95% for a consumer survey for a population size greater than a million, a sample size of a minimum of 384 participants is recommended. The 2022 census reported that South Africa has a population of 62,027.503, with KZN being the second most populated province in the country (StatsSA 2022:2). The 2022 census also revealed that KZN has a population size of 12,423.907; therefore, based on Taherdoost’s recommendations (2017: 238), the plant-based foods consumption survey sample size included 384 participants who consumed and purchased plant-based foods (StatsSA 2022: 3). Convenient and snowball sampling was used to select the sample population of participants for the consumer survey and the 24-diet recall as outlined in sections 3.4 and 3.6. A comprehensive list of plant-based food manufacturers, inclusive of micro and macro enterprises whose products were available in KZN retail stores, was established through computerised internet searches and complemented by in-store viewing of

plant-based products. The research methodology combined digital and physical approaches to ensure a thorough and accurate representation of the plant-based food landscape in KZN. This dual strategy facilitated the identification of a diverse range of manufacturers, ensuring both online visibility and physical availability in local retail stores were accounted for.

The researcher approached plant-based manufacturers to participate in the key informant interviews until data saturation was reached and no further insights were provided. The plant-based product offerings were observed in stores in the Ethekeweni and KwaDuguzza municipalities, with visits continuing until data saturation was reached and no new observations were made. Stores were visited randomly, including major retailers like Checkers, SPAR, Woolworths, and Pick n Pay, including smaller retailer outlets and home industry outlets.

3.3. Plant-Based Foods Consumer Survey

3.3.1 Measurement tool

This survey aimed to investigate the consumption of plant-based foods and identify barriers and facilitators influencing the adoption of plant-based diets through an online questionnaire. The survey questionnaire was developed and adapted by the researcher and the supervisor and reviewed by the statistician. The MS Forms-based online survey was used and configured to allow participants a single opportunity to complete the survey successfully. Prior to the plant-based consumer consumption survey going live, the survey was piloted for reliability among ten consumers. The researcher approached prospective participants who fulfilled the inclusion criteria and consented to participate in the consumer pilot survey. These consumers were conveniently selected and excluded as participants in the final survey. Participants, who used social media were randomly recruited from DUT and comprised of both staff and students. Participants were sent the link to the survey on WhatsAppTM. The findings from the pilot survey were taken into consideration in the redesign of the final survey (Table 3.1).

Table 3.1: Recommendations and amendments from the pilot study

Pilot questionnaire Recommendations	Adaption of questionnaire to recommendations
Include a definition of each diet mentioned	<p>Included definition of each term:</p> <p>Vegan: Diet only includes plants. No meat, milk and eggs.</p> <p>Vegetarian: Excludes all meat and animal products.</p> <p>Lacto-vegetarian: Excludes meat and eggs. Consumes dairy/milk.</p> <p>Ovo-vegetarian: Excludes dairy and meat. Consumes eggs.</p> <p>Lacto-ovo vegetarian: Excludes meat, consumes dairy/milk and eggs.</p> <p>Pollo-vegetarian: Excludes red meat and fish, and consumes chicken.</p> <p>Pesco-vegetarian: Excludes meat, and consumes fish.</p> <p>Flexitarian: Diet includes both plant and meat dishes in moderation.</p>
Use simpler terms for “Barriers” and “Facilitators”	<p>Included simpler words in parenthesis:</p> <p>What are some barriers (challenges) to consuming plant-based foods?</p> <p>What are some facilitators (enablers) of consuming plant-based foods?</p>

3.4 Recruitment of participants for plant-based food consumption survey

The plant-based food consumption survey was administered online (Appendix A). The eligibility criteria for participating in the study included adults between the ages of 18 to 65 years who resided in KZN and consumed PBFs. Recruitment of participants for the survey was through an advert (Figure 3.2). The advert appeared on various social networks which were specific to KZN through Facebook™ (Durban Vegan Network Group), WhatsApp™, LinkedIn™ and Instagram™, calling on interested eligible participants to respond via direct

messenger. Thereafter, the researcher contacted the consenting participants using WhatsApp and electronic mail. According to Statista (2022), there were 23 million WhatsApp users in South Africa, which made it a more representative social media platform to disseminate the questionnaire link. Participation in the survey was voluntary. The survey included links to the letter of information, ethics clearance, and consent form. Participants had to select a consent tick box to either proceed with or end the survey. Although the identities of the participants were known to the researcher, all information and responses were coded to ensure the participants were de-identified.



Online Study-Participants Needed

**The consumption, product compliance and manufacturer insights
of plant-based foods in KwaZulu-Natal**

You are eligible to take part if...

- You are over 18 years
- You reside in KwaZulu-Natal
- If you include Plant-based foods in your diet.

What will it involve?

You will be required to complete an online questionnaire. This should take approximately 10 minutes of your time. Participation is voluntary. A consent form and letter of information will be issued upon participation.

Researcher Contact Details

Camilla Govender: Camillan@dut.ac.za

Supervised by Dr Ashika Naicker: ashikan@dut.ac.za

Figure 3.2: Recruitment advert for participants for the plant-based food consumption survey

3.5 Key Informant Interviews

A list of plant-based food manufacturers was established by computerised internet searches using the following mesh terms: Plant-based manufacturers in South Africa, Plant-based food companies in KwaZulu-Natal, vegan products, and vegetarian products. During the in-store visits, plant-based food products were scanned to determine if they were plant-based, and contact information from the product label was extracted to contact the manufacturer directly. researcher approached plant-based manufacturers to participate in key informant interviews until data saturation was reached. Only South African based plant-based manufacturers who supplied the KZN market were included in this phase of the study. This included large, small and artisanal plant-based manufacturers. One online / telephonic interview was conducted per manufacturing site with supervisors, production managers or managers.

Manufacturers were contacted via email and telephonically and were briefed on the study objectives. Participation was voluntary, and only manufacturers that granted permission were contacted, and an appointment was scheduled at the convenience of participants. During recruitment, participants received a letter of information (Appendix B), the researcher explained the study objectives, risks, benefits to participants and time consideration. Signed informed consent was obtained [from all participants] (Appendix B). The key informant interviews were guided using a semi-structured interview template (Appendix C), pre-identifying key domains. All participants were assured that their answers and feedback were of value, and privacy and confidentiality were assured. Probing questions related to various domains were used to gather comprehensive data on understanding the key insights and trends related to PBFs. All interviews were conducted online and using English as the medium of communication. The researcher used an audio recorder during the interviews to facilitate transcription. The guidelines for the key informant interviews can be seen below in Figure 3.3.



Figure 3.3: Guidelines for the key informant interviews

3.6 The 24-hour food recall

A sample of 100 new participants who consumed plant-based food exclusively (lacto vegetarian) were recruited to participate in the 24-hour food recall, administered twice, during one weekday and one weekend day. Recruitment of participants for the survey was through an advert (Figure 3.4). Participants were 24-hour dietary recall was administered one-on-one by the researcher during face-to-face interviews (Annexure D). Interviews were conducted at the participants' homes, Phoenix Hare Krishna Temple and Durban University of Technology. The date for the second 24-hour food recall was secured at the first visit. Participants were called before the second visit in order to confirm the appointment, and necessary arrangements were made to reschedule appointments if participants were not available. Participants were not compensated for participation.

The poster features a dark blue header bar at the top. On the left, a large blue brushstroke graphic contains the text '24 Hour Food Recall' and 'Participants Required'. To the right of this graphic is the DUT logo, which consists of a colorful geometric shape followed by the letters 'DUT' in a bold, sans-serif font. Below the logo, the full name 'DURBAN UNIVERSITY OF TECHNOLOGY' and its Zulu name 'INYUVESI YASETHEKWINI YEZOBUCHWEPHESHE' are written in a smaller font. A horizontal line separates the header from the main content. Below the line, the text 'You will be eligible to take part if:' is followed by a bulleted list of three criteria: 'You are over 18 years', 'You reside in KZN', and 'You follow a Lacto-vegetarian/ Vegetarian diet'. Below this list, the text 'What will it involve?' is followed by a bulleted list of two items: 'You will be required to complete a 24-hour food recall, administered twice for one weekday and weekend' and 'You will be required to report all the food items you consumed during the previous day of the interview from the time you wake up till the end of the day'. At the bottom left, there are two contact icons: a phone icon with the number '0837915749' and an email icon with the address 'Camillan@dut.ac.za'. A large blue brushstroke graphic is located in the bottom right corner of the poster.

**24 Hour Food Recall
Participants Required**

DUT
DURBAN UNIVERSITY OF TECHNOLOGY
INYUVESI YASETHEKWINI YEZOBUCHWEPHESHE

You will be eligible to take part if:

- You are over 18 years
- You reside in KZN
- You follow a Lacto-vegetarian/
Vegetarian diet

What will it involve?

- You will be required to complete a 24-hour food recall, administered twice for one weekday and weekend
- You will be required to report all the food items you consumed during the previous day of the interview from the time you wake up till the end of the day

0837915749

Camillan@dut.ac.za

Figure 3.4: Recruitment of participants for the 24-hour food recall

The purpose of the dietary recall survey was to record the actual consumption of food intake and the actual quantities consumed. The questions were open-ended, and detailed information was recorded. The shortcoming of this survey is that it was subjective and relied on recollection, allowing bias or omissions to occur (Raina 2013:1). Participants were recruited using social platforms, including WhatsApp™, Facebook™ and Instagram™. Food samples (Health EDCO) and household measurement aids were used to guide portion size selection (Figure 3.5).



Figure 3.5: Food sample measurement tools used in the 24-hour food recall (Govender 2022)

3.7 Plant-based product availability and scientific and regulatory compliance

The researcher visited various stores in the Ethekeweni and KwaDuguza municipalities in KZN. A list of PBFs was compiled, and information was transferred onto a Microsoft Excel spreadsheet in accordance with the Department of Health (DOH) Foodstuffs, Cosmetic and Disinfectant Act (Act 54, 1972), R146 Regulation relating to the labelling and advertising of foodstuffs (Appendix E). Various product categories ranging from perishable to non-perishables were taken into consideration. Information extracted from plant-based product labels included [information on]:

- Product
- Price
- Picture
- Nutritional information
- Health claims

- Ingredient declaration
- Country of origin
- Cooking and storage instructions
- Nett contents in metric
- Allergens
- Batch number
- Expiry date

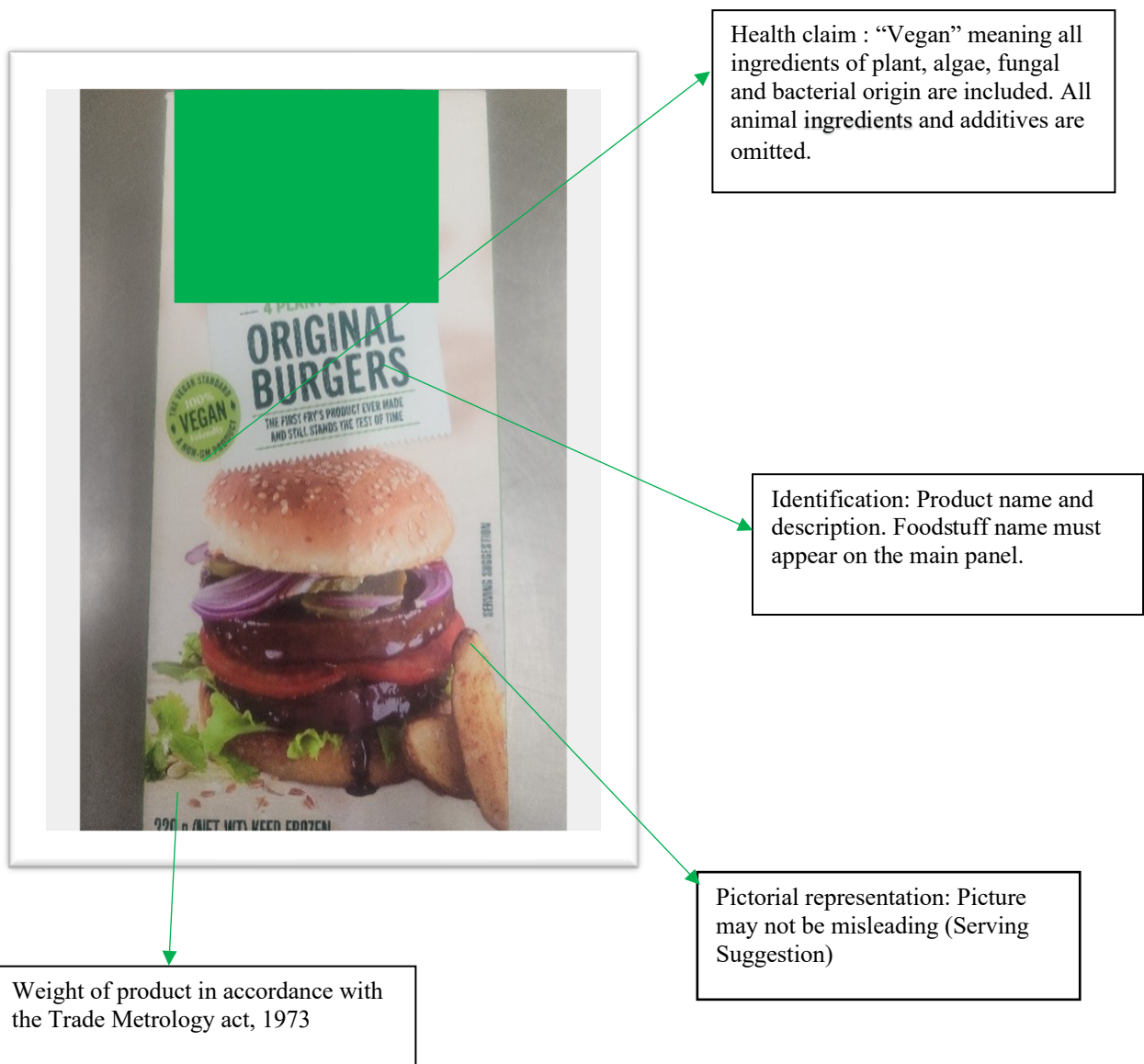
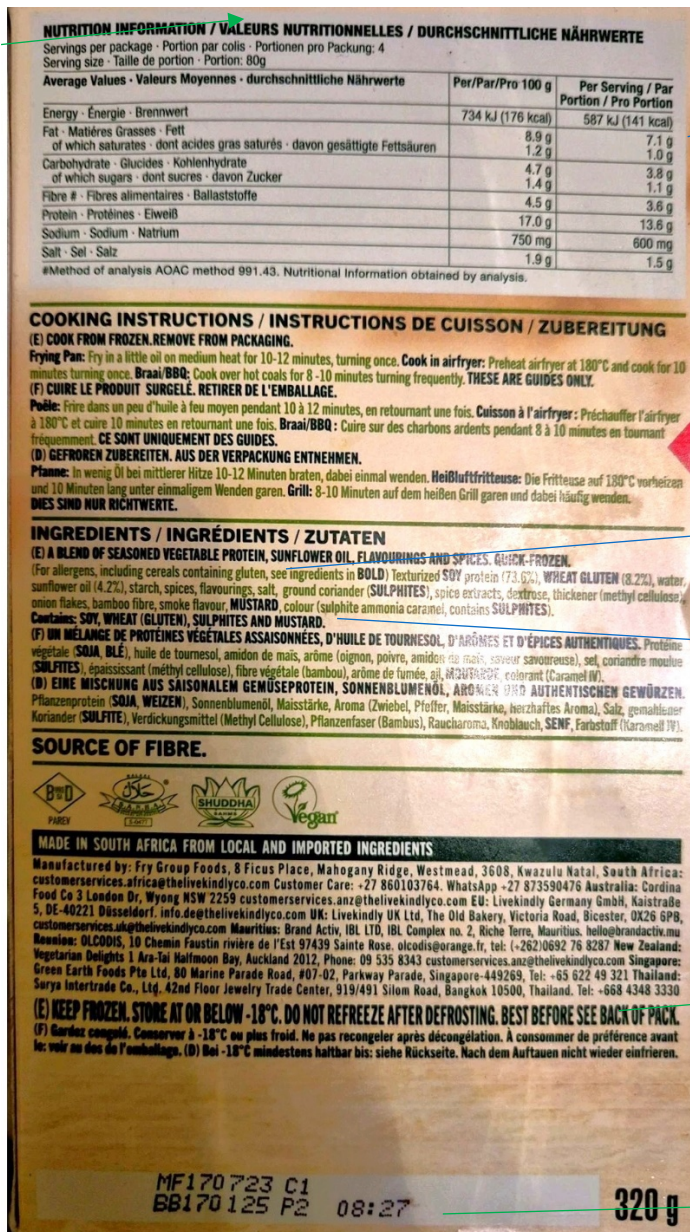


Figure 3.6: Front-of-pack plant-based foodstuff label highlighting labelling regulatory requirements (Govender 2022)



Nutritional analysis in prescribed format

Quantitative Ingredient Declaration (QUID), ingredients listed in descending order

Allergens must be indicated in close proximity to ingredient list

Storage instructions before and after must be clearly stipulated

Date marking and batch identification marking must be clearly indicated on packaging

Figure 3.7: Back-of-pack [of] plant-based foodstuff highlighting labelling regulatory compliance (Govender 2022)

3.8 Adherence to COVID-19 Protocol

Due to the COVID-19 pandemic, the plant-based foods consumer consumption survey and key informant interviews were conducted online. This allowed minimal face-to-face contact. For the PBF database, the researcher conducted in-store visits during lockdown level 3. The 24-

hour food recall was conducted face-to-face once the strict COVID-19 restrictions were lifted. Strict adherence to COVID-19 protocols, including sanitising, mask-wearing, and social distancing (1.5 metres), was followed during all in-store visits.

3.9 Statistical analysis

Statistical analysis was performed using the Statistical Package for Social Sciences (SPSS) version 29 IBM Corp, Armonk, NY, USA). Descriptive statistics, including means and standard deviations, were used to define the proportion of each question. The chi-square goodness-of-fit test was used on categorical variables to test whether any response options were selected significantly more/less often than the others. Qualitative data derived from key informant interviews were transcribed verbatim. Using the Braun and Clarke (2006) framework, thematic analysis was used for data analysis. Inductive coding allowed findings to emerge from the frequent, dominant, or significant themes inherent in the data. Dietary data was captured and analysed using the South African Medical Research Council (SAMRC) Food Finder version 3 computer software. The dietary data was assessed using Dietary Reference Intakes (DRIs) including Estimated Average Requirements (EARs) and Adequate Intakes (AIs). These reference values were used to determine the adequacy of the diet.

3.10 Data Quality Management

The online survey was designed using Microsoft Forms. The form was designed such that each question had to be completed by the participant in order to proceed to the next question. The survey could only be conducted once, ensuring reliable data validity. Data coding was done consultatively by the researcher, supervisor and a trained research assistant. The coding was cross-checked for accuracy by each other. A systematic approach was maintained to ensure the correctness of data. Thematic analysis used to identify key themes was prepared individually. A final agreement on key themes was established through a research group discussion.

3.11 Validity and Reliability

The term validity can be defined as the degree of accuracy attained during a study quantitatively (Heale *et al.* 2015: 66). Content validity of the plant-based consumer survey was assessed by the research team. The consistency between the measuring instruments and the study results is defined as reliability. The reliability of the questionnaire was pilot-tested before dissemination. The plant-based food consumption survey tool was piloted to determine the usability,

understanding and sequencing of questions and mitigate errors and ambiguity before administration. The recommendations from the pilot survey were considered, and the final survey was adapted accordingly.

3.12 Reduction of bias

Bias in research can occur at any stage and may lead to misrepresentation of data and impact the reliability of the results. Ethics committees are able to determine if there is bias in the study design and methodology (Smith and Noble 2014). This study was approved by the institutional research ethics committee (Appendix F). The plant-based food consumption questionnaire was administered online by the researcher to random participants who were independent of the study, thus eliminating selection bias. The data analysis was conducted by a qualified statistician. The 24-hour food recall and plant-based product database were executed by both the researcher and a trained research assistant to maintain quality and reliability.

3.13 Ethical consideration

This study was approved by the DUT Institutional Research Ethics Committee (IREC): IREC number 148/21. The nature of this study did not necessitate the use of invasive methods. All participants were informed of the study details, and an information letter (Appendix B) was issued and informed consent letter (Appendix B) was obtained and signed electronically. During the briefing discussion for the key informant interviews, participants were made aware of the study's aims, objectives and methods. Participants consented to the study, and participation was voluntary, therefore allowing the participant to withdraw at any time. Participants were informed that there was no monetary gain from participating in the study. Anonymity was maintained by de-identifying participants using the coding system for all statements. All data sets were encrypted, and access was limited to only the research team. Digital recordings from the interviews used for quality and transcription were password encrypted and stored securely at the Department of Food and Nutrition and will be deleted after five years.

3.14 Conclusion

Chapter 3 has outlined the research design and methodology adopted in this study. Chapter 4 will present the results of the study and discuss the findings in relation to the objectives.

CHAPTER 4: RESULTS AND DISCUSSION

4.1 Introduction

In this chapter, the study's results are presented, narrated, and discussed in alignment with the study's objectives. The study results are illustrated in tables, graphs, and figures. If there is less than a 0.1% probability that the observed result is due to chance, it is reported as $p < 0.001$, suggesting strong evidence against the null hypothesis and implying that the result is highly unlikely to have occurred by random variation alone.

4.2 Plant-based consumer survey

The plant-based consumer survey set out to determine the consumption of plant-based foods and identify barriers and facilitators influencing the adoption of plant-based diets through a consumer survey questionnaire.

4.2.1 Demographic characteristics of participants

Figure 4.1 represents the demographic characteristics of participants in the plant-based consumer survey.

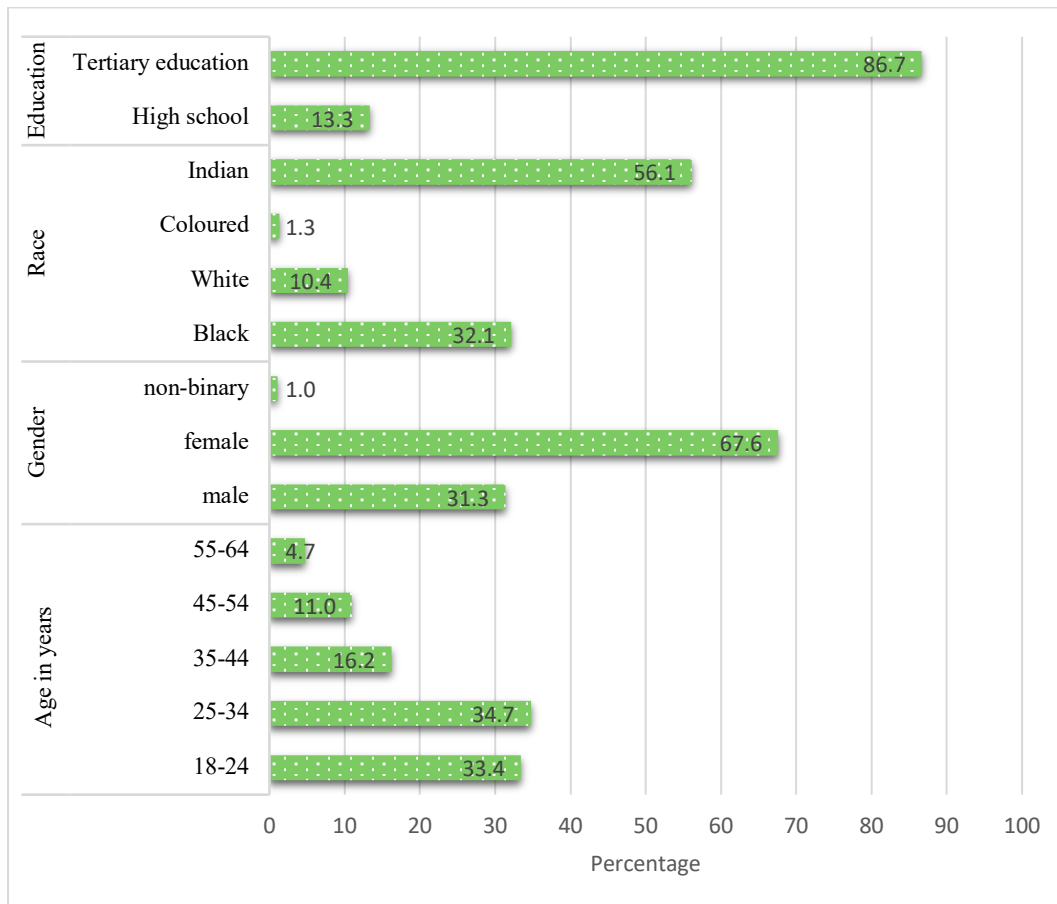


Figure 4.1: Demographic characteristics of participants

Three hundred and eighty consumers participated in the online survey, of which 67.7% (n =259) were women and 31.3% (n=120) were men. Recruitment was conducted repeatedly until saturation was reached. The link to the online consumer consumption survey was deactivated one month after its initiation. Most participants were young adults between the ages of 25 and 34 years (34.7%, n=133). About one-third (33%, n=128) were between 18 and 24 years old. Nearly half of the participants were Indian (56.1%, n=215), 32.1% (n=123) were Black, 10.4% (n=40) were White, and 1.3% (n=5) were Coloured. Most participants (86.7%, n=332) had completed tertiary-level education, and the remaining participants (13.3%, n=51) reported having high school education.

Table 4.1 represents the various categories of plant-based diets and consumers' consumption and expenditure patterns.

Table 4.1 Consumption of plant-based foods (n=383)

Question	Option	%	N
Type of diet	Vegan	2.6	10
	Vegetarian	5.2	20
	Lacto-vegetarian	3.4	13
	Ovo-vegetarian	0.8	3
	Lacto-ovo vegetarian	2.9	11
	Pollo-vegetarian	0.5	2
	Pesco-vegetarian	1.3	5
	Flexitarian	78.1*	299
	Other	5.2	20
How often do you consume PBF?	Once a month	4.2	16
	2-3 times a week	47.0	180*
	Once a week	17.2	66*
	Daily	27.7	106*
	Other	3.9	15
How much do you spend on average on PBF products?	R20- R40	37.9	145*
	R41- R60	25.6	98*
	R61- R80	14.1	54
	>R80	22.5	86

*p<0.001

The results presented in Table 4.1 show that a significant number of participants followed a flexitarian diet, 78.1% (n=299), p<0.001. Five percent (n=20) of participants were vegetarian, 3.4% (n=13) of participants were lacto-vegetarian, 2.9% (n=11) of participants

were lacto-ovo vegetarian and 2.6% (n=10) of participants were vegan. Less than 2% of the participants (n=8) reported on the following diets, 1.3% (n=5) of participants followed the pesco-vegetarian diet, 0.8% (n=3) of participants followed the ovo-vegetarian diet, and 0.5% (n=2) followed a pollo-vegetarian diet. Regarding the frequency of consumption of PBFs, 47% (n=180) participants consumed PBFs between 2 to 3 times a week, 27.7% (n=106) participants consumed PBFs daily, 17.2% (n=66) participants consumed PBFs once a week, and 4.2% (n=16) participants consumed PBFs once a month. Using the chi-square goodness-of-fit test, a significant 93.2% (p<0.001) of participants consumed PBFs at least once a week, which included the sum of the following categories: once a week, several times a week and daily. A significant 63.4% (n=243) of participants indicated that they spend at most R60.00 on plant-based products, p<.001 per day

Drivers for consuming plant-based foods and preferences for plant-based products are displayed in Table 4.2.

Table 4.2 Drivers for consuming plant-based foods (n=383)

Item	Frequency (%)		N	p-value
	Yes	No		
Health benefits	307(80)*	76(20)	383	000 ^a
Religious reasons	142(37)	241(63)	383	000 ^a
Animal welfare	53(14)	330(86)	383	000 ^a
Enviromental sustainability	103(27)	280(73)	383	000 ^a

*p=0.001

Using the binomial test to assess if any response option was selected significantly more than others, a significant number of participants (80%, n=307) p<.001, reported that they consumed PBFs for health reasons, followed by 37% (n=142) who reported that they consumed PBFs due to religious reasons. Twenty-seven percent (n=103) of the participants indicated that environmental sustainability was a driver towards them moving towards PBFs, and 14% (n=53) selected animal welfare as a driver.

Figure 4.3 represents plant-based meat alternatives product categories consumed by participants

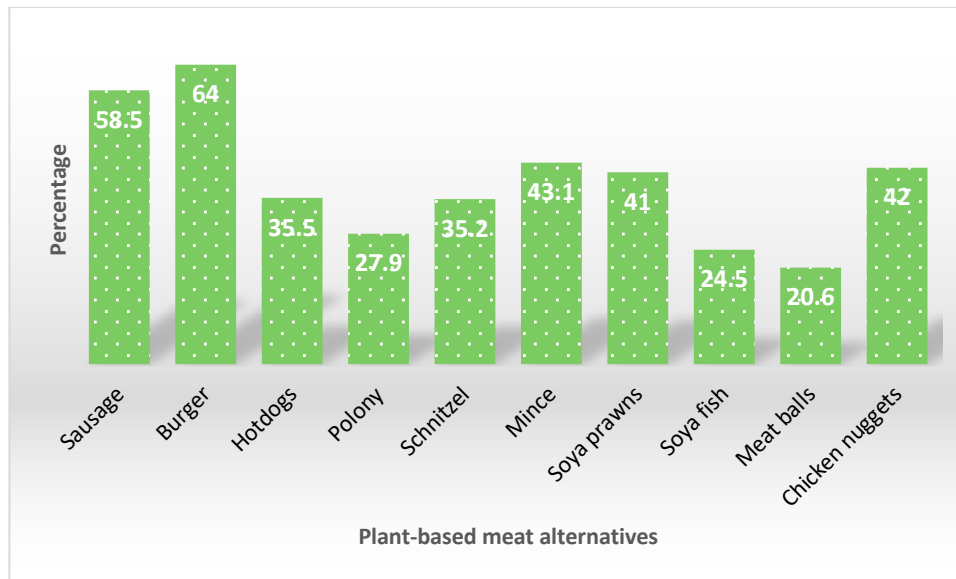


Figure 4.2: Plant-based meat alternatives product categories consumed by participants

Figure 4.2 presents the results of the plant-based meat alternative product categories consumed by participants. A significant 64% (n=245) and 58.5% (n=224) of participants reported that the most common format of plant-based meat alternatives that they consumed were burgers and sausages, respectively ($p < 0.001$). Forty-three point one percent (n=165) of the participants consumed soya mince, and 42% (n=161) consumed soya chicken nuggets, followed closely by soya prawns (41%, n=157). Soya hotdogs ranked sixth (35.5% n=136), and soya schnitzel ranked seventh (35.2%, n=135). The participants showed the least preference for soya polony at 27.9% (n=107), followed by soya fish at 24.5% (n=94), and soya meatballs at 20.6% (n=79).

Table 4.3 presents the results of the participant's preferred plant protein source.

Table 4.3: Preferred plant protein source (n=383)

Item	Frequency (%)		N	p-value
	Yes	No		
Soya beans	123(32)	260(68)	383	.000 ^a
Quinoa	65(17)	318(83)	383	.000 ^a
Lentils	183(48)	200(52)	383	.414 ^a
Chickpeas	166(43)	217(57)	383	.011 ^a
Sugar beans	265(69)	118(31)	383	.000 ^a

A significant 69% (n=265) of participants preferred sugar beans as a plant protein, $p<0.001$. Forty-eight percent (n=183) of participants preferred lentils, 43% (n=166) of participants preferred chickpeas, and 32% (n=123) of participants reported soya beans as their preferred protein source, while a significant 17% (n=65) of the participants reported quinoa as the least preferred choice of plant protein, $p<0.001$.

The following table presents the results of the barriers and facilitators that influence participants' choice of plant-based foods.

Table 4.4: Barriers and facilitators that influence choice for plant-based foods

Statement	Answer	%	n
Barriers of plant-based foods			
Expensive	Yes	58.5	224*
	No	41.5	159
Limited and a lack of variety	Yes	40.5	155
	No	59.5	228
Not readily available	Yes	18	69
	No	82	314
Not enough information available	Yes	15.1	58
	No	84.9	325
Undesirable texture	Yes	24	92
	No	76	291
Undesirable taste	Yes	30.3	116
	No	69.7	267
Facilitators towards plant-based foods			
Competitive prices	Yes	37.6	144
	No	62.4	239
Wide variety	Yes	27.9	107
	No	72.1	276
Healthier	Yes	73.6	282*
	No	26.4	101

* $p=0.001$

Table 4.4 outlines the barriers and facilitators that influence consumer choices towards and away from PBFs. A significant 58.5% of participants (n=224) indicated that PBFs were expensive ($p<0.001$), and 40.5% of participants (n=155) indicated that PBFs were limited and lacked variety. In terms of sensory acceptance, 24% (n=92) of participants indicated that PBFs had an undesirable texture, and 30% (n=116) of participants indicated that another barrier was the unpleasant taste of the plant-based products. Regarding facilitators of PBF consumption, a significant 73.6% (n=282) stated that they preferred plant-based foods as they were healthier and, therefore, a preferred choice $p<0.001$.

4.3 Key informant interviews with plant-based food manufacturers

Key informant interviews with manufacturers of plant-based foods were conducted to determine trends in plant-based food product development. Table 4.5 presents the themes and representative quotes gathered from the key informant interviews with PBF manufacturers. A total of six manufacturers were interviewed, reaching data saturation. Manufacturers included large and small based food based manufacturers with product availability throughout South Africa. Each alphabet letter under the representative quotes in Table 4.5 represents a different manufacturer.

Table 4.5: Summary of the themes and representative quotes emerging from the key informant interviews with PBF manufacturers

Predefined domains	Themes	Summary	Representative quotes
1. What types of plant-based food do you manufacture?	Consumer-centric PBFs: PBFs in consumer-familiar formats	Manufacturers are producing a variety of plant-based foods using soya, seitan, legumes and vegetables as the main ingredient in a format that is familiar to consumers such as burgers and mince.	M: “Everything is natural and we focus on nutritious food.” W: “We mainly use vegetables and not protein-like replacements.” Y: “Vegan cheeses, bacon and yoghurt, and black beans.” RC, E: “A substantial range of plant-based products, which include burgers, hotdogs, schnitzel, polony, sausages, meatballs and mince.” RC, S: “Soybeans, wheat, rice, quinoa and chia seeds are plant protein sources used to manufacture plant-based products.”
2. What are some of the trends that you are seeing on the PBF market?	Consumer-driven plant-based trends: through consumer acceptance, affordability, health status and environmental consciousness	Most manufacturers are developing meat and seafood analogues for increased consumer acceptability and affordability whilst simultaneously balancing health benefits of plant-based foods with environmental conservation.	M: “Making a burger that looks, tastes and smells like meat.” M: “I think going forward, more fish products will be available in the market.” W: “Financial concerns of consumers.” S: “The White population are leaning towards becoming vegan.” S: “Vegetarianism is inherent within the Indian community with some moving towards becoming completely vegetarian. The challenge to a vegetarian diet is cost.” RC, W: “Consumers are making more conscious decisions for the overall betterment of their health and wellbeing.”
3. Are consumers buying plant-based foods?	Growth in plant-based market	An increased consumer demand for nutritious products and vegetarian diets have initiated manufacturers to enhance their plant-based food offering.	W: “The vegetarian range has grown exponentially.” S: “There is an emergence of vegan restaurants.” RC: “There is sturdy upward trend with regards to the sale of plant-based foods.” M: “I think a lot of people have problems with soya.”

Table 4.5: Summary of the themes and representative quotes emerging from the key informant interviews with PBF manufacturers

Predefined domains	Themes	Summary	Representative quotes
4. In terms of product development, what is your latest development?	Dynamic and evolving PBF product development	Manufacturers have expanded the variations of plant-based products like spice mixes, Mexican bean patties and egg replacers that are being produced in Ready-To-Eat formats for convenience, incorporating international flavour profiles.	<p>M: “We have created new mixes which is a bag of frozen vegetables, legumes and herbs and spices that can be used for soups and tacos.”</p> <p>W: “Chipotle bean patty, which is mostly made from potato and beans with grated carrots, baby marrow and a chipotle Mexican flavour.”</p> <p>E: “Production of more ready-to-eat meals and healthier options.”</p> <p>S: “Egg replacer which is a grocery line and not a frozen product, so if you were to bake a cake or scones, you can use this as an alternative to eggs.”</p>
5. What are some of your challenges that you face with regards to Plant-based foods?	Challenges in PBF: Manufacturing and marketability	Barriers preventing consumers from accepting plant-based foods include lack of preparation knowledge and high costs, whilst food neophobia creates unrealistic expectations of plant-based foods organoleptic properties. The procurement of ingredients is inconsistent causing discontinuation of product lines. Plant-based foods are perceived to have an unappealing taste profile, are expensive to manufacture and difficult to procure for the consumer.	<p>M: “Our biggest challenge is to change the mindset of the consumer that are used to and love meat.”</p> <p>W: “Since the COVID-19 pandemic and looting, we could not procure our Thai pastes, so the product had to be discontinued.”</p> <p>E: “People don’t understand how to use and cook it.”</p> <p>Y: “Competitors and the shelf life of plant-based foods such as cheese.”</p> <p>RC, S and Y: “Plant-based foods can be costly to make and therefore consumers may find it expensive to purchase.”</p>
6. Is government doing enough to get more vegetables onto	Insufficient government support	Plant-based protein manufacturers were marginally supported by the government as they were not	M: “We had 30 days to remove products and that would have been catastrophic for most companies.”

Table 4.5: Summary of the themes and representative quotes emerging from the key informant interviews with PBF manufacturers

Predefined domains	Themes	Summary	Representative quotes
the plates of consumers?		forthcoming about the renaming legislation and guidelines of plant-based products, making it difficult for consumers to identify.	E: “They have not given us parameters as to what can and cannot be used.” S: “That legislation is unfair because it is not implemented in other places worldwide.” RC: “Government’s announcement of the new labelling law is detrimental towards the plant-based sector.” Y: “It would be nice for government to support vegan homegrown businesses.”
7. What is the average cost of a plant-based meal?	Market-related prices of plant-based foods.	On average, most plant-based protein products have a relative retail price range (R35-R70); however, cheese products are more expensive in comparison.	M, W: “The average single plant-based protein cost R70.00.” E: “Our products retail between R35 to R45.” RC: “Product cost ranges from R40 to R70.” Y: “Selling price, R176 per kg vegan mozzarella cheese.”

Key themes emerging from the key informant interviews included: consumer-centric PBFs, consumer-driven plant-based trends, growth in the plant-based market, dynamic and evolving plant-based product development, challenges in PBF manufacture and marketability, insufficient government support and market-related price of PBFs.

4.4 Documentation of the scope of plant-based products in terms of availability and regulatory compliance

In order to document the scope of plant-based products in terms of availability and to determine the scientific and regulatory compliance of these plant-based products, a database was created.

Table 4.6: Scope of plant-based products available in retail outlets in KZN

Retail stores	Total products (n)	Plant based products manufactured in South Africa (n)	Products with ingredient declaration (n)
Woolworths	67	65	67
Pick n Pay	53	49	53
Checkers	142	114	141
Copper Spice	7	4	7
SPAR	91	91	91
Spice World	15	15	15
Tommys Store	19	19	0
Checkstar	14	14	14
Goodwills	15	15	14
Shirllys	8	8	8
Total	431	386	410

Table 4.6 highlights that a total of 431 plant-based products were documented in the database (Refer to Appendix G, Page 88 for the complete database). Plant-based products, including a variety of brands, were only counted once, so there was no duplication of products on the database despite being stocked in multiple retailers. The plant-based product categories included perishable products such as ready-to-eat meals as well as non-perishable products. Eighty-nine percent (n=386) of the products were manufactured in South Africa. The remaining 11% of plant-based products were imported from other countries, including the United Kingdom, Peru and Poland. In terms of South Africa's labelling regulation, 95% (n=411) of the plant-based products were in compliance with legislation. The 5% of plant-based products that did not meet the standard regulation did not include ingredient declarations

and nutritional information. The common health claims made included statements such as “high in fibre”, “high in protein”, “gluten-free”, “no artificial colours, no preservatives”, and “no soya”.

Table 4.7: Types of plant-proteins used in plant-based products

Plant protein	n (%)
Soya beans	180 (55)
Soya protein	
Textured soya	
Rehydrated soya	
Isolated soya	
Vegetable protein	76 (23)
Chickpeas	21 (6)
Lentils	17 (5)
Pea protein	1 (0.3)
Quinoa	12 (4)
Whey protein	22 (7)
Plant-based protein	1 (0.3)

Table 4.7 represents the different types of protein that are used to manufacture plant-based products. More than half of the plant-based products (55%, n=180) contained soya as the main source of protein. There are different formats of soya listed, including soya beans, soya protein, textured soya, rehydrated soya and isolated soya. Vegetable protein was the second most common plant protein used (23%, n=76). Approximately 7% (n=22) of the plant-based products reviewed contained whey protein, and 6% (n=21) contained chickpeas. Other sources of plant protein included lentils (5%, n=17) and quinoa (4%, n=12). Both pea protein and plant protein accounted for 0.3% (n=1), respectively, in plant-based products.

Table 4.8 provides a list of plant-based products that made specific health claims.

Table 4.8: Plant-based product health claims

Claim	Products making claims n(%)
Vegetarian/vegan/plant-based	33 (15)
High in/or source of protein	26 (11.82)
Soya free	3 (1.36)
Non-GMO	42 (19.09)
Dairy free	16 (7.27)
High in/or source of dietary fibre	5.0 (11)
Gluten free	25.0 (55)
No artificial colours/flavours/preservatives	8.18 (18)
Reduced sodium	1.36 (3)
Low fat	1.82 (4)
Egg free	13.18 (29)
100% vegan/vegetarian	13.18 (29)
Trans-fat free	1.82 (4)
Cholesterol free	5.0 (11)
Free from garlic, onion	9.09 (20)

Of the 431 products reviewed, 220 products made various health claims on the front-of-pack or back-of-pack labelling. Gluten-free (25.0%, n=55), followed by non-GMO (19.09%, n=42) and vegetarian/vegan/plant-based (15.0%, n=33) were the most frequent claims made. An equal number of products had claims that they were egg-free and 100% vegan/vegetarian (13.18% , n =29) while 11.82% (n=26) had the high on protein/or source of protein claim.

4.5 Dietary adequacy of plant-based diets

Table 4.9 represents the results of the mean 24-hour food recall.

Table 4.9: Mean nutrient intake by gender for both the 24-hour food recalls (Institute of Medicine 2006)

Nutrient	Mean 24-hour food recall (n=92)							
	Female				Male			
	Mean (SD)	EAR	AI	%	Mean (SD)	EAR	AI	%
Energy (kJ)	5501.93 (1847.62)	8465		65	5505.27 (1975.8)	10626		51.81
Protein (g)	39.61 (37.52)	46		86.11	34.82 (13.86)	56		62.18
Total Fat (g)	58.36 (34.15)	69		84.58	63.28 (38.00)	86		73.58
CHO (g)	164.96 (51.78)	130		126.89	151.37 (44.51)	130		116.43
Total dietary fibre (g)	17.51 (7.17)	25		69	17.26 (5.54)	38		45.42
Calcium (mg)	581.06 (557.98)		1000	58.11	454.45 (257.38)		1000	45.46
Iron (mg)	8.98 (3.03)	18		49.88	5.98 (1.38)	6		99.66
Haem Iron (mg)	0			0	0			
Non-Haem Iron (mg)	1.69 (2.06)				1.44 (0.86)			
Magnesium (mg)	176.30 (80.22)	265		66.53	179.41(94.10)	350		51.26
Phosphorous (mg)	563.36 (250.80)	580		97.13	557.02 (244.35)	580		96.03
Potassium (mg)	1773.42 (2699.21)		4700	37.73	1513.73 (645.62)		4700	32.21
Sodium (mg)	982.87 (1479.98)		1500	65.52	812.88 (582.66)		1500	54.19

Nutrient	Mean 24-hour food recall							
	(n=92)							
	Female				Male			
	Mean (SD)	EAR	AI	%	Mean (SD)	EAR	AI	%
Zinc (mg)	5.18 (2.15)	6.8		76.17	4.84 (1.93)	9.4		51.49
Selenium (mcg)	43.48 (56.15)	45		96.62	62.98 (102.29)	45		139.96
Iodine (mcg)	13.15 (28.89)	95		13.84	10.37 (16.14)	95		10.91
Vitamin A (mcg)	562.14 (667.92)	500		112.49	552.96 (521.94)	625		88.47
Folate	130.73 (256.29)	320		40.85	99.12 (90.55)	320		30.97
Biotin (mcg)	18.92 (22.01)		30	63.06	15.67 (8.08)		30	52.23
Vitamin C (mg)	77.01 (69.57)	60		128.35	65.20 (58.79)	75		86.93
Vitamin D (mcg)	2.54 (2.71)	10		25.4	1.79 (2.18)		10	17.9
Vitamin E (mg)	15.59 (25.92)	12		129.92	15.33 (14.10)	12		127.75
Vitamin K (mcg)	131.61 (205.97)		90	146.37	113.60 (183.73)		120	94.66
Vitamin B6	1.06 (0.67)	1.1		96.36	0.97 (0.56)	1.1		88.18
Vitamin B12	0.84 (0.78)	2.0		42	0.64 (0.65)	2.0		32
Thiamine (mg)	0.87 (0.34)	0.9		96.77	0.86 (0.36)	1.0		86

SD- Standard Deviation, EAR-Estimated Average Requirement, AI-Adequate Intake

Table 4.9 depicts the mean nutrient intake for the combined 24-hour food recalls for both genders. The majority of nutrients fell below the EAR for both males and females. Both groups exhibited dietary inadequacies in specific micronutrients: vitamin D, folate, vitamin B12, and iron. Dietary inadequacy of specific micronutrients was noted for vitamin D, Folate, vitamin B12 and iron in both groups. However, there were notable carbohydrate intake excess across both groups and genders, surpassing the recommended estimate of 130g. Furthermore, specific micronutrient excesses were observed, including Vitamin A, E, C, E, and K for women, and Vitamin E and selenium for men.

Table 4.10: Supplementation of participants diets

Supplement	n (%)	Frequency
Vitamin C tablet	29 (31.52)	Daily
Multivitamin capsule	46 (50)	Daily
B12 Injection	33 (35.87)	Monthly
B Complex tablet	22 (23.91)	Daily
Neurobion tablet	6 (6.52)	Daily
Probiotics	4 (4.35)	Daily
Zinc tablet	8 (8.70)	Daily
Magnesium tablet	1 (1.08)	Daily
Iron tablet	11 (11.96)	Daily
Liquid Iron	1 (1.08)	Every 2 days
Vitamin D tablet	1 (1.08)	2 X week
Moringa capsule	1 (1.08)	Daily

In general, participants supplemented (56.52%, n=52) their diet with a variety of micronutrients. The most commonly taken supplements in the diet included a multivitamin supplement (50%, n= 46) followed closely by vitamin B12 supplements: B12 injection (35.87%, n=33), B complex (23.91%, n=22), and neurobion tablet (6.52%, n=6).

4.6 Discussion

Using multiple measurement tools, this study revealed an increasing trend towards flexitarian diets, with consumers frequently choosing PBFs resembling traditional meat products. Despite the growing market, significant barriers such as cost and limited variety hinder wider adoption. A comprehensive survey of retail availability showed a broad range of accessible PBFs, while regulatory compliance was mostly met, except by some small-scale manufacturers. Manufacturer insights highlighted a strong consumer-driven demand for innovative PBFs that mimic meat. However, dietary assessments of vegetarians

indicated that while plant-based diets are rich in beneficial compounds, they often fall short in essential nutrients like vitamin B12, iron, and zinc, underscoring the need for supplementation and nutrition education. The results of study will be discussed hereon.

4.6.1 Plant-based food consumption trends

In this study, an online survey was administered to determine the PBF consumption habits and the barriers and facilitators of adopting plant-based diets. More than half of the participants in this study were young adults, predominately women (refer to Figure 4.1). According to a study by Wenham *et al.* (2020), women contribute more to civic-related matters than men. Furthermore, the demographic characteristics of the participants showed that the younger age cohorts participated in the online survey. This finding aligns with a South African qualitative study in Cape Town, which observed that individuals aged 18 to 34 years, especially, were most active on WhatsApp™ (Peck *et al.* 2020).

A flexitarian diet focuses on a larger proportion of PBFs supplemented with meat, poultry, and fish (Fehér *et al.* 2020). The global Meatless Monday campaign started in 2003 by the Johns Hopkins Bloomberg School of Public Health to reduce meat consumption by 15% to promote human and planetary health (Meatless Monday 2003). South Africa followed suit in 2011 (Meatless Monday 2023). In South Africa, retailers such as Checkers and Pick 'n Pay, reported an increase in plant-based offerings to consumers due to the introduction and expansion of meatless Mondays to more days in the week (BusinessTech 2020). This diet is the least restrictive, making it easier to adopt. In an experimental study conducted by Pechey *et al.* (2022:1), when the availability of meat-free meals on meal selection was altered, it was found that increasing the availability of meat-free options was effective at reducing meat selection and purchasing for different ratios of meat to meat-free options.

Currently, in Australia, there is a trend towards flexitarian diets as consumers are looking to improve their health and reduce environmental impact (Curtain and Grafenauer 2019: 2). However, despite the wide recognition of Meatless Monday, the campaign has not yet been evaluated for perceived message effectiveness (Rayala *et al.* 2022: 724). Rayala *et al.* (2022: 724), experimentally assessed the impact of health-focused and environment-focused messages from the Meatless Monday campaign among a sample of US adults. The study's findings indicated that compared to the control messages, both health-focused and environment-focused Meatless Monday messages resulted in significantly higher perceived message effectiveness. Additionally, these messages were associated with an increased intention among participants to reduce meat consumption.

The top two plant-based meat alternative formats preferred by consumers were burgers and sausages, which are also the most common types of PBMA available in the South African market (refer to figure 4.2) These percentages indicate a substantial preference for PBMA that mimic the format of conventional meat products. This suggests that consumers may find familiarity and satisfaction in plant-based options that closely resemble traditional meat-based items' taste, texture, and appearance. Understanding these preferences is crucial for product development and marketing strategies in the plant-based food industry. This trend is not limited to South Africa, where it was reported that the South African meat substitutes market is projected to grow by 17.03% from 2023 to 2028 (Statista 2023). Reflecting this trend, plant-based burgers and sausages were the top sellers in the United States, bringing in a revenue of 283 million USD and 159 million USD, respectively (Alcorta *et al.* 2021).

Participants in this study indicated that they spent R60 on average for a plant-based product (refer to Table 4.1). Addressing concerns of affordability, Rensburg and Wiles (2019:63) highlighted the food security status in KZN, with 65% of the population living in poverty. Adopting plant-based diets in rural areas would cost consumers, on average, 69% more than what is currently being spent on food. In a study conducted by Lamkin *et al.* (2021:1), it was concluded that plant-based analogues, in general, cost more. Moonaisur, Marx-Pienaar and de Kock (2020: 1) analysed PBMA products on supermarket shelves in South Africa and found that, generally, PBMA products were priced higher than the corresponding meat options. However, Lamik *et al.* (2021:1) indicated that when evaluating the cost of a healthy plant-based diet as a whole, there was no significant price increase over a healthy diet with conventional foods. Focusing the diet around 'whole foods' such as wholegrains and beans and choosing to purchase analogues that are better value can help create a more budget-friendly and healthy diet.

4.6.2 Barriers to and facilitators of adoption of plant-based foods

In this study, the high cost and limited lack of variety of plant-based products were found to be barriers to purchasing these products (refer to Table 4.4). Furthermore, an online survey conducted in Belgium (n=2436) reported that many participants had a negative association with PBFs due to the unpleasant taste (Mullee *et al.* 2017). Consumers perceive plant-based foods as tasteless and boring with undesirable textures. Challenges towards plant-based diets include food neophobia, difficulty in cooking and preparing them, and limited availability of ingredients (Alcorta *et al.* 2021). Individuals who aim to follow plant-based diets may encounter many obstacles, including social disconnection from friends and family. Plant-based diets are also associated with deficiencies lacking essential nutrients, making them potentially harmful to pregnant women and the foetus, especially if the plant-based diet is not supplemented with the necessary vitamins (Luszczki *et al.* 2023:12).

The higher cost of plant-based products is also a perceived challenge (Fehér *et al.* 2020). In this study, quinoa was the least adopted plant-based protein. The retail price of quinoa is R119.99 per 500g, whilst the retail price of sugar beans is R99.99 for 2kg (Checkers Hyper Online 2023). The United Nations declared 2013 the international year of quinoa, recognising it as a valuable crop with the potential to contribute to global food security and improve nutrition. This pseudo-cereal is able to grow in dry conditions, contains a substantial amount of nutrients, and is high in protein (FAO 2013). However, there are many challenges during the cultivation and harvesting of Quinoa. High weed infestation and pest activity adversely affect the yield of the crop. Certain varieties of quinoa have a bitter taste as it contains saponins. Industrialised methods have to be introduced to remove saponins, however, this increases production costs (Afzal *et al.* 2023). Despite the FAO's efforts to promote quinoa, factors such as cultural and culinary preferences, price and availability limited the uptake of quinoa globally.

On the contrary, the main driver towards PBFs was health, followed by religious reasons (refer to Table 4.4). Plant-based diets are known to be effective in treating and preventing type-2 diabetes and cardiovascular disease (Selinger *et al.* 2022). This is due to the nutrient composition of plant-based diets. Legumes, wholegrains, nuts and leafy vegetables are foods that aid with insulin resistance (McMacken and Shah 2017). Furthermore, plant-based diets are cholesterol-free and are high in fibre (Gbejewoh, Marais and Erasmus 2022). A cross-sectional study was conducted in Australia among 679 consumers and nutritional professionals concerning perceptions and behaviour towards plant protein products. The study results revealed that 56.4% of participants adopted plant-based diets due to the associated health benefits (Estell, Hughes and Grafenauer 2021). The detrimental effect of excessive meat consumption on health and the environment has caused the emergence of alternative sustainable protein sources and PBMA products (Selinger *et al.* 2022).

4.6.3 Manufacturers insights into plant-based food trends and the market

One of the study's objectives was to conduct in-depth interviews with manufacturers of PBFs to determine trends in plant-based food product development. Management representatives from a total of six plant-based manufacturers participated in the study. Information gathered from the interviews identified key themes that were analysed qualitatively.

4.6.3.1 Consumer-centric PBFs

In this study, manufacturers indicated that the demand for plant-based products was consumer-driven, specifically, products in familiar formats, such as burgers and hot dogs. Several manufacturers and retailers have expanded the variety of their own-brand ranges by incorporating plant-based options. For example, Unilever initiated a food revolution with the Vegetarian Butcher, offering vegetarian meat products that precisely replicate taste, texture and nutritional qualities of meat (Unilever 2023: 1).

According to (Gbejewoh, Marais and Erasmus 2022), flexitarians are consumers who eat meat who prefer plant-based meat analogues to replicate sensory attributes of meat. Plant-based products target a more mainstream market and, therefore, need to appeal to consumers (Estell, Hughes and Grafenauer 2021). The common types of plant protein used in the manufacture of PBFs included soya, seitan and whole legumes. In general, proteins from plant sources frequently used are wheat, soybeans, legumes, oils, seeds, and fungi (Lee *et al.* 2020).

4.6.3.2 Consumer-driven plant-based trends

Most manufacturers are creating analogues for meat and seafood, aiming to enhance consumer acceptance, and affordability and develop a balance between the health benefits of PBFs and environmental conservation. A segmentation study of South African adoption of plant-based and cultivated meat showed that 67% of the participants were likely to try plant-based analogues (Szejda *et al.* 2021). Consumers are adopting plant-based diets for numerous health benefits. Several studies have shown improved cardiovascular health, improved cholesterol plasma levels, blood glucose regulation, and lower obesity and pressure (Kattge *et al.* 2020). The adverse effect of livestock farming and greenhouse gas emissions is also a driver towards more sustainable diets. Animal farming causes the release of many gases, including methane, which is a major contributor to the greenhouse effect (Thavamani, Sferra and Sankararaman 2020).

4.6.3.3 Growth in the plant-based market

In this study, plant-based manufacturers have indicated an emerging trend towards plant-based products. This finding is in alignment with global trends, as Curtain and Grafenauer (2019) reported that more than 4400 PBMA products have been launched globally (Curtain and Grafenauer 2019). Over the past five years, South Africa has witnessed the widespread availability of plant-based products, with leading grocery retailers such as Pick 'n Pay, Shoprite Checkers, SPAR, and Woolworths offering both local and international brands. In a study conducted by (Szejda *et al.* 2021) on the adoption of plant-based and cultivated meat among South African consumers, the highest levels of acceptance were observed among younger generations. Specifically, 60% of born-frees, 62% of millennials, and 53% of Gen X indicated a high likelihood of purchasing plant-based meat.

4.6.3.4 Dynamic and evolving PBF product development

Plant-based foods are aimed at convenience, leading to the development of ready-to-eat formats. The accelerated pace of modern life has decreased the time dedicated to cooking. Consequently, plant-based convenience foods have gained growing significance in the diets of contemporary societies. These

options are now accessible as fresh products stored in refrigerated counters, addressing the demand for easily preparable and naturally preserved meals. According to a report released by Mintel on 2024 global food and drink trends, consumers will be seeking products that are healthier, affordable, convenient, and innovative (FOODStuff SA 2023). Manufacturers also incorporated a culinary fusion of international flavours and spices, such as Mexican influences, into their range of plant-based products.

4.6.3.5 Challenges in PBF manufacture and marketability

South Africans are not widely familiar with plant-based foods (Szejda *et al.* 2021). Consumer reluctance towards plant-based foods is due to the high cost of products, lack of convenience, undesirable taste and limited variety of plant-based options. Dairy alternatives such as cheese and plant-based milk from nuts, including almonds, are more expensive (Tachie, Nwachukwu and Aryee 2023).

BusinessTech (2023) conducted a basket study in South Africa to determine the cost of switching from meat products to plant-based alternatives from Checkers, Woolworths and Pick n Pay supermarkets. A total of five meat protein products were substituted with five plant protein products, and three dairy-free replacements were added. The outcome of the study showed that it cost more to switch over from meat protein to plant protein alternatives at Checkers and Pick n Pay. Woolworth's plant-protein basket costs less, but this is due to the higher price of meat as compared to the other two retailers.

Another quantitative online study conducted in the United Kingdom (UK) among meat eaters and non-meat eaters, evaluated three food labels categorised as conventional, cultured and plant-based. Taste, healthiness, satiety, satisfaction, unpleasantness of taste and willingness to pay the price of the products were evaluated. The results of the study indicated that conventional meat was widely accepted. However, meat eaters rated plant-based meat alternatives as having an unpleasant taste and offers less satiety therefore being less satisfying (Vural, Ferriday and Rogers 2023:1).

4.6.3.6 Insufficient government support

Manufacturers indicated a need for more substantial government support for the plant-based sector. In June 2022, the Department of Agriculture, Land and Reform announced the “ban” of terms such as “burger” and “sausage” on labels of plant-based meat alternatives. According to an online article published by Food Focus (August 2023), Fry's Family Food appealed against this ruling and secured victory against the implementation of this ruling. LIVEKINDLY Africa believes that it is imperative for the government and all related stakeholders to address and implement legislation that is specific to this niche sector as it is an emerging market.

4.6.3.7 Market-related prices of plant-based foods

The average cost of plant-based meat alternatives ranges between R35 to R70. Agri-Food Analytics lab (Dalhousie University) study compared the price of meat protein and plant protein. The survey examined a million price data points over three months, and 55 products were included in the survey. The outcome of the survey indicated that plant-based products were much more expensive to purchase than animal products.

4.7 PBF database and regulatory compliance

One of the objectives of this study was to create a plant-based database for the South African market. A total of 431 plant-based products were documented in the database. The majority of the products sold in supermarkets were manufactured in South Africa. In this study, the most common source of plant protein was soya. Soya is widely used globally, including South Africa, as it is a complete protein source and offers diverse culinary applications (Qin, Wang and Luo 2022: 1). Further, whilst South Africa's production of soya beans has increased over the years, so too has the shift from GMO to Non-GMO soya, due to consumer market demand, labelling and transparency, and regulatory considerations. In this study, it was also established that the common format of plant-based meat alternatives on the market were burgers and sausages through the database, and this was also supported by the findings and discussion of the consumer plant-based survey. Plant-based food products were reviewed against the Foodstuffs, Cosmetics and Disinfectant Act (1972), Regulations related to the labelling and advertising of foodstuffs in South Africa. Most plant-based products complied with regulations, however, 5% of plant-based products did not meet the standard regulation, alluding to the fact that support is needed for small and emerging plant-based manufacturers. From the products reviewed, 220 products made various health claims on the front-of-pack or back-of-pack labelling. Gluten-free followed by non-GMO, and Vegetarian/vegan/plant-based were the most frequent claims made. The demand for products with health claims has grown due to evolving consumer preferences, health considerations, international trade and a focus on transparency in the food industry. Moonaisur, Marx-Pienaar and de Kock (2020: 1) analysed 78 PBMA products on supermarket shelves in South Africa. Comparable to this study, the most on-pack claims for PBMA products included vegetarian/vegan/plant-based, high in/source of protein, containing no GMOs and gluten-free. While the plant protein trend has spurred advancements in innovation in PBMA products, wide nutrient ranges and high sodium levels were found in the PBMA products reviewed by Moonaisur, Marx-Pienaar and de Kock (2020: 1). This highlights the importance of establishing nutrition guidelines for the development of PBMA products to ensure healthier product offerings to consumers.

4.8 Dietary adequacy of plant-based diets

In this study, a notable proportion of nutrients was found to be below the EAR for both males and females despite participants taking supplements. Both groups exhibited dietary inadequacy for specific micronutrients, namely vitamin D, folate, vitamin B12, and iron. Additionally, both genders showed an excessive intake of carbohydrates. A NuEva (Nutritional Evaluation) study in Germany assessed the nutrient intake and nutritional status of vegetarians and vegans in comparison to omnivores. The study comprised a total of 258 participants that were categorised according to their diets. Blood and urine samples were collected and examined for nutrients. Like the low energy (kJ) observed in this study, the NuEva study found that the energy intake was lower in plant-based diets. Furthermore, the vitamin B12 index score was lower in vegetarians than in omnivores. Dietary fibre, vitamin E, vitamin K and beta carotene intake appeared higher in vegan and vegetarian participants (Dawnczynski *et al.* 2022:1). Plant-based diets can be nutritionally adequate and offer a wide range of health benefits when well-planned and balanced. However, to address specific nutrient gaps, supplementation can be a valuable strategy to address specific nutrient gaps that may arise in a plant-based diet.

4.9 Conclusion

In Chapter 4, the results of the study were presented and discussed. The trend in the increase of PBFs is evident from the expansive PBF database and the choice for PBF's for health and environmental reasons. However, many challenges exist from a consumer and manufacturer perspective in the adoption and production of PBFs, respectively. The next chapter will incorporate conclusions and recommendations based on the findings of this study.

CHAPTER 5 CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter draws conclusions on the consumption of plant-based foods (PBFs) in KwaZulu-Natal (KZN), the scope of PBFs available at retail outlets, scientific and regulatory compliance of PBFs, PBFs manufacturer insights, and the adequacy of plant-based diets. The strengths, limitations, and recommendations are also discussed to assist and provide guidance on future research directions within this field.

5.2 Summary of the findings

This study aimed to determine the consumption, product compliance and manufacturer insights of plant-based foods in KZN. The summary of the findings of this study will be presented according to the objectives:

***Objective 1:** To determine the consumption of plant-based foods and identify barriers and facilitators influencing the adoption of plant-based diets through a consumer survey questionnaire.*

The study highlights an increasing trend of flexitarian diets, the frequent consumption of PBFs at least once a week, the preference for PBFs that resemble traditional meat-based products such as burgers and sausages, and significant challenges and barriers associated with the adoption of plant-based foods. The health aspect emerged as a major motivator, while cost and limited variety were identified as key barriers to the wider adoption of PBFs.

Objective 2: *To document the scope of plant-based products in terms of availability through in-store and online observations.*

A comprehensive plant-based product database was created to document the availability of plant-based products across KZN retail stores. A wide and expansive range of product categories was documented. There is an extensive range of fresh ready-to-eat as well as frozen products that are easily accessible, offering insights into the state and positioning of the plant-based industry within South Africa, particularly in the context of retail availability and consumer choice.

Objective 3: *To determine the scientific and regulatory compliance of plant-based products by analysing food labels*

Plant-based food product labels were reviewed to determine compliance with the Foodstuffs, Cosmetic and Disinfectant Act (Act 54, 1972), and the R146 Regulation relating to the labelling and advertising of foodstuffs. While the majority of PBF labels complied with labelling regulations, a small percentage of small-scale manufacturers did not meet the minimum standard. These products did not follow the prescribed ingredient declaration format and nutritional information.

Objective 4: *To conduct key informant interviews with manufacturers of plant-based foods to determine trends in plant-based food product development.*

Manufacturers of PBFs acknowledge the growing demand for plant-based product offerings in the market which is consumer-driven. There is an overwhelming demand for PBFs to mimic meat-based products, including the demand for innovative plant-based products. While this niche plant-based sector is expanding in the mainstream, manufacturers require support from various stakeholders to allow for this emerging market to stabilise [whilst] meeting with regulatory compliance.

Objective 5: *To assess the adequacy of the diet of consumers who only consume plant-based foods through two 24-hour food recalls*

In this study, the diets of vegetarians (Vegetarian that does not consume any meat including fish, chicken, beef, pork and eggs but include dairy products such as milk and cheese in their diets) were assessed using the 24-hour food recall. In general, dietary adequacy was not met for most nutrients. While plant-based diets are high in plant antioxidants, phytochemicals and fibre, many deficiencies can result from the inadequacy of specific vitamins and minerals such as vitamin B12, Iron, and Zinc. Therefore supplementation is fundamental. Food fortification of vitamins and minerals would be beneficial in improving the overall nutritional quality of plant-based foods. It is also important to note that not all

plant-based diets are healthy. Nutrition education is an important tool that would allow consumers to make healthier informed food choices.

5.3 Strengths of the study

This study had several strengths.

- The plant-based food consumption survey tool was designed by the research team and validated by the statistician. The survey was piloted to a sub-sample of 10 participants to guide comprehension of the survey prior to administration.
- The purpose of creating a plant-based database was to identify the PBF offerings in retail stores. An extensive database was generated with 431 plant-based products. The approach involved in-store visits and online searches to verify the availability of products, ensuring the database's quality and completeness.
- The key informant interviews covered large, medium and artisanal PBF manufacturers and included the largest PBF manufacturer in South Africa, producing an extensive range of PBFs. All manufacturers in this study distributed their product range throughout South Africa.
- The dietary adequacy of vegetarians was assessed using a 24-hour food recall. A dietary toolkit of food samples and household measurement tools was used to guide participants in reporting the correct portion sizes consumed.

5.4 Limitations of the study

- The PBF consumption survey was administered online due to the COVID-19 pandemic, limiting participation to individuals with mobile devices or desktop computers with internet access.
- The PBF consumption survey was administered online through convenience and snowball sampling is not representative of the KZN population due to initial dependence on the researcher's contacts. However, efforts were made to diversify participant recruitment through various social media platforms and plant-based social media groups.
- The PBF database was conducted in-store and verified through online searches. Some plant-based products may have been omitted due to product unavailability at the time of the store visit, and store websites which had not been regularly updated.
- Key informant interviews were only conducted with six manufacturers despite the researcher reaching out to several companies. Reluctance and time constraints impacted participation;

however, data saturation of the key domains was reached with a sample size of six manufacturers.

- The dietary intake assessment was reliant on self-reported data, introducing the possibility of bias or underreporting of diet.

5.5 Recommendations

- Further studies on the benefits of PBFs and consumer education of PBFs is recommended.
- Education on nutritional deficiencies and supplementation of plant-based diets needs to be addressed so that the optimum benefits can be achieved.
- Industry should explore fortification options of vitamins and minerals in plant-based products as a way of addressing the nutrients lacking in PBFs.
- The Department of Agriculture, Land Reform and Rural Development needs to address and implement specific, reliable legislation pertaining to the naming of plant-based products with all relevant stakeholders, including the consumer. The South African government's ban on the use of meat-like terms has caused confusion and clarification regarding PBF labelling needs to be standardised.
- The high pricing of PBF needs to be reconsidered as this is a major barrier that is hindering consumers from purchasing products.
- Restaurants and takeouts should be encouraged and supported to expand their plant-based meal options. This will allow for social inclusion of vegetarians and vegans. This will also contribute towards sustainable eating practices.
- The National Treasury and Department of Health could consider incentivising PBFs that offer evidence-based health benefits. This could include subsidies to manufacturers to lower the cost of PBF production, making PBFs more affordable to consumers.

5.6 Conclusion

In conclusion, the study results revealed that the ongoing trend in the consumption of PBFs is evident in the expansive PBF database in South Africa. The facilitators and barriers highlighted in this study from the consumer and manufacturer perspective provide valuable insights. These insights can aid consumers in incorporating more PBFs into their diets and guide future product development in PBFs. The exploration of PBFs is vital for food security and the preservation of ecological systems. Many studies have confirmed the health benefits of PBFs. Nutrition education and awareness on supplementation of

vitamins are required to address deficiencies from adopting plant-based diets. The plant-based manufacturing sector also requires government to engage and resolve the latest plant-based labelling legislation debacle.

REFERENCES

- Alcorta, A., Porta, A., Tárrega, A., Alvarez, M. D. and Vaquero, M. P. 2021a. Foods for plant-based diets: Challenges and innovations. *Foods*, 10, (2): 293.
- Aschemann-Witzel, J., Gantriis, R. F., Fraga, P. and Perez-Cueto. 2021. Plant-based food and protein trend from a business perspective: Markets, consumers, and the challenges and opportunities in the future. *Critical Reviews in Food Science and Nutrition*, 61 (18): 3119-3128.
- Ashaolu, T. J. 2020. Applications of soy protein hydrolysates in the emerging functional foods: a review. *International Journal of Food Science & Technology*, 55 (2): 421-428.
- Bakaloudi, D. R., Halloran, A., Rippin, H. L., Oikonomidou, A. C., Dardavesis, T. I., Williams, J., Wickramasinghe, K., Breda, J. and Chourdakis, M. 2021. Intake and adequacy of the vegan diet. A systematic review of the evidence. *Clinical Nutrition*, 40 (5): 3503-3521.
- Barni, S., Liccioli, G., Sarti, L., Giovannini, M., Novembre, E. and Mori, F. 2020. Immunoglobulin E (IgE)-mediated food allergy in children: epidemiology, pathogenesis, diagnosis, prevention, and management. *Medicina*, 56 (3): 111.
- Blanco-Rojo, R. and Vaquero, M. P. 2019. Iron bioavailability from food fortification to precision nutrition. A review. *Innovative Food Science & Emerging Technologies*, 51: 126-138.
- Bogueva, D. and McClements, D.J., 2023. Safety and Nutritional Risks Associated with Plant-Based Meat Alternatives. *Sustainability*, 15 (19):14336.
- Bohrer, B. M. 2019. An investigation of the formulation and nutritional composition of modern meat analogue products. *Food Science and Human Wellness*, 8 (4): 320-329.
- Bonny, S. P., Gardner, G. E., Pethick, D. W. and Hocquette, J.F. 2015. What is artificial meat and what does it mean for the future of the meat industry. *Journal of Integrative Agriculture*, 14 (2): 255-263.
- Braun, V. and Clarke, V. 2006. Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3 (2): 77-101.
- Broom, D. M. 1991. Animal welfare: concepts and measurement. *Journal of Animal Science*, 69 (10): 4167-4175.
- Chung, M. G., Li, Y. and Liu, J. 2021. Global red and processed meat trade and non-communicable diseases. *BMJ Global Health*, 6 (11): e006394.

Craig, W. J., Mangels, A. R., Fresán, U., Marsh, K., Miles, F. L., Saunders, A. V., Haddad, E. H., Heskey, C. E., Johnston, P. and Larson-Meyer. 2021. The safe and effective use of plant-based diets with guidelines for health professionals. *Nutrients*, 13 (11): 4144.

Dawczynski, K., and Kiehntopf, M. 2022. Nutrient intake and nutrition status in vegetarians and vegans in comparison to omnivores - the Nutritional Evaluation (NuEva) study. *Frontiers Nutrition*, 16 (9) 819106.

Dovey, T. M., Staples, P. A., Gibson, E. L. and Halford, J. C. 2008. Food neophobia and 'picky/fussy' eating in children: a review. *Appetite*, 50 (2-3): 181-193.

Dekkers, B. L., Boom, R. M. and van der Goot, A. J. 2018. Structuring processes for meat analogues. *Trends in Food Science & Technology*, 81: 25-36.

Dinu, M., Abbate, R., Gensini, G. F., Casini, A. and Sofi, F. 2017. Vegetarian, vegan diets and multiple health outcomes: a systematic review with meta-analysis of observational studies. *Critical reviews in Food Science and Nutrition*, 57 (17): 3640-3649.

Dovey, T. M., Staples, P. A., Gibson, E. L. and Halford, J. C. 2008. Food neophobia and 'picky/fussy' eating in children: a review. *Appetite*, 50 (2-3): 181-193.

Eisenreich, A. and Schäfer, B., 2023. Natural Compounds in Plant-Based Food. *Foods*, 12(4):857.

Estell, M., Hughes, J. and Grafenauer, S. J. S. 2021b. Plant protein and plant-based meat alternatives: Consumer and nutrition professional attitudes and perceptions. *Sustainability*, 13 (3): 1478.

Fehér, A., Gazdecki, M., Véha, M., Szakály, M. and Szakály, Z. 2020. A Comprehensive Review of the Benefits of and the Barriers to the Switch to a Plant-Based Diet. *Sustainability*, 12 (10).

Gbejewoh, O., Marais, J. and Erasmus, S. W. 2022. Planetary health and the promises of plant-based meat from a sub-Saharan African perspective: a review. *Scientific African*, Article ID: e01304.

Godfray, H. C. J., Aveyard, P., Garnett, T., Hall, J. W., Key, T. J., Lorimer, J., Pierrehumbert, R. T., Scarborough, P., Springmann, M. and Jebb, S. A. 2018. Meat consumption, health, and the environment. *Science*, 361 (6399): 5324.

Górska-Warsewicz, H., Laskowski, W., Kulykovets, O., Kudlińska-Chylak, A., Czeczotko, M. and Rejman, K. J. N. 2018. Food products as sources of protein and amino acids—The case of Poland. *Nutrients*, 10 (12): 1977.

- He, J., Evans, N. M., Liu, H. and Shao, S. 2020. A review of research on plant-based meat alternatives: Driving forces, history, manufacturing, and consumer attitudes. *Comprehensive Reviews in Food Science and Food Safety*, 19 (5): 2639-2656.
- Hemler, E. C. and Hu, F. B. 2019a. Plant-based diets for cardiovascular disease prevention: all plant foods are not created equal. *Current Atherosclerosis Reports*, 21: 1-8.
- Hemler, E. C. and Hu, F.B. 2019b. Plant-based diets for personal, population, and planetary health. *Advances in Nutrition*, 10 (Supplement 4): S275-S283.
- Hever, J. 2016. Plant-based diets: A physician's guide. *The Permanente Journal*, 20 (3).
- Hu, F. B. 2003. Plant-based foods and prevention of cardiovascular disease: an overview. *The Permanente Journal*, 78 (3): 544S-551S.
- Institute of Medicine. 2006. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11537>.
- Jisana, T. 2014. Consumer behaviour models: an overview. *Sai Om Journal of Commerce & Management*, 1 (5): 34-43.
- Joshi, V. and Kumar, S. 2015. Meat Analogues: Plant-based alternatives to meat products-A review. *International Journal of Food and Fermentation Technology*, 5 (2): 107-119.
- Kahleova, H., Levin, S. and Barnard, N. 2017. Cardio-metabolic benefits of plant-based diets. *Nutrients*, 9 (8): 848.
- Kahleova, H., Matoulek, M., Malinska, H., Oliyarnik, O., Kazdova, L., Neskudla, T., Skoch, A., Hajek, M., Hill, M. and Kahle, M. 2011. Vegetarian diet improves insulin resistance and oxidative stress markers more than conventional diet in subjects with Type 2 diabetes. *Diabetic Medicine*, 28 (5): 549-559.
- Key, T. J., Papier, K. and Tong, T. Y. 2022. Plant-based diets and long-term health: findings from the EPIC-Oxford study. *Proceedings of the Nutrition Society*, 81 (2): 190-198.
- Kumar, M., Tomar, M., Punia, S., Dhakane-Lad, J., Dhumal, S., Changan, S., Senapathy, M., Berwal, M. K., Sampathrajan, V. and Sayed, A. A. 2022. Plant-based proteins and their multifaceted industrial applications. *LWT*, 154: 112620.
- Kumar, P., Chatli, M., Mehta, N., Singh, P., Malav, O. and Verma, A. K. 2017. Meat analogues: Health promising sustainable meat substitutes. *Critical Reviews in Food Science and Nutrition*, 57 (5): 923-932.

- Lam, A., Can Karaca, A., Tyler, R. and Nickerson, M. 2018. Pea protein isolates: Structure, extraction, and functionality. *Food Reviews International*, 34 (2): 126-147.
- Lamkin, A., Pocklington, C., Hackett, M. and Moore, J. 2021. A comprehensive survey of the cost of plant-based analogues and equivalent conventional food products in the UK. *Proceedings of the Nutrition Society*, 80 (OCE5): E163.
- Lee, H. J., Yong, H. I., Kim, M., Choi, Y.-S. and Jo, C. 2020. Status of meat alternatives and their potential role in the future meat market—A review. *Asian-Australasian Journal of Animal Sciences*, 33 (10): 1533.
- Lu, Z., He, J., Zhang, Y. and Bing, D. 2020. Composition, physicochemical properties of pea protein and its application in functional foods. *Critical Reviews in Food Science and Nutrition*, 60 (15): 2593-2605.
- Łuszczki, E., Boakye, F., Zielińska, M., Dereń, K., Bartosiewicz, A., Oleksy, Ł. and Stolarczyk, A. 2023. Vegan diet: nutritional components, implementation, and effects on adults' health. *Frontiers in Nutrition*, 10.
- McMacken, M. and Shah, S. 2017. A plant-based diet for the prevention and treatment of type 2 diabetes. *Journal of Geriatric Cardiology*, 14 (5): 342.
- Meade, S. J., Reid, E. A. and Gerrard, J. A. 2005. The impact of processing on the nutritional quality of food proteins. *Journal of AOAC International*, 88 (3): 904-922.
- Medawar, E., Huhn, S., Villringer, A. and Witte, V. 2019. The effects of plant-based diets on the body and the brain: a systematic review. *Translational Psychiatry*, 9 (1): 226.
- Moonaisur, N., Marx-Pienaar, N. and de Kock, H.L., 2023. Plant-based meat alternatives in South Africa: An analysis of products on supermarket shelves. *Food Science & Nutrition*, 00:1-11.
- Mullee, A., Vermeire, L., Vanaelst, B., Mullie, P., Deriemaeker, P., Leenaert, T., De Henauw, S., Dunne, A., Gunter, M. J. and Clarys, P. 2017. Vegetarianism and meat consumption: A comparison of attitudes and beliefs between vegetarian, semi-vegetarian, and omnivorous subjects in Belgium. *Appetite*, 114: 299-305.
- Niklewicz, A., Smith, A. D., Smith, A., Holzer, A., Klein, A., McCaddon, A., Molloy, A. M., Wolffenbuttel, B. H., Nexo, E. and McNulty, H. 2022. The importance of vitamin B12 for individuals choosing plant-based diets. *European Journal of Nutrition*, 62(3): 1551-1559.

Pechey, R., Bateman, P., Cook, B. and Jebb, S. A. 2022. Impact of increasing the relative availability of meat-free options on food selection: two natural field experiments and an online randomised trial. *International Journal of Behavioral Nutrition and Physical Activity*, 19 (1): 1-11.

Proveg International. 2022. International global restrictions on plant-based food labelling are counter productive says NGO. <https://proveg.org/press-release/global-restrictions-on-plant-based-food-labelling-are-counter-productive-says-ngo> July

Qin, P., Wang, T., Luo, Y. 2022. A review on plant-based proteins from soybean: Health benefits and soy product development. *Journal of Agriculture and Food Research*, 7: 100265.

Rayala, H., Rebolledo, N., Hall, M. G. and Taillie, L. S. 2022. Perceived message effectiveness of the meatless Monday campaign: An experiment with US adults. *American Journal of Public Health*, 112 (5): 724-727.

Riaz, M. N. 2001. Textured soy protein and its uses. *Journal of Agriculture and Food Research*, 12 (5): 28-31.

Selinger, E., Neuenschwander, M., Koller, A., Gojda, J., Kühn, T., Schwingshackl, L., Barbaresko, J. and Schlesinger, S. 2022. Evidence of a vegan diet for health benefits and risks—an umbrella review of meta-analyses of observational and clinical studies. *Critical Reviews in Food Science and Nutrition*, Article ID: 1-11.

Sethi, S., Tyagi, S. K. and Anurag, R. K. 2016. Plant-based milk alternatives an emerging segment of functional beverages: a review. *Journal of Food science and Technology*, 53: 3408-3423.

Silva, A. R., Silva, M. M. and Ribeiro, B. D. 2020. Health issues and technological aspects of plant-based alternative milk. *Food Research International*, 131: 108972.

Smith, J. and Noble, H. 2014. Bias in research. *Evidence-Based Nursing*, 17 (4): 100-101.

South Africa, Department of Health. 2010. Foodstuffs, Cosmetics and Disinfectants Act (54 of 1972), Regulations relating to the labelling and advertising of foodstuffs, no R.146 (2010). https://www.gov.za/sites/default/files/gcis_document/201409/32975146.pdf

South Africa, Department of Health. 2023. Strategy for the prevention and management of obesity in South Africa 2023-2028.

- Stork, N. E. 2018. How many species of insects and other terrestrial arthropods are there on Earth. *Annual Review of Entomology*, 63: 31-45.
- Szejda, K., Stumpe, M., Raal, L. and Tapscott, C. E. 2021. South African consumer adoption of plant-based and cultivated meat: A segmentation study. *Frontiers in Sustainable Food Systems*, 5: 744199.
- Tachie, C., Nwachukwu, I. D. and Aryee, A. N. 2023. Trends and innovations in the formulation of plant-based foods. *Food Production, Processing and Nutrition*, 5 (1): 1-14.
- Taherdoost, H. 2017. Determining sample size; how to calculate survey sample size. *International Journal of Economics and Management Systems*, 2.
- Thavamani, A., Sferra, T. J. and Sankararaman, S. 2020. Meet the meat alternatives: The value of alternative protein sources. *International Journal of Economics and Management System* 9: 346-355.
- Tuso, P., Stoll, S. R. and Li, W. W. 2015. A plant-based diet, atherogenesis, and coronary artery disease prevention. *The Permanente Journal*, 19 (1): 62.
- Tuso, P. J., Ismail, M. H., Ha, B. P. and Bartolotto, C. 2013. Nutritional update for physicians: plant-based diets. *The Permanente Journal*, 17 (2): 61.
- Vural, Y., Ferriday, D. and Rogers, P. J. 2023. Consumers' attitudes towards alternatives to conventional meat products: Expectations about taste and satisfaction, and the role of disgust. *Appetite*, 181: 106394.
- Wang, T., Masedunskas, A., Willett, W. C. and Fontana, L. 2023. Vegetarian and vegan diets: benefits and drawbacks. *European Heart Journal*, 44 (36): 3423-3439.
- Wicks, M. and Wentzel-Viljoen, E. 2021. The whole-food plant-based diet: what does it entail and what lessons can it offer South African dietitians? *South African Journal of Clinical Nutrition*, 34 (2).
- Wild, F., Czerny, M., Janssen, A. M., Kole, A., Zunabovic, M. and Domig, K. J. 2014. The evolution of a plant-based alternative to meat. *Agro FOOD Industry Hi Tech*, 25 (1): 45-49.
- Willett, W., Rockström, J., Loken, B., Springmann, M., Lang, T., Vermeulen, S., Garnett, T., Tilman, D., DeClerck, F. and Wood, A. 2019. Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *The Lancet*, 393 (10170): 447-492.
- Wyker, B. A. and Davison, K. K. 2010. Behavioral change theories can inform the prediction of young adults' adoption of a plant-based diet. *Journal of Nutrition Education and Behavior*, 42 (3): 168-177.

Zhang, T., Dou, W., Zhang, X., Zhao, Y., Zhang, Y., Jiang, L. and Sui, X. 2021. The development history and recent updates on soy protein-based meat alternatives. *Trends in Food Science & Technology*, 109: 702-710.

APPENDIX A



Plant-based food consumption survey

Dear Participant,

By participating in this survey, you will be volunteering to contribute to the research study on the consumption, choices, and preferences of plant-based foods.

Your assistance in the completion of this survey is deeply appreciated. It will take approximately 10 minutes of your time. Your responses will be confidential, and we do not collect identifying information such as your name, email address or IP address.

Your participation in this research study is voluntary. If you decide to participate in this research survey, you may withdraw at any time and can choose not to answer specific questions. If you decide not to participate in this study or if you withdraw from participating at any time, you will not be penalized. Should you wish to participate in this study, your answers will not be shared with anyone but will be used anonymously for only scholarly purposes by the research team.

Therefore, please select your choice below from the electronic consent:

I provide informed consent and agree to participate. (Thank you! Please respond to the questions and statements below).

Clicking on this check box indicates that:

- you have read the above information
- you voluntarily agree to participate
- you are at least 18 years of age
- you consume plant-based foods
- you reside in KwaZulu-Natal

I do not provide consent and therefore do not agree to participate. (Thank you for your time. Please close this web page. No information will be recorded).

Thank you for accepting to take part in the survey.

- There is no 'Back' button in the survey.
- You can skip questions that do not suit you

1. Age	18-24			
	25-34			
	35-44			

	45-54			
	55-64			
2. Gender				
	Man			
	Women			
	Other			
3. Race				
	Black			
	White			
	Coloured			
	Indian			
	Other			
4. Education				
	No Formal Education			
	High School			
	Degree			
	Postgraduate			
	Tertiary Education			
	None			
5. What type of diet do you follow?				
	Vegan			
	Vegetarian			
	Lacto-vegetarian			
	Ovo-vegetarian			
	Lacto-ovo vegetarian			
	Pollo-vegetarian			
	Pesco-vegetarian			
	Flexitarian			
	Other, specify			
6. How often do you consume plant-based foods?				
	Daily			
	Weekly			
	Monthly			
	Other			
7. How much do you spend on average per unit of plant-based products?				
	R20-R40			
	R41-R60			
	R61-R80			
	>R81			
Health benefits				

8. Why do you consume plant-based foods?	Religious reasons			
	Animal welfare			
	Environmental sustainable			
	Other			
8. Do you have a favourite Plant-based product?	Yes, specify			
	No			
9. What types of plant-based meat alternative products do you purchase?	Sausage			
	Burger		Soya prawns	
	Hot Dogs		Soya Fish	
	Polony		Meat balls	
	Schnitzel		chicken nuggets	
	Mince		Other	
10. What type of plant protein do you prefer the most?	Soybeans			
	Quinoa			
	Lentils			
	Chickpeas			
	Other			
11. What are some barriers towards consuming plant-based foods?	Expensive			
	Limited and lack variety			
	Not readily available			
	Not enough information available			
	Undesirable texture			
	Undesirable taste			
12. What are some facilitators towards consuming plant-based foods?	Competitive prices			
	Wide variety			
	Healthier			
13. Do you have any food allergies?	Yes, specify			
	No			
	Yes, specify			

14. Is there any plant-based product that you would like to see on the market?	No			
--	----	--	--	--

APPENDIX B



LETTER OF INFORMATION

Title of the Research Study: The consumption, availability, and product compliance of plant-based foods in KwaZulu-Natal

Principal Investigator/s/researcher: Camilla Govender, B-Tech in Consumer Science: Food and Nutrition.

Co-Investigator/s/supervisor/s: Dr Ashika Naicker, PhD Nutrition, Ms Onwaba Makanjana, Masters in Food Service Management.

Brief Introduction and Purpose of the Study:

Greeting Good day. I am a Masters student in the Department of Food and Nutrition at the Durban University of Technology (DUT). I would like to invite you to participate in the research study titled, “The consumption, product compliance and manufacturer insights of plant-based foods in KwaZulu-Natal”. The purpose of the study is to understand the emerging trends and consumer insight of plant-based foods in the South African market.

Outline of the Procedures: One of the objectives of the study is to determine consumer consumption of plant-based foods. This objective will be measured through an online consumer survey among 384 consenting adults in KZN. The online survey will take about 10 minutes to complete. One hundred participants who only consume a plant-based diet will be approached to participate in the dietary recall. This will be done twice online and will take 20 minutes to complete each time.

Risks or Discomforts to the Participant:

There are no potential risks to you should you participate in this study.

Explain to the participant the reasons he/she may be withdraw from the Study: You are allowed to withdraw from this study at any time.

Benefits:

There is no direct benefit of this research for your participation, however findings of this research of this research will be published in a peer reviewed journals and has the potential to provide information to key stakeholders in South Africa on the status of plant-based foods in KZN.

Remuneration:

You will not receive any remuneration for participation in this study.

Costs of the Study:

Should you wish to participate in this study, there will be no costs expected from you.

Confidentiality:

All information gathered will be confidential. There will be no link between personal identification and information supplied. All data is to be saved electronically and encrypted with a password.

Research-related Injury: This study is non-invasive and there is no expected injury you're your participation in this study.

Storage of all electronic and hard copies including tape recordings

The data collected will be stored in the department of Food and Nutrition for a five year retention period. The data can only be accessed by the research team for research purposes.

Persons to contact in the Event of Any Problems or Queries: (Camilla Govender) Please contact the researcher (031 373 2336) or the Institutional Research Ethics Administrator on 031 373 2375. Complaints can be reported to the Director: Research and Postgraduate Support Dr L Langaniso on 031 373 2577 or researchdirector@dut.ac.za.

APPENDIX B



CONSENT

Full Title of the Study: The consumption, availability and product compliance of plant-based foods in KwaZulu-Natal

Names of Researcher/s: Camilla Govender

Statement of Agreement to Participate in the Research Study:

- I hereby confirm that I have been informed by the researcher, Camilla Govender, about the nature, conduct, benefits and risks of this study - Research Ethics Clearance Number: **148/21**
- I have also received, read and understood the above-written information (Participant Letter of Information) regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis, will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- I understand that significant new findings developed during the course of this research, which may relate to my participation, will be made available to me.
- I consent to being voice-recorded during interviews.

Full Name of Participant **Date** **Time** **Signature / Right Thumbprint**

I, _____ (name of researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

Full Name of Researcher	Date	Signature
_____	_____	_____
Full Name of Witness (If applicable)	Date	Signature
_____	_____	_____
Full Name of Legal Guardian (If applicable)	Date	Signature
_____	_____	_____



Key Informant Interview Guide

Welcome: Good morning/day/afternoon thank you for allowing me this time to conduct this interview with you. I am grateful of your valuable input.

Introduction: This interview is for scholarly purposes to gain insight and understanding on plant based foods trends, consumer demands and product development. With your consent this interview will be recorded for recollection. I assure you that anonymity will be maintained despite being recorded. The electronic data will be stored in an accessed controlled facility until transcription.

Ground Rules:

- Participation in this interview is voluntary.
- Feel free to ask questions.
- Speak freely.
- There is no right or wrong answer.
- All input obtained is valuable and important.

Warm-up

What is your job title (Supervisor/ Manager)

Is the company small, medium, large manufacturer?

Guiding questions

1. What type of plant-based products do you manufacture?
2. What types of plant protein ingredients is used? Why do you use this particular plant protein?
3. Which type of product is most popular among consumers in your range?
4. Which is your latest product developed?
5. What are some of the trends on the market?
6. Have you ever had to discontinue any plant-based product? Why?
7. How much do these products retail for on the market?

Conclusion

Thank you for your valuable time and input towards my study.

{stop recorder}

ANNEXURE F: IREC APPROVAL



Institutional Research Ethics Committee Research and Postgraduate Support Directorate 2nd Floor, Berwyn Court

Gate 1, Steve Biko Campus Durban University of Technology

P O Box 1334, Durban, South Africa, 4001 Tel: 031 373

2375

Email: lavishad@dut.ac.za

http://www.dut.ac.za/research/institutional_research_ethics

www.dut.ac.za

16 September 2021

Mrs C Govender
P O Box 664
Trenance Park
Verulam
4340

Dear Mrs Govender

The consumption, product compliance and manufacturer insights of plant-based foods in KwaZulu-Natal.

Ethics Clearance Number: 148/21

The Institutional Research Ethics Committee acknowledges receipt of your final data collection tool for review.

We are pleased to inform you that the data collection tool has been approved. Kindly ensure that participants used for the pilot study are not part of the main study.

Please note that **FULL APPROVAL** is granted to your research proposal. You may proceed with data collection.

Any adverse events [serious or minor] which occur in connection with this study and/or which may alter its ethical consideration must be reported to the IREC according to the IREC Standard Operating Procedures (SOP's).

Please note that any deviations from the approved proposal require the approval of the IREC as outlined in the IREC SOP's.

Yours Sincerely,

Prof J K Adam, IREC CHAI

ANNEXURE G: PLANT-BASED FOODS DATABASE

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Plant Powered	Woolworths	Plant Powered Protein Bratwurst		Yes	R39.99	Yes	High in Protein	Water, Vegetable protein (11%), (Soya protein concentrate, Wheat gluten), Onion, Vegetable oil (Canola), Egg white, Starches (Potato, Tapioca), Flavouring, Vinegar, Dextrose, Salt, Sugar, Spices (White pepper, Black pepper), Colourant, Iron, Vitamin B12	United Kingdom	Yes	200g	Gluten, Wheat, Egg, Soya, Peanut and Tree nut	Yes	Yes
		Plant Powered Halloumi, Cheese and Lentils		Yes	R68.99	Yes	None	Lentil & Chickpea Mix (80%), Rosa Plum Tomatoes (8%), Halloumi Cheese (7%), Spinach (4%). Water, Tomato Sauce, Brown Lentils, Halloumi Cheese, Rosa Plum Tomatoes, Onion, Chickpeas, Spinach, Tomato Paste, Vegetable Oil (Canola Oil), Salt, Garlic, Starch, Basil, Parsley, Black Pepper, Sodium Carbonates. Tomato Sauce Contains: Tomato, Citric Acid. Halloumi Cheese Contains: Milk, Salt, Calcium Chloride, Microbial Rennet.	South Africa	Yes	400g	Cow's milk	Yes	Yes
		Plant Powered Spicy Red Quinoa Butternut and Kale Burger		Yes	R49.99	Yes	Low fat	Spicy Red Quinoa (17%), Butternut (23%) And Kale (10%) Burger With A Mix Of Vegetables (16%), Ancient Grains (20%) And Fresh Herbs (2%).Butternut, Cooked Millet, Cooked Red Quinoa, Kale, Red Kidney Beans (Red Kidney Beans, Water, Salt, Anti-Oxidant: Ascorbic Acid), Carrot, Onion, Celery, Salt, Spices (Coriander, Cumin, Chipotle Flakes, Smoked Paprika, Clove, Cinnamon), Thickener, Vegetable Oil (Canola Oil), Stabiliser, Parsley, Coriander, Garlic, Dextrose, Oregano, Yeast Extract.	South Africa	Yes	No (Serves 4)	Milk ,egg	Yes	Yes
		Plant Powered Roasted Sweet Potato and Chickpea Bites		Yes	R54.99	Yes	None	Roasted Sweet Potato (38%) Chickpea (16%) Bites with Freshly Chopped Herbs (2%) And Borlotti Beans (17%) Sweet Potato, Borlotti Beans (Borlotti Beans, Water, Salt, Antioxidant: Ascorbic Acid), Cooked Chickpeas (Sodium Carbonates), Water, Millet, Onion, Vegetable Oil (Canola Oil) Tomato Paste (Tomato, Citric Acid), Salt, Parsley, Coriander, Thickener, Stabiliser, Garlic, Dextrose, Paprika.	South Africa	Yes	Serves 4	No (no allergens)	Yes	Yes
		Plant Powered Roasted Vegetable and Hummus Phyllo Parcels		Yes	R54.99	Yes	None	Roasted Vegetables (43%), Phyllo Pastry (34%), Red Pepper Hummus (17%), Phyllo Pastry (Wheat Flour, Water, Salt, Flour Improver, Corn Starch, Sunflower Oil), Onion, Red Pepper, Vegetable Oils (Coconut Oil, Canola Oil, Sesame Oil, Extra Virgin Olive Oil), Cooked Peas (Sodium Carbonates), Courgette, Tahini Sesame Seed Paste (Sesame Seed), Peppadew (Piquant' Peppers, Water, Sugar, Sprite Vinegar, Citric Acid, Ascorbic Acid, Calcium Chloride), Lemon Juice, Salt, Water, Tomato Paste (Tomato, Citric Acid), Garlic, Sugar, Parsley, Black Pepper, Cumin, Cinnamon.	South Africa	Yes	No (Serves 2)	Gluten Wheat	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Woolworths		Plant Powered Baby Marrows and Spinach Fritters		Yes	R44.99	Yes	None	Baby Marrow (31%) And Spinach (6%) Fritters with Peas (10%) And Spring Onion (2%), Baby Marrow, Wheat Flour, Free Range Egg, Peas, Vegetable Oil (Canola Oil), Water, Spinach, Spring Onion, Coriander, Raising Agents, Salt, Black Pepper.	South Africa	Yes	270g	Gluten	Yes	Yes
		Plant Powered Corn and Red Quinoa Risotto Cakes		Yes	R49.99	Yes	None	Risotto Rice (18%), Coconut Cream (7%), Sweetcorn (7%), Red Quinoa (6%), Water, Arborio Rice, Breadcrumb (Wheat Flour, Salt, Vegetable Oil [Sunflower Oil]), Vegetable Oils (Canola Oil, Sunflower Oil), Coconut Cream (Coconut Milk Extract, Water, Stabiliser, Emulsifier, Anti-Oxidant [Citric Acid, Sodium Metabisulphite]), Sweetcorn, Quinoa, Onion, Salt, Garlic, Wheat Flour, Sesame Seeds, Smoked Paprika, Yeast Extract, Thickener, Wheat Gluten, Chipotle Flakes, Turmeric, Stabiliser.	South Africa	Yes	Serves 2	Gluten, wheat	Yes	Yes
		Cauliflower and Broccoli with Bechamel Style Sauce		Yes	R34.99	Yes	None	Cauliflower (29 %) · Broccoli (29 %) With Vegan Béchamel Sauce (43 %).Vegan Béchamel Sauce (Unsweetened Soya Milk [Acidity Regulators, Water, Soya Bean, Calcium Carbonate, Flavouring, Salt, Stabilisers, Vitamins], Water, Coconut Cream [Coconut Milk Extract, Water, Stabilisers, Emulsifiers, Antioxidants], Vegetable Oil [Canola Oil], Wheat Flour, Modified Maize Starch, Salt, Yeast Flakes, Lemon Juice [Concentrated Lemon Juice, Water], Dijon Mustard [Mustard Flour, Vinegar, Sugar, Turmeric, Salt, Garlic Powder, Marjoram, Thyme, Acetic Acid], Stabilisers, Yeast Extract, White Pepper), Broccoli, Cauliflower.	South Africa	Yes	210g	Gluten	Yes	Yes
		Broccoli, Butternut and Baby marrow with Bechamel Style Sauce		Yes	R34.99	Yes	None	Vegan Bechamel Sauce (40%) (Unsweetened Soya Milk [Water, Soya Bean, Acidity Regulators (Potassium Phosphates, Monopotassium Glutamate), Calcium Carbonate, Flavouring, Sea Salt, Stabilisers (Gellan Gum), Riboflavin's, Vitamin B12, Ergocalciferol], Water, Coconut Cream [Coconut Milk Extract, Water, Stabilisers (Guar Gum, Carboxy Methyl Cellulose), Emulsifiers (Polysorbate 60), Anti-Oxidant (Sodium Metabisulphite, Citric Acid)], Vegetable Oil (Canola Oil), Wheat Flour, Salt, Wheat Flakes, Modified Maize Starch, Maize Starch, Concentrated Lemon Juice [Water], Dijon Mustard [Mustard Flour, Vinegar, Sugar, Turmeric, Salt, Garlic Powder, Marjoram, Thyme, Acetic Acid], Gfs [Xanthan Gum, Guar Gum, Locust Bean Gum], Maxarome Select Powder [Yeast Extract, Salt], White Pepper), Butternut (28%), Broccoli (20%), Courgette (12%).	South Africa	Yes	250g	Gluten	Yes	Yes
		Creamed Spinach and Honey Cinnamon Butternut	Creamy Swiss Chard and Butternut	Yes	R49.99	Yes	None	Creamed Spinach (Spinach, Milk, Cream [Stabilizer], Water, Modified Maize Starch, Butter [Butter Fat, Milk Solid], Salt, Nutmeg), Honey And Cinnamon Butternut(Butternut, Sugar, Honey, Lemon Juice, Salt, Cinnamon)	South Africa	Yes	350g	Cows milk	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Veg Risotto Kiev	Vegetarian TM Vegeta-ble Risotto Kievs	Yes	R49.99	Yes	None	Vegetable Risotto(Water, Butternut, Arborio Rice, Carrot, Onion, Millet, Bulgur Wheat, Spinach, Vegetable Oil(Canola Oil), Parsleys, Salt, Garlic, Smoked Paprika, Grounded Cumin, Yeast Extract), Bread Crumbs(Wheat Flour, Salt, Vegetable Oil[Sunflower Oil]), Water, Milk, Cheddar Cheese(Milk, Salt, Calcium Chloride, Preservative[Sodium Nitrate], Microbial Rennet, Lactic Starter Culture), Mozzarella Cheese(Cheese Culture, Calcium Chloride), Cream(Stabilizer), Parsley, Thickeners, Wheat, Gluten, Garlic, Butter(Butterfat, Milk Solids), Starch, Dijon Mustard(Mustard Flour, Vinegar, Sugar, Turmeric, Garlic Powder, Majoram, Thyme, Acetic Acid), Ground Cinnamon	South Africa	Yes	2 kievs	Gluten, wheat, cows milk	Yes	Yes
		Spinach and Ricotta Cannelloni		Yes	R72.99	Yes	None	Wilted Spinach And Ricotta (42%), Fresh Pasta (15%), Tomato Sauce (25%), Creamy Bechamel Sauce (15%).Pasta, Tomato, Milk, Spinach, Onion, Water, Full Fat Soft Cheese, Ricotta Cheese, Breadcrumbs, Cream, Cheddar Cheese, Vegetable Oil (Canola Oil), Tomato Purée, Medium Fat Hard Cheese, Wheat Flour, Salt, Modified Maize Starch, Butter, Olive Oil, Garlic, White Sugar, Irradiated Spices (Nutmeg, Black Pepper, White Pepper), Sage, Basil, Pectin, Mustard Powder, Pasta Contains: Durum Wheat Semolina, Water, Free Range Egg, Tomato Contains: Tomato, Tomato Juice, Citric Acid, Full Fat Soft Cheese Contains: Cream, Whey, Salt, Stabiliser, Cheese Culture, Ricotta Cheese Contains: Milk, Salt, Citric Acid, Breadcrumbs Contains: Wheat Flour, Yeast, Salt, Olive Oil, Ascorbic Acid, Cheddar Cheese Contains: Milk, Salt, Preservatives (Sodium Nitrate, Potassium Nitrate), Calcium Chloride, Colourant, Cheese Culture, Microbial Rennet, Tomato Purée Contains: Tomato, Citric Acid, Medium Fat Hard Cheese Contains: Milk, Cheese Culture, Calcium Chloride, Microbial Rennet, Lysozyme, Butter Contains: Butterfat, Water, Milk Solids, Salt, Colourant, Pectin Contains: Pectins, Sucrose.	South Africa	Yes	350g	Gluten, wheat, cows milk, egg	Yes	Yes
Plant Love		PlantLove TM Crumbed Savoury Soya Portions		Yes	R49.99	Yes	High in protein	Vegan Bechamel Sauce (40%) (Unsweetened Soya Milk [Water, Soya Bean, Acidity Regulators (Potassium Phosphates, Monopotassium Glutamate), Calcium Carbonate, Flavouring, Sea Salt, Stabilisers (Gellan Gum), Riboflavin's, Vitamin B12, Ergocalciferol], Water,	South Africa	Yes	200g	Tree nuts, Soya, gluten , wheat	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Vegetarian™ Biryani		Yes	R85.99	Yes	None	Biryani Rice (45%), Turmeric Potatoes (19%), Spiced Soya Strips (17%), Raita Dip (15%), Lentils (5%), Fried Onion (3%).Water, Potato, Soya Strips, Double Cream Yoghurt, Basmati Rice, Lentils, Onion, Vegetable Oil (Canola Oil, Sunflower Oil), Butter, Salt, Irradiated Spices (Turmeric, Cumin, Cardamom, Cinnamon), Coriander, Sugar, Garlic, Coriander Leaf, Ginger, Irradiated Garam Masala, Black Pepper, Lemon Juice.Soya Strips Contains: Water, Soya Protein Concentrate, Salt, Flavouring.Double Cream Yoghurt Contains: Full Cream Milk, Stabilisers, Yoghurt Starter Culture.Butter Contains: Cream, Salt, Water.Irradiated Garam Masala Contains: Cumin, Coriander, Cardamom, Cinnamon, Pepper, Clove, Mace, Ginger, Bay Leaf, Nutmeg.	South Africa	Yes	350g	Tree nuts, Cows milk, Soya	Yes	Yes
		Vegetarian™ Butter Curry		Yes	R89.99	Yes	None	Soya Pieces (20%), Butter Curry Sauce (38%), Pilau Rice (42%).Water, Soya Pieces , Basmati Rice, Chopped Tomato, Tomato, Cream, Butter, Salt, Coriander Leaf, Vegetable Oil (Canola Oil), Cashew Nut, Garlic, Brown Sugar, Ginger, Irradiated Spices (Paprika, Cumin, Cardamom, Bay Leaf, Nutmeg), Garam Masala, Cayenne Pepper, Onion Seeds, Mustard Seed, Black Pepper, Cinnamon Stick.Soya Pieces Contains: Reconstituted Soya Concentrate (Water, Soya Protein), Corn Starch, Vegetable Oils (Sunflower Oil, Canola Oil), Stabilisers, Starches, Emulsifiers, Yeast Extract, White Pepper, Celery, Thyme, Turmeric, Dextrose.Irradiated Garam Masala Contains: Cumin, Coriander, Cardamom, Cinnamon, Black Pepper, Clove, Mace, Ginger, Bay Leaf, Nutmeg.Chopped Tomato Contains: Tomato, Tomato Juice, Citric Acid.Butter Contains: Cream, Salt, Water.	South Africa	Yes	350g	Tree nuts, Cows milk, Soya	Yes	Yes
		Vegetarian™ Mushroom and Red Pepper Kiev		Yes	R59.99	Yes	None	mushroom & Red Pepper Risotto (74%), Creamy Cheese Centre (7%), Cooked Mushroom And Red Pepper Risotto (Water, Mushroom (13%), Millet, Red Pepper (7%), Onion, Arborio Rice (6%), Basmati Rice, Vegetable Oil (Canola Oil), Salt, Thyme, Parsley, Garlic, White Pepper, Irradiated Cumin, Coriander, Yeast Extract, Paprika), Breadcrumbs (Contains: Wheat Flour, Vegetable Oil [Sunflower Oil]), Thickener, Wheat Gluten, Stabiliser, Full Cream Cow's Milk, Cheddar Cheese (Contains: Calcium Chloride, Preservative [Sodium Nitrate], Microbial Rennet, Lactic Starter Culture), Mozzarella Cheese (Contains: Cheese Culture, Colourant), Cream (Stabiliser), Garlic, Parsley, Butter (Cream, Acidity Regulator), Starch, Dijon Mustard (Contains: Mustard Flour, Vinegar, Suagr, Turmeric Marjoram, Thyme, Acetic Acid), Nutmeg.	South Africa	Yes	2 x Kyivs	GLUTEN, WHEATAND COW'S MILK.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Vegetarian™ Vegetable Phyllo Parcels		Yes	R56.99	Yes	None	Roast Butternut (31%), Phyllo Pastry (31%), Creamy Swiss Chard (24%), South African Feta Cheese (8%)Roast Butternut (Butternut, Vegetable Oil [Canola Oil], Salt, Sugar, Coriander, Irradiated Cumin, Irradiated Black Pepper), Phyllo Pastry (Contains: Wheat Flour, Water, Flour Improver, Starch, Vegetable Oil [Sunflower Oil]), Creamy Swiss Chard (Contains: Swiss Chard, Full Cream Cow's Milk, Cream [Stabilisers], Water, Starch, Butter [Cream, Acidity Regulator], Nutmeg), South African Feta Cheese (Contains: Firming Agent, Cheese Culture, Microbial Rennet, Preservative [Natamycin]), Sesame Seed Mix (Sesame Seeds)	South Africa	Yes	2x Phyllo Parcels	GLUTEN, WHEAT AND COW'S MILK	Yes	Yes
		Butternut and Chickpea Curry Roti		Yes	R44.99	Yes	None	Butter Roti (50%), Butternut (6%), Chickpeas (5%), Lentil Curry (39%)Butter Roti: Wheat Flour, Water, Butter (Cream, Acidity Regulator), Vegetable Oil (Canola Oil), Salt.Filling: Water, Tomato (Tomato, Citric Acid), Carrot, Butternut, Onion, Potato, Sweet Potato, Chickpeas, Red Lentils, Butter (Cream, Acidity Regulator), Cream (Cream, Stabilisers), Vegetable Oil (Canola Oil) Curry Powder (Coriander, Turmeric, Chilli Powder, Cumin, Fenugreek), Green Split Peas, Salt, Starch, Coriander, Garlic, Sugar, Lemon Juice, Ginger, Tomato Paste, Turmeric, Irradiated Cumin, Paprika, Masala Leaf (Paprika, Star Anise, Maltodextrin, Coriander, Sea Salt, Chilli Powder, Fennel, Cumin, Fenugreek, Cinnamon, Ginger, Black Pepper, Turmeric, Clove, Cardamom, Bay Leaf, Curry Leaves), Sodium Carbonates.	South Africa	Yes	200g	GLUTEN, WHEAT AND COW'S MILK.	Yes	Yes
		Macaroni and Cheese		Yes	R159.99	Yes	None	fresh Macaroni Pasta(35%) In A Creamy Cheese Sauce(57%) Topped With Grated Cheddar Cheese(8%)Milk, Pasta, Cheddar Cheese, Wheat Flour, Vegetable Oil (Canola Oil), Salt, Water, Modified Maize Starch, Mustard Powder, Yeast Extract, Paprika.Fresh Pasta Contains: Durum Wheat Semolina, Free Range Egg, Wheat Flour, Water.Cheeddar Cheese Contains: Milk, Salt, Preservative (Sodium Nitrate, Potassium Nitrate), Calcium Chloride, Colourant, Cheese Culture, Microbial Rennet.	South Africa	Yes	1Kg	GLUTEN, WHEAT, COW'S MILK AND EGG	Yes	Yes
		Stonebaked Cheese and Tomato Pizza		Yes	R84.99	Yes	None	Pizza Base (51%), Mozzarella Cheese (20%), White Cheddar Cheese (20%), Italian Tomato Sauce (9%).Pizza Base Contains: Wheat Flour, Water, Tomato, Citric Acid, Vegetable Oil (Canola Oil), Sugar, Salt, Yeast, Malted Wheat Flour, Flavouring.Mozzarella Cheese Contains: Milk, Salt, Microbial Rennet, Cheese Culture, Calcium Chloride, Colourants.White Cheddar Cheese Contains: Milk, Salt, Calcium Chloride, Preservative (Sodium Nitrate), Microbial Rennet, Lactic Starter Culture.Pizza Base, Cheddar Cheese, Mozzarella Cheese, Tomato, Citric Acid, Salt, Vegetable Oil (Canola Oil), Parsley, Basil, Oregano.	South Africa	Yes	325g	GLUTEN, WHEATAND COW'S MILK.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Fresh Butternut Soup		Yes	R42.99	Yes	None	Butternut (42%), Cream (3%)Butternut, Water, Milk, Onion, Carrot, Apple Juice, Sweet Potato, Cream, Celery, Vegetable Oil (Canola Oil), Starches, Salt, Turmeric, Black Pepper, Cinnamon, Nutmeg.Cream Contains: Cream, Stabilisers.	South Africa	Yes	600g	COW'S MILK	Yes	Yes
		Creamy Potato Bake in a Bechamel sauce		Yes	R84.99	Yes	None	Potato (60%), White Sauce (37%) (Milk, Butter (6%) [Cream, Acidity Regulators (Citric Acid)], Wheat Flour, Salt, Spices (Onion Powder, Mustard Powder, White Pepper, Garlic Powder), Starch), Cheddar Cheese White (Cow's Milk, Microbial Rennet, Starter Culture), Rosemary.	South Africa	Yes	1Kg	GLUTEN, WHEATAND COW'S MILK	Yes	Yes
		Fresh Creamy Tomato Soup		Yes	R59.99	Yes	None	Tomato (33%), Cream (7%), Sun-Dried Tomato (3%)Tomato, Water, Milk, Cream, Onion, Carrot, Sun-Dried Tomato, Celery, Sugar, Vegetable Oil (Canola Oil), Salt, Starch, Basil, White Pepper.Cream Contains: Cream, Stabilisers.Sun-Dried Tomato Contains: Tomato, Preservative (Sulphur Dioxide).	South Africa	Yes	600g	COW'S MILK AND SULPHUR DIOXIDE GLUTEN AND WHEAT.	Yes	Yes
		Broccoli, Butternut & Baby Marrow in a Béchamel Sauce		Yes	R48.99	Yes	None	Broccoli (32%), Creamy Bechamel Sauce (28%), Butternut (22%), Full Cream Milk (17%), Baby Marrows (15%), Cheddar Cheese (2%). Broccoli, Bechamel Sauce (Cow's Milk, Cream [Stabilisers], Butter [Cream, Acidity Regulator], Wheat Flour, Salt, Mustard Powder, Stabilisers, White Pepper), Butternut, Baby Marrows, Cheddar Cheese (Contains: Colourant, Calcium Chloride, Preservative [Sodium Nitrate], Microbial Rennet, Lactic Starter Culture).	South Africa	Yes	420g	GLUTEN, WHEAT AND COW'S MILK.	Yes	Yes
		Butternut, Swiss Chard & Red Onion Bake		Yes	R72.99	Yes	None	Butternut (54%) · Bechamel Sauce (33%). Swiss Chard (9%) · Red Onion (3%). Butternut , Béchamel Sauce (Milk , Cream [Stabilisers], Water, Onion, Wheat Flour, Butter [Cream, Acidity Regulator], Vegetable Oil [Canola Oil], Salt, Garlic, Starch, Thickener, Irradiated Black Pepper), Swiss Chard, Red Onion, South African Feta Cheese (Contains: Calcium Chloride, Preservative (Natamycin), Cheese Culture, Microbial Rennet), Rosemary.	South Africa	Yes	725g	GLUTEN, WHEATAND COW'S MILK.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Stonebaked Caprese Pizza		Yes	R109.99	Yes	None	Italian-Style Pizza Base (46%), Mozzarella Cheese (18%), Rosa Plum Tomatoes (16%), Basil Oil Dressing (3%).Italian-Style Pizza Base, Rosa Plum Tomatoes, Mozzarella Cheese, Tomato, Ashton Crème Soft Cheese, Basil Oil Dressing, Water, Milk, Onion, Vegetable Oil (Canola Oil), Parsley, Garlic, Tomato Paste, Salt, Maize Starch, Basil, Oregano, Black Pepper, Stabilisers.Italian-Style Pizza Base Contains: Wheat Flour, Water, Tomato, Citric Acid, Semolina, Salt, Vegetable Oil (Extra Virgin Olive Oil), Yeast, Malted Wheat Flour, Flour Improvers, Flavouring, Wheat Gluten, Whey Powder, Rye Flour, Actic Acid.Mozzarella Cheese Contains: Milk, Salt, Preservative (Sodium Nitrate), Microbial Rennet, Lactic Starter Culture, Colourant.Ashton Crème Soft Cheese Contains: Cream, Whey, Stabilisers, Cheese Culture, Salt.Basil Oil Dressing Contains: Vegetable Oil (Canola Oil, Extra Virgin Olive Oil), Basil, Garlic, Salt, Lemon Juice (Water, Concentrated Lemon Juice), Ascorbic Acid, Black Pepper.Tomato Paste Contains: Tomato, Citric Acid.	South Africa	Yes	510g	GLUTEN, WHEATAND COW'S MILK.	Yes	Yes
		Spinach and Feta Quiche		Yes	R75.99	Yes	None	Filling (77%), Pastry (23%).Filling Contains: Milk, Free Range Egg, Spinach, Onion, South African Feta (Milk, Salt, Calcium Chloride, Cheese Culture, Microbial Rennet), Cream, Cheddar Cheese (Milk, Salt, Preservatives (Sodium Nitrate, Potassium Nitrate), Calcium Chloride, Colourant, Cheese Culture, Microbial Rennet), Modified Maize Starch, Salt, Vegetable Oil (Canola Oil), Garlic, Mustard Powder, Irradiated White Pepper.Pastry Contains: Wheat Flour, Vegetable Fat (Palm Oil, Water, Salt, Whey, Emulsifiers, Citric Acid, Flavouring, Vitamin A, Vitamin D), Water, Butter (Butterfat, Water, Milk Solids, Salt, Colourant), Salt, Baking Powder.	South Africa	Yes	2 x 150g	LUTEN, WHEAT, COW'S MILK AND EGG.	Yes	Yes
		Stonebaked Spinach & South African Feta Pizza		Yes	R99.99	Yes	None	Pizza Base (43%), Spinach (26%), Mozzarella Cheese (13%), South African Feta Cheese (8%), Cheddar Cheese (8%), Red Onion (3%).Pizza Base, Mozzarella Cheese, Spinach, South African Feta Cheese, Cheddar Cheese, Milk, Cream, Red Onion, Water, Maize Starch, Salt, Butter, Nutmeg.Pizza Base Contains: Wheat Flour, Water, Tomato, Citric Acid, Sugar, Salt, Vegetable Oil (Canola Oil), Yeast, Malted Wheat Flour, Flavouring.Mozzarella Cheese Contains: Milk, Salt, Microbial Rennet, Cheese Culture, Calcium Chloride, Colourant.South African Feta Cheese Contains: Milk, Brine (Water, Acidity Regulators, Preservative [Natamycin]), Salt, Calcium Chloride, Cheese Cultures, Microbial Rennet.Cheddar Cheese Contains: Milk, Salt, Calcium Chloride, Preservative (Sodium Nitrate), Microbial Rennet, Lactic Starter Culture.Cream Contains: Cream, Stabilisers.Butter Contains: Cream, Acidity Regulator.	South Africa	Yes	385g	GLUTEN, WHEATAND COW'S MILK.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Grilled Halloumi & Roasted Vegetables in a Creamy Tomato Sauce		Yes	R64.99	Yes	None	Cooked Potato (27%) Roasted Butternut (24%), Creamy Tomato Dressing (23%), Grilled Halloumi Cheese (14%), Onion (3%).Potato, Butternut, Grilled Halloumi Cheese (Milk, Salt, Firming Agent, Non-Animal Rennet), Tomatoes, Water, Cultured Cream (Cream, Stabiliser, Selected Cultures), Onion, Citric Acid, Vegetable Oil (Canola Oil), Spinach, Peppers, Salt, Sugar, Parsley, Coriander, Starch, Garlic, Cumin, Ginger Juice, Red Chilli, Black Pepper, Acetic Acid	South Africa	Yes	420g	COW'S MILK.	Yes	Yes
		Basil & Ricotta Ravioli		Yes	R89.99	Yes	None	Fresh Basil And Ricotta Ravioli(44%) With Napoletana Sauce(46%), Tomato(7%) And Spinach(1%).Tomato, Pasta, Ricotta Cheese, Water, Tomato, Vegetable Oil (Canola Oil, Olive Oil), Onion, Basil, Tomato Purée, Mascarpone Cheese, Dried Potato, Baby Spinach, Mozzarella Cheese, South African Feta Cheese, Salt, Garlic, White Sugar, Modified Maize Starch, Lemon Juice, Pectin, Irradiated Black Pepper, Ascorbic Acid, Citric Acid.Tomato Contains: Tomato, Tomato Juice, Citric Acid.Fresh Pasta Contains: Durum Wheat Semolina, Wheat Flour, Free Range Egg, Water.Ricotta Cheese Contains: Milk, Salt, Citric Acid.Tomato Purée Contains: Tomato, Citric Acid.Mascarpone Cheese Contains: Cream, Milk, Citric Acid, Preservative (Potassium Sorbate), Stabiliser.Dried Potato Contains: Potato, Emulsifiers, Citric Acid.Mozzarella Cheese Contains: Milk, Salt, Preservative (Sodium Nitrate), Cheese Culture, Microbial Rennet.South African Feta Cheese Contains: Milk, Salt, Calcium Chloride, Cheese Culture, Microbial Rennet.Lemon Juice Contains: Water, Concentrated Lemon Juice.Pectin Contains: Pectin, Sugar.	South Africa	Yes	400g	GLUTEN, WHEAT, COW'S MILK AND EGG.	Yes	Yes
		Roasted Veg Medley		Yes	R49.99	Yes	None	Roasted Veg (79%) With A Sweet Pepper Pesto (7%).Sweet Potato, Butternut, Tomato, Red Pepper Pesto (Red Pepper, Vegetable Oil (Canola Oil), Tomato[Citric Acid], Pecorino Cheese, Vinegar [Vinegar, Grape Must Concentrate, Preservative: Sulphur Dioxide], Tomato Paste, Sugar, Pine Nuts, Salt, Garlic, Paprika, Pepper,Salt, Black Pepper.	South Africa	Yes	400g	COW'S MILK.	Yes	Yes
		Five Cheese Ravioli		Yes	R74.99	Yes	None	Pasta (50 %): Wheat Flour, Free Range Egg, Durum Wheat Semolina, Waterfilling (50 %): Ricotta Cheese (Whey, Cream, Salt, Citric Acid), Cream, Mozzarella Cheese (Milk,Salt, Microbial Rennet) , Breadcrumbs (Wheat Flour, Salt, Yeast), Whey Powder, Provolone Cheese (Milk, Salt, Animal Rennet), Hard Cheese (Milk Salt, Microbial Rennet), Pecorino Romano Pdo (Sheeps Milk , Salt, Animal Rennet), Salt, Parsley	South Africa	Yes	250g	GLUTEN, WHEAT, COW'S MILK AND EGG.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Butternut Pansotti		Yes	R79.99	Yes	None	Roasted Butternut Filling (58%) . Fresh Pasta (42%)Pasta, Butternut, Maize Rusk And / Or Dried Potato, Medium Fat Hard Cheese, Vegetable Oil (Canola Oil), Sugar, Butter, Salt, Sage.Pasta Contains: Durum Wheat Semolina,Wheat Flour, Free Range Egg, Water.Maize Rusk Contains: Maize, Salt.Dried Potato Contains: Potato, Emulsifier, Citric Acid.Medium Fat Hard Cheese Contains: Milk, Cheese Culture, Calcium Chloride, Microbial Rennet, Lysozyme, Salt.Butter Contains: Milk (Cream), Salt.	South Africa	Yes	250g	GLUTEN, WHEAT, COW'S MILK AND EGG.	Yes	Yes
		Kids Cheese-aroni Macaroni Cheese		Yes	R54.99	Yes	None	Macaroni (41%) With Cheese Sauce (51%) & Cheddar Cheese (7%).Macaroni Pasta , Milk, Cheddarcheese, Butter, Salt, Wheat Flour, Water, Maize Starch.Macaroni Pasta Contains: Wheat Flour, Water.Cheeddar Cheese Contains: Milk, Salt, Calcium Chloride, Starter Culture, Microbial Rennet.Butter Contains: Cream, Salt, Water	South Africa	Yes	200g	GLUTEN, WHEATAND COW'S MILK	Yes	Yes
		Kids Pasta Pillows		Yes	R54.00	Yes	None	Cheese And Tomato Filled Pasta (58%) Topped With A Cheesy Tomato Sauce (37%).Pasta, Milk, Tomato Purée, Mozzarella Cheese, Ricotta Cheese, Tomato Paste, Cheddar Cheese, Onion, Salt, Ciabatta Breadcrumbs, Water, Butter, Wheat Flour, Sugar, Vegetable Oil (Canola Oil), Modified Corn Starch, Celery, Oregano, Carrot, Garlic.Pasta Contains: Wheat Flour, Water, Free Range Egg.Tomato Purée Contains: Tomato, Citric Acid.Mozzarella Cheese Contains: Milk, Salt, Calcium Chloride, Cheese Culture, Colourant, Microbial Rennet.Ricotta Cheese Contains: Milk, Whey, Citric Acid, Salt.Tomato Paste Contains: Tomato, Citric Acid.Cheeddar Cheese Contains: Milk, Salt, Calcium Chloride, Cheese Culture, Colourant, Microbial Rennet.Ciabatta Breadcrumbs Contains: Wheat Flour, Yeast, Salt, Vegetable Oil (Olive Oil), Ascorbic Acid.Butter Contains: Cream, Salt, Water.	South Africa	Yes	200g	GLUTEN, WHEAT, COW'S MILKAND EGG	Yes	Yes
		Kids Cheese and tomato pizza		Yes	R36.99	Yes	None	Pizza Base (61%), Cheddar Cheese (17%), Mozzarella Cheese (17%).Pizza Base, Cheddar Cheese, Mozzarella Cheese, Tomato, Salt, Vegetable Oil (Canola Oil), Parsley, Basil, Oregano.Pizza Base Contains: Wheat Flour, Water, Tomato, Citric Acid, Vegetable Oil (Canola Oil), Yeast, Sugar, Invert Sugar, Calcium Carbonate, Wheat Gluten, Enzymes, Malted Wheat Flour, Flour Treatment Agent.Cheeddar Cheese Contains: Milk, Salt, Calcium Chloride, Preservative (Sodium Nitrate), Microbial Rennet, Lactic Starter Culture.Mozzarella Cheese Contains: Milk, Salt, Microbial Rennet, Cheese Culture, Calcium Chloride, Colourant.Tomato Contains: Tomato, Citric Acid.	South Africa	Yes	90g	GLUTEN, WHEATAND COW'S MILK.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Cauliflower & Broccoli Florets in a Creamy Béchamel Sauce		Yes	R34.99	Yes	None	Bechamel Sauce (36%), Broccoli (30%), Cauliflower (28%), Full Cream Milk (22%), Cheddar Cheese (6%), Butter (2%)Bechamel Sauce (Full Cream Cow's Milk, Cream [Stabilisers], Butter [Cream, Acidity Regulator], Wheat Flour, Salt, Mustard Powder, Stabilisers, White Pepper), Broccoli, Cauliflower, Cheddar Cheese (Contains: Colourants, Calcium Chloride, Preservative [Sodium Nitrate], Microbial Rennet, Lactic Starter Culture).	South Africa	Yes	250g	GLUTEN, WHEATAND COW'S MILK	Yes	Yes
		Baby Marrows, Peas, & Sliced Swiss Chard		Yes	R39.99	Yes	None	Peas (30%), Baby Marrow (30%), Broccoli (21%), Swiss Chard (10%) With Basil Butter (9%).Baby Marrows, Peas, Broccoli, Swiss Chard, Basil Butter (Butter [Cream, Acidity Regulators], Salt, Basil, Garlic).	South Africa	Yes	235g	COW'S MILK.	Yes	Yes
		Basil & Mascarpone Girasoli		Yes	R76.99	Yes	None	Pasta(37%): Wheat Flour, Free Range Egg, Durum Wheat Semolina, Water.Filling (63%): Ricotta Cheese (Whey, Salt, Citric Acid, Cream), Vegetable Oil (Sunflower Oil), Mascarpone Cheese (Cream, Citric Acid), Basil Paste (Basil, Vegetable Oil (Sunflower Oil), Salt, Sodium Carbonates), Mozzarella Cheese (Milk, Salt, Microbial Rennet), Cream, Bread Crumbs (Wheat Flour, Yeast, Salt), Whey Powder, Grana Padano Cheese Pdo (Milk, Salt, Animal Rennet, Lysozyme), Salt.	South Africa	Yes	250g	GLUTEN, WHEAT, COW'S MILK AND EGG.	Yes	Yes
		Gnocchi Italian Potato Dumplings		Yes	R74.99	Yes	None	Potato (65%), Wheat Flour, Free Range Egg, Salt, Vegetable Oil (Sunflower Oil).	South Africa	Yes	400g	GLUTEN, WHEAT AND EGG.	Yes	Yes
		Sweet Potato & Pumpkin Mash		Yes	R38.99	Yes	None	Sweet Potato (49%), Pumpkin (49%), Butter (2%)Sweet Potato, Pumpkin, Butter (Cream, Acidity Regulator).	South Africa	Yes	500g	COW'S MILK	Yes	Yes
		Kids Cheese Sauce with Hidden Veggie		Yes	R26.99	Yes	None	Cow's Milk, Vegetables (29%) (Carrots, Butternut, Baby Marrows, Broccoli, Cauliflower), Water, Cheese (10%) (Contains: Cow's Milk, Calcium Chloride, Salt, Cultures, [Non-Animal Rennet]), Butter (Contains: Cream, Salt), Corn Starch, Salt, White Pepper.	South Africa	Yes	100g	COW'S MILK.	Yes	Yes
		Kids Roasted Veggies in a Cheese Sauce		Yes	R22.99	Yes	None	Cow's Milk, Vegetables (37%)(Sweet Potatoes, Butternut, Carrots, Baby Marrows, Peppers, Onions), Water, Cheese (4%) (Contains: Cow's Milk, Calcium Chloride, Salt, Culture [Non-Animal Rennet]), Corn Starch, Butter (Contains: Cream, Salt), Canola Oil, Salt, Garlic, Rosemary, White Pepper. Cow's Milk, Vegetables (37%)(Sweet Potatoes, Butternut, Carrots, Baby Marrows, Peppers, Onions), Water, Cheese (4%) (Contains: Cow's Milk, Calcium Chloride, Salt, Culture [Non-Animal Rennet]), Corn Starch, Butter (Contains: Cream, Salt), Canola Oil, Salt, Garlic, Rosemary, White Pepper.	South Africa	Yes	100g	COW'S MILK.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Fresh & Creamy Spinach, Broccoli & Kale Soup		Yes	R59.99	Yes	None	Spinach (7 %), Broccoli (6 %), Cream (5 %), Kale (3 %), Medium Fat Hard Cheese (2 %).Water, Milk, Onion, Spinach, Broccoli, Cream, Carrot, Kale, Medium Fat Hard Cheese, Modified Maize Starch, Vegetable Oil (Canola Oil), Salt, Garlic, Irradiated Black Pepper, Nutmeg.Cream Contains: Cream, Stabilisers.Medium Fat Hard Cheese Contains: Milk, Cheese Culture, Microbial Rennet, Calcium Chloride, Salt, Preservatives (Sodium Nitrate, Natamycin).	South Africa	Yes	600g	COW'S MILK.	Yes	Yes
		Spinach & Ricotta Ravioli		Yes	R72.99	Yes	None	spinach And Ricotta Ravioli (41%), Napoletana Sauce (52%) And Cheddar Cheese (3%).Tomato, Pasta, Water, Onion, Spinach, Full Fat Soft Cheese, Cheddar Cheese, Cream, Vegetable Oils (Canola Oil, Olive Oil), Ricotta Cheese, Ciabatta Crumbs, Tomato Purée, Medium Fat Hard Cheese, Baby Spinach, Salt, White Sugar, Modified Maize Starch, Garlic, Basil, Irradiated Spices (Black Pepper, Nutmeg), Pectin, Sage.Tomato Contains: Tomato, Tomato Juice, Citric Acid.Fresh Pasta Contains: Durum Wheat Semolina, Wheat Flour, Free Range Egg, Water.Full Fat Soft Cheese Contains: Cream, Whey, Salt, Stabilisers, Cheese Culture.Cheddar Cheese Contains: Milk, Salt, Preservative (Sodium Nitrate, Potassium Nitrate), Calcium Chloride, Colourant, Cheese Culture, Microbial Rennet.Ricotta Cheese Contains: Milk, Salt, Citric Acid.Ciabatta Crumbs Contains: Wheat Flour, Yeast, Salt, Ascorbic Acid.Tomato Purée Contains: Tomato, Citric Acid.Medium Fat Hard Cheese Contains: Milk, Cheese Culture, Calcium Chloride, Microbial Rennet, Salt.Pectin Contains: Pectin, Sugar.	South Africa	Yes	300g	GLUTEN, WHEAT, COW'S MILK AND EGG.	Yes	Yes
		Kids Gnocchi Shapes		Yes	R79.99	Yes	None	potato(68%), Wheat Flour, Free Range Egg,Wheat Fibre,Sunflower Oil	South Africa	Yes	400g	GLUTEN, WHEAT, AND EGG.	Yes	Yes
		Mature Cheddar & Caramelised Onion Quiche		Yes	R75.99	Yes	None	pastry (28%), Mature Cheddar Cheese And Caramelised Onion Filling (72%).Filling Contains: Milk, Free Range Egg, Mature Cheddar Cheese Contains (Milk, Salt, Preservatives (Sodium Nitrate, Potassium Nitrate), Calcium Chloride, Colourant, Cheese Culture, Microbial Rennet), Onion, Cream, Modified Maize Starch, Parsley, Brown Sugar, White Wine Vinegar, Salt, Vegetable Oil (Canola Oil), Mustard Powder, Irradiated White Pepper.Pastry Contains: Wheat Flour, Vegetable Fat ((Palm Fruit Oil, Palm Kernel Oil) Water, Salt, Emulsifier, Flavouring, Citric Acid), Water, Butter (Milk, Cream, Salt), Salt, Baking Powder.	South Africa	Yes	2 x150g	GLUTEN, WHEAT, COW'S MILK AND EGG	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Curried Carrot Crush & Grain Vegetable Pot		Yes	R59.99	Yes	None	vegetables (48%), Curried Carrot Crush (22%), Mint Raita Drizzle (8%), Pickled Onion (5%), Grain (3%)Roasted Pumpkin Wedges (Pumpkin,Vegetable Oil [Canola Oil],Salt),Curried Carrot Crush (Contains: Carrot, Ginger, Curry Powder {Coriander,Turmeric,Cumin,Fenugreek,Chilli}, Irradiated Cumin, Onion Seeds, Cinnamon),Grain Mix (Water, Millet, Cooked Chickpeas [Contains: Sodium Carbonates],Concentrated Lemon Juice, Onion,Garlic,Coriander,Red Chilli,Brown Mustard Seeds,Curry Leaves),Swiss Chard,Cauliflower,Mint Raita Drizzle (Double Cream Plain Yoghurt [Milk,Milk Solids (Whey Powder,Dried Skimmed Milk,Full Cream Milk Powder,Milk Proteins,Whey Concentrate),Stabilisers,Anticaking Agent,Emulsifiers,Acidity Regulators,Lactic Starter Culture],Cucumber,Starch,Mint,Irradiated Black Pepper),Pickled Onion(Contains:Sugar, Vinegar,Vegetable Oil [Extra Virgin Olive Oil]).	South Africa	Yes	300g	COW'S MILK.	Yes	Yes
		Fresh Pumpkin & Ginger Soup		Yes	R55.99	Yes	None	Pumpkin (31%), Ginger (2%)Water, Pumpkin, Onion, Cream, Carrot, Ginger Juice, Sugar, Coconut Cream, Vegetable Oil (Canola Oil), Salt, Modified Maize Starch, Garlic, Coriander, Lemon Juice, Ginger, Black Pepper And Irradiated Cayenne Pepper.Cream Contains: Cream, Stabilisers.Coconut Cream Contains: Coconut Milk Extract, Water, Stabilisers, Emulsifiers, Anti-Oxidants (Sodium Metabisulphite, Citric Acid).	South Africa	Yes	600g	COW'S MILK.	Yes	Yes
		Chickpea, Carrot & Sweet Potato Curry Soup		Yes	R55.10	Yes	None	Sweet Potato(13%), Carrot(12%), Cooked Chickpeas(17%), Water, Double Cream Plain Yoghurt(Milk, Stabilisers, Lactic Acid Culture), Onion, Leek, Vegetable Oil (Canola Oil), Butter(Cream, Acidity, Regulator), Modified Maize Starch, Coriander, Salt, Medium Curry(Coriander, Tumeric, Cumin, Chilli), Garam Masala (Coriander, Fennel, Fenugreek, Mustard Powder, Aniseed, Cumin, Ginger, Cassia), Spices(Coriander, Bay Leaf, Black Pepper), Yeast Extract,Sodium, Carbonates	South Africa	Yes	600g	COW'S MILK.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Fresh Caprese Ravioli		Yes	R79.99	Yes	None	Mozzarella, Ricotta And Tomato Filling (58%). Fresh Pasta (42%)Pasta, Ricotta Cheese, Mozzarella Cheese, Tomato Paste, Breadcrumbs, Basil, Vegetable Oils (Canola Oil, Extra Virgin Olive Oil), Salt, South African Feta Cheese, Garlic, Lemon Juice, Ascorbic Acid, Citric Acid.Pasta Contains: Wheat Flour, Durum Wheat Semolina, Free Range Egg, Water.Ricotta Cheese Contains: Milk, Salt, Citric Acid.Mozzarella Cheese Contains: Milk, Salt, Preservative (Sodium Nitrate), Cheese Culture, Microbial Rennet.Tomato Paste Contains: Tomato, Citric Acid.Breadcrumbs Contains: Wheat Flour, Yeast, Salt, Vegetable Oil (Olive Oil), Ascorbic Acid.South African Feta Cheese Contains: Milk, Salt, Calcium Chloride, Cheese Culture, Microbial Rennet.Lemon Juice Contains: Water, Concentrated Lemon Juice.	South Africa	Yes	250g	GLUTEN, WHEAT, COW'S MILKAND EGG.	Yes	Yes
		Potato Croquette Bake		Yes	R119.99	Yes	None	Potato Croquette (52%), Creamy Swiss Chard (43%), Grated Mozzarella Cheese (4%). Potato Croquette Bake (Potato Croquette [Cooked Potato (Potato, Salt), Breadcrumbs [Contains: Wheat Flour, Dextrose, Yeast, Vegetable Oil (Palm Oil)], Creamy Swiss Chard [Bechamel Sauce (Contains: Cow's Milk, Cream, Butter(Cream, Acidity Regulator),Starch, Mustard Powder, White Pepper, Nutmeg, Garlic Powder), Swiss Chard (11%)], Mozzarella Cheese [Contains: Cheese Culture, Microbial Rennet], Parsley).	South Africa	Yes	920g	GLUTEN, WHEAT AND COW'S MILK	Yes	Yes
		Mini Cheese & Tomato Pizzas		Yes	R74.99	Yes	None	Pizza Base (56%), Mozzarella Cheese (19%), Cheddar Cheese (19%). Pizza Base, Mozzarella Cheese, Cheddar Cheese, Tomato, Salt, Vegetable Oil (Canola Oil), Parsley, Basil, Oregano.Pizza Base Contains: Wheat Flour, Water, Vegetable Oil (Canola Oil), Salt, Yeast, Sugar, Invert Sugar, Emulsifiers, Wheat Gluten, Calcium Carbonate, Enzyme, Malted Wheat Flour, Acidity Regulator, Ascorbic Acid.Cheeddar Cheese Contains: Milk, Salt, Colourants, Calcium Chloride, Preservative: Sodium Nitrate, Microbial Rennet, Lactic Starter Culture.Mozzarella Cheese Contains: Milk, Salt, Microbial Rennet, Cheese Culture, Calcium Chloride, Colourant.Tomato Contains: Tomato, Citric Acid	South Africa	Yes	4 x 80g	GLUTEN, WHEATAND COW'S MILK.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Plant Love		Mediterranean Style Vegetable Pot		Yes	R59.99	Yes	None	Mediterranean Style Vegetables (43%), Bulgur Wheat (15%), Basil Pesto (8%), Barley (6%)Bulgur Wheat & Barley Grain Mix (Cooked Bulgur Wheat [Vegetable Stock {Water, Carrot, Celery, Onion, Salt, Sage, Bay Leaf}, Bulgur Wheat],Cooked Barley, Cooked Chickpeas [Contain: Sodium Carbonates],Vinaigrette [Contains: Vegetable Oil (Canola Oil),Vinegar,Sugar,Irradiated Black Pepper],Parsley),Creamy Tomato Sauce (Contains: Tomato [Tomato,Citric Acid],Onion,Tomato Paste,Cream [Stabilisers],Starch,Basil,Garlic),Butternut, Baby Marrows, Swiss Chard & Kale Mix (Kale,Swiss Chard),Basil Pesto (Contains: Concentrated Lemon Juice, Lemon Zest), Pepper.	South Africa	Yes	310g	GLUTEN, WHEAT AND COW'S MILK.	Yes	Yes
		Spinach, Sweetcorn & Butter Bean Rounds		Yes	R49.99	Yes	None	Crushed Wheat (43%), Spinach (7%), Butter Bean (3%), Sweetcorn (1%).Water, Butternut, Crushed Wheat, Vegetable Oil (Canola Oil), Spinach, Onion, Peas, Chickpeas, Wheat Flour, Butter Beans (Antioxidant: Ascorbic Acid), Breadcrumbs (Wheat Flour, Yeast, Salt, Wheat Gluten, Vegetable Oil [Sunflower Oil], Flour Improvers), Red Kidney Beans (Contain: Antioxidant: Ascorbic Acid), Salt, Sweetcorn, Coriander, Garlic, Thickeners, Ginger, Sodium Carbonates, Cayenne Pepper.	South Africa	Yes	4x Rounds	GLUTEN AND WHEAT.	Yes	Yes
		PlantLove™ Crumbed Savoury Soya Bites		Yes	R49.99	Yes	None	Reconstituted Soya Concentrate (Water, Soya Protein (25%), Corn Starch), Breadcrumbs (14%) (Contain: Wheat Flour, Yeast, Salt, Wheat Gluten, Colourants, Flour Improvers), Vegetable Oils (Sunflower Oil, Canola Oil), Stabilisers, Batter (Contains: Raising Agents, Garlic Powder, Onion Powder, Citric Acid), Starches, Emulsifiers, Yeast Extract, White Pepper, Celery, Thyme, Dextrose	South Africa	Yes	160g	GLUTEN, WHEAT AND SOYA.	Yes	Yes
		PlantLove™ Minced Soya Rounds		Yes	R49.99	Yes	None	Reconstituted Soya Concentrate (Water, Soya Protein (22%), Corn Starch, Colourants (Caramel)), Vegetable Oils (Canola Oil, Sunflower Oil), Stabilisers, Emulsifiers, Starches, Savoury Base (Contains: Salt, Dextrose, Yeast Extract, Anticaking Agent, Flavouring), Garlic Powder, White Pepper.	South Africa	Yes	160g	SULPHUR DIOXIDEAND SOYA.	Yes	Yes
		PlantLove™ Minced Soya		Yes	R49.99	Yes	None	Rehydrated Soya (Water, Textured Soya Protein (32%) [Soya Flour], Seasoning [Salt, Maize Flour, Flavourings {Spices, Smoke Flavouring}, Dried Onion, Yeast Extract, Dried Garlic, Coriander, Paprika, Colourant, Flavour Enhancer, Anti-Caking Agent], Salt, Colourant).	South Africa	Yes	160g	SOYA	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		PlantLove™ Spaghetti Bolognese		Yes	R59.99	Yes	None	Soya Bolognese (62%), Fresh Spaghetti (36%), Dairy-Free Cheese (1.5%), Fresh Pasta, Water, Tomato Purée, Onion, Soya Protein, Salt, Dairy-Free Cheese, Canola Oil, Tomato Paste, Carrot, Soy Sauce, Modified Maize Starch, Celery, Sugar, Tomato Powder, Garlic, Rosemary, Thyme, Parsley, Irradiated Spices. Fresh Pasta Contains: Durum Wheat Semolina, Water. Tomato Purée Contains: Tomato, Citric Acid. Dairy-Free Cheese Contains: Water, Modified Starch, Coconut Oil, Emulsifier, Yeast Extract, Fructose, Citric Acid, Colourants, Flavouring, Vitamin B12. Tomato Paste Contains: Tomato, Citric Acid. Soy Sauce Contains: Water, Salt, Sugar, Soya Bean, Citric Acid, Wheat Flour. Tomato Powder Contains: Tomato, Preservative (Sulphur Dioxide). Irradiated Spices Contain: Bay Leaf, Nutmeg.	South Africa	Yes	300g	GLUTEN, WHEAT AND SOYA.	Yes	Yes
		Plant Powered™ Butternut Vegan Ravioli		Yes	R79.99	Yes	None	Pasta (45%): Durum Wheat Semolina, Water. Filling (55%): Butternut, Bread Crumbs (Wheat Flour, Yeast Extract, Salt), Vegetable Oil (Sunflower Oil), Sunflower Seeds, Salt, Red Onion, White Wine Vinegar (Preservative: Sulphur Dioxide), Sugar, Inulin	South Africa	Yes	250g	GLUTEN, WHEAT AND SULPHUR DIOXIDE.	Yes	Yes
		Frozen Plant Powered™ Protein Burger Patty		Yes	R79.99	Yes	None	Reconstituted Soya (Water, Soya Protein Concentrate (22%), Corn Starch, Colourants), Water, Vegetable Oils (Canola Seed, Sunflower Seed), Stabiliser, Starch, Salt, Flavour Enhancer, Maltodextrin, Yeast Extract, Anti-Caking Agent, Flavouring, Emulsifier, Garlic Powder, White Pepper.	South Africa	Yes	320g	SULPHUR DIOXIDE AND SOYA.	Yes	Yes
		Frozen PlantLove™ Crumbed Savoury Soya Portions		Yes	R79.99	Yes	None	Reconstituted Soya (Water, Soya Protein Concentrate (25%), Corn Starch), Water, Breadcrumbs (14%) (Wheat Flour, Yeast, Salt, Wheat Gluten, Colourants, Vegetable Oil (Sunflower Seed), Improving Agent), Vegetable Oil (Canola Seed), Stabiliser, Batter (Water, Raising Agents, Wheat Flour, Salt, Garlic Powder, Onion Powder, Acidity Regulator, Colourant), Starch, Emulsifier, Yeast Extract, Salt, White Pepper, Celery, Thyme, Flavour Enhancer.	South Africa	Yes	400g	GLUTEN, WHEAT, SULPHUR DIOXIDE AND SOYA.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		PlantLove™ Coconut & Sesame Vegetable Noodle		Yes	R77.99	Yes		Wheat Noodles (40%), Coconut And Sesame Sauce (31%), Carrot (7%), Cabbage (6%), Spinach (5%), Spring Onion (2%)Wheat Noodles, Water, Carrot, Cabbage, Spinach And/Or Pak Choi, Coconut Cream, Vegetable Oils (Canola Oil, Sesame Oil), Tahini Sesame Seed Paste, Sugar, Spring Onion, Mangetout And/Or Sugar Snap Peas, Ginger, Soya Sauce, Red Curry Paste, Modified Maize Starch, Salt, Rice Wine Vinegar, Sesame Seeds, Garlic, Coriander.Wheat Noodles Contains: Wheat Flour, Water, Wheat Gluten, Salt, Acidity Regulators.Coconut Cream Contains: Coconut Milk Extract, Water, Stabilisers, Emulsifiers, Anti-Oxidants (Citric Acid, Sodium Metabisulphite).Soya Sauce Contains: Water, Soya Bean, Wheat, Salt.Red Curry Paste Contains: Shallot, Garlic, Red Chilli, Lemongrass, Salt, Galangal, Thai Lime Leaves, Cumin, Citric Acid.Rice Wine Vinegar Contains: Preservative (Sulphur Dioxide).	South Africa	Yes	400g	GLUTEN, WHEAT AND SOYA.	Yes	Yes
		Plant Powered™ Spinach and Hummus Vegan Ravioli		Yes	R79.99	Yes		Pasta (45%): Wheat Flour, Water, Chickpea Flour, Durum Wheat Semolina.Filling (55%): Sauteed Spinach (Spinach, Vegetable Oil (Sunflower Oil), Salt, Garlic), Cannellini Bean Paste (Cannellini Beans, Vegetable Oil (Sunflower Oil), Water, Salt, Lemon Juice), Breadcrumbs (Wheat Flour, Yeast, Salt), Wheat Flour, Salt, Black Pepper, Nutmeg.	South Africa	Yes	250g	GLUTEN AND WHEAT.	Yes	Yes
		Frozen PlantLove™ Minced Soya		Yes	R69.99	Yes		Rehydrated Soya (Water, Textured Soya Protein (32%) [Soya Flour], Seasoning [Salt, Maize Flour, Flavours {Spices, Smoke Flavouring}, Dried Onion, Yeast Extract, Dried Garlic, Coriander, Paprika, Colourant, Flavour Enhancer, Anticaking Agent], Salt, Colourant).	South Africa	Yes	300g	SOYA.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Go Veg	Copper Spice	Go Veg Soya Prawns		No (see through)		No	Meat free Dairy free GMO free Egg free 100%vegan	Soya Protein, Starch, Gluten, Sugar, Salt, Vegetable Fibre, Vegetable Oil, Spices	South Africa	Yes	400g	Soya, wheat gluten	No	Yes
		Go Veg Soya Fish		No (see through)		No	Meat free Dairy free GMO free Egg free 100%vegan	Soya Protein, Starch, Gluten, Sugar, Salt, Vegetable Fibre, Vegetable Oil, Spices	South Africa	Yes	360g	Soya, wheat gluten	No	Yes
Go Veg	Copper Spice	Go Veg Soya Prawns		No (see through)		No	Meat free Dairy free GMO free Egg free 100%vegan	Soya Protein, Starch, Gluten, Sugar, Salt, Vegetable Fibre, Vegetable Oil, Spices	South Africa	Yes	400g	Soya, wheat gluten	No	Yes
		Go Veg Soya Fish		No (see through)		No	Meat free Dairy free GMO free Egg free 100%vegan	Soya Protein, Starch, Gluten, Sugar, Salt, Vegetable Fibre, Vegetable Oil, Spices	South Africa	Yes	360g	Soya, wheat gluten	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Go Veg Soya Chicken Julienne		No (see through)		No	Meat free Dairy free GMO free Egg free 100%vegan	Soya Protein, Starch, Gluten, Sugar, Salt, Vegetable Fibre, Vegetable Oil, Spices	South Africa	Yes	270g	Soya, wheat gluten	No	Yes
Fudo	Copper Spice	Fudo Vegetarian Chicken Julienne		No (see through)		No	No	Soya Protein, Wheat Protein, Starch, Vegetable Oil, Spices	Does not state	No	270g	Does not state	No	Yes
		Fudo Vegetarian Prawns		No (see through)		No	No	Soya Protein, Wheat Protein, Starch, Vegetable Oil, Spices	Does not state	No	400g	Does not state	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Dr Oetker	Spar	Dr Oetker Ital Pizza Classic Pizza with Cheese and Tomato Margherita		Yes	R76.99	Yes	None	Pizza Base (57%), (Wheat Flour[Gluten], Water, Vegetable Oil[Canola Seed], Yeast, Salt, Sugar), Tomato Sauce(20%), (Water, Tomato Paste, Vegetable Oil [Canola Oil], Sugar, Salt, Thickener[E1422], Dried Garlic, Herb And Spice[Irradiated], Dried Ginger[Irradiated]), Mozzarella Cheese(14%), (Milk, Salt, Cheese Cultures, Non- Animal Rennet), Cheddar Cheese(9%), (Milk, Salt, Calcium Chloride[E509], Preservatives[Sodium Nitrite {E250}], Cheese Cultures, Colourant[E160b], Non- Animal Rennet), Herbs(Irradiated)	South Africa	Yes	240g	Wheat and cows milk. May contain soya	Yes	Yes
		Dr Oetker la Mia Grande Cheesy Nachos		Yes	R72.99	Yes	None	Pizza Base(56%),(Wheat Flour[Gluten], Tomato Puree, Tomato Concentrate, Water, Vegetable Oil[Extra Virgin Olive Oil Fruit], Yeast, Salt, Malted Wheat[Gluten], Sugar, Spices, Herbs), Jalapeno Pepper Sauce(14%), (Water, Jalapeno Pepper[3.5%], Sour Cream[Cream {Milk}], Stabilisers[E1422, E440, E500], Acidity Regulator[E331], Lactic Cultures, Preservatives [Natamycin {E235}]), Cream(Milk), Vegetable Oil (Canola Seed), Thickener[E1422], Sprite Vinegar, Salt, Spice(Irradiated), Mozzarella Cheese(14%),(Milk, Salt, Cheese Cultures, Non-Animal Rennet), Corn Chips(4%), (Corn, Vegetable Oil[Coconut Kernel], Water, Alt, Acidity Regulator[E526]), Tomato, Onion, Jalapeno Peppers(4%), Herbs(Irradiated)	South Africa	Yes	504g	Wheat, cows milk May contain soya	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Dr Oetker la Mia Grande Trio Cheese		Yes	R72.99	Yes	None	Pizza Base(71%), (Wheat Flour[Gluten], Tomato Puree, Tomato Concentrate, Water, Vegetable Oil(Extra Virgin Olive Oil Fruit), Yeast, Salt, Malted Wheat Flour[Gluten], Sugar, Spice, Herbs), Mozzarella(10%), (Milk, Salt, Cheese Cultures, Non-Animal Rennet), Cheddar Cheese(8%), (Milk, Salt, Calcium Chloride[E509], Preservatives[Sodium Nitrate{E250}], Cheese Cultures, Colourant(E160b), Non-Animal Rennet), Herbs(Irradiated), Percorino Cheese(6%), (Milk, Salt, Cheese Cultures, Microbial Lipase, Calcium Chloride[E509], Non-Animal Rennet), Tomato Sauce(Water, Tomato Paste, Vegetable Oil(Canola Seed), Sugar, Salt, Thickener[E1422], Dried Garlic, Herbs And Spices(Irradiated), Dried Ginger(Irradiated), Herbs (Irradiated)	South Africa	Yes	399g	Wheat, cows milk May contain soya	Yes	Yes
McCain		McCain Aloo Tikki		Yes	R49.99	Yes	None	Potato (76.64%), Vegetable Oil(Palm Fruit), Corn Flour, Rice Flakes, Green Chilli Paste(Green Chilli, Water, Corn Starch, Salt, Acidity Regulator(E260, E330), Preservatives: Sodium Benzoate(E211), Garlic Paste(Water, Garlic, Salt, Corn Starch, Acidity Regulator,[E260]), Preservative: Sodium Benzoate(E211), Salt, Onion Powder, Red Chilli Flake,(0.23%), Cumin Seeds	South Africa	Yes	400g	Processed in a plant manufacturing wheat(gluten), cows milk and soya based products	Yes	Yes
Natures Choice		Sunflower Seeds		No (see through)	R51.99	No	Naturally high in fibre and low in sodium	Sunflower Seeds	South Africa	Yes	500g	Made in a factory that uses wheat, peanuts, tree nuts milk, egg and sesame seeds	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Pumpkin Seeds		No (see through)	R109.99	No	Naturally high in fibre	Pumpkin Seeds	South Africa	Yes	500g	Made in a factory that uses wheat, peanuts, tree nuts milk, egg and sesame seeds	Yes	Yes
		Cashew Nut Butter		No (See through)	R114.99	No(not in a table format)	High in fibre,naturally low in sodium	Cashew Nuts (100%)	South Africa	Yes	250g	Yes, tree nuts	Yes	Yes
		Macadamia Nut Butter		No (see through)	R109.99	No (not in a table format)	High in fibre , naturally low in sodium	Macadamia Nuts (100%)	South Africa	Yes	250g	Yes, tree nuts	Yes	Yes
		Tahini		No (see through)	R79.99	No (not in a table format)	High in fibre	Hulled Sesame Seeds (100%)	South Africa	Yes	250g	Yes, tree nuts	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Crunchy Peanut Butter		No (see through)	R53.99	No (not in a table format)	High in fibre,naturally low in sodium	Peanuts	South Africa	Yes	250g	Peanuts	Yes	Yes
Falafel King		Falafel King Beetroot		Yes	R69.99	Yes	High in protein, no artificial preservatives,gluten-free, egg free, dairy free	Chickpeas, Garlic, Salt, Pepper, Onions, Beetroot, Bicarbonate Of Soda, Cumin, Parley, Coriander, Chickpea Flour, Baking Powder, Sunflower Oil	South Africa	Yes	250g	No	No	Yes
		Falafel King Beetroot Smash Burger		Yes	R69.99	Yes	High in protein, no artificial preservatives,gluten-free, egg free, dairy free	Chickpeas, Garlic, Salt, Pepper, Onions, Beetroot, Bicarbonate Of Soda, Cumin, Parley, Coriander, Chickpea Flour, Baking Powder, Sunflower Oil		Yes	280g	No	No	Yes
		Falafel King Beetroot Smash Burger		Yes	R69.99	Yes	High in protein, no artificial preservatives,gluten-free, egg free, dairy free	Chickpeas, Garlic, Salt, Pepper, Onions, Beetroot, Bicarbonate Of Soda, Cumin, Parley, Coriander, Chickpea Flour, Baking Powder, Sunflower Oil		Yes	280g	No	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Falafel King Chilli Smash Burger		Yes	R69.99	Yes	High in protein, no artificial preservatives,gluten-free, egg free, dairy free	Chickpeas, Garlic, Salt, Pepper, Onions, Bicarbonate Of Soda, Cumin, Parley, Coriander, Chickpea Flour, Baking Powder, Sunflower Oil, Green Chilli	South Africa	Yes	250g	No	No	Yes
		Falafel King Original Smash Burger		Yes	R69.99	Yes	High in protein, no artificial preservatives,gluten-free, egg free, dairy free	Chickpeas, Garlic, Salt, Pepper, Onions, Bicarbonate Of Soda, Cumin, Parley, Coriander, Chickpea Flour, Baking Powder, Sunflower Oil	South Africa	Yes	250g	No	No	Yes
Earth and Ice		Earth and Ice Smoothies Break Ur Fast	No picture (see through packaging)	R42.00	None	Yes	None	Oats, Dates, Banana, Mixed Berries, Almonds, Yoghurt, Honey, Cinnamon	South Africa	Yes	Does not state	Made in a kitchen that uses Nuts, peanuts, dairy, cinnamon, honey, chia, flax, ginger, oats, dates, coffee	No	Yes
		Earth and Ice Smoothies Peanut Coffee Butter	No picture (see through packaging)	R42.00	None	Yes	None	Peanut Butter, Coffee, Dates, Banana, Coconut Milk	South Africa	Yes	Does not state	Made in a kitchen that uses Nuts, peanuts, dairy, cinnamon, honey, chia, flax, ginger, oats, dates, coffee	No	Yes
		Earth and Ice Smoothies : Nutty Chocolate	No picture (see through packaging)	R42.00	None	Yes	None	Peanut Butter, Almonds, Coconut Milk, Cocoa, Cacao Nibs, Banana, Honey	South Africa	Yes	Does not state	Made in a kitchen that uses Nuts, peanuts, dairy, cinnamon, honey, chia, flax, ginger, oats, dates, coffee	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Earth and Ice Smoothies	No picture (see through packaging)	R42.00	None	Yes		Pineapple, Spinach Pressed Apple Juice, Pressed Lemon Juice, Ginger, Cucumber, Honey, Spirulina	South Africa	Yes	Does not state	Made in a kitchen that uses Nuts, peanuts, dairy, cinnamon, honey, chia, flax, ginger, oats, dates, coffee	No	Yes
We are Food		We are Food Paneer Butter Masala		No	R69.99	Yes	Gluten free	Paneer Butter Masala(54%), Paneer Cheese(29%), Cauliflower(14%), Roasted Red Onion(3%), Paneer Cheese(Contains Cows Milk, Citric Acid), Tomatoes (Contains Tomato, Tomato Juice, Citric Acid), Modified Cooking Cream(Contains Buttermilk (Cows Milk), Cauliflower, Onions, Water, Red Onions, Sunflower Oil, Spinach, Honey, Cornflour, Salt, Garlic, Tomato Paste(Contains, Tomato Water, Citric Acid), Ginger, Garam Masala, Cardomon, Lemon Juice, Fenugreek, Curry Leaves, Bay Leaves, White Pepper	South Africa	Yes	280g	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes
		We are Food Chickpea and Roasted Veg Korma		No	R71.99	Yes	Gluten free	Vegetable Mix(53.7%), Korma Sauce(46.3%), Tinned Tomatoes(Tomatoe, Tomato Juice, Citric Acid), Butternut, , Sweet Potato, Onions, Coconut Milk, Water, Carrots, Chickpeas(7.5%), Brinjal, Sunflower Oil, Coriander, Salt, Garlic, Ginger, Peanut Butter(Cane Sugar, Stabilizer[E472, Salt {Peanut}], Paprika, Apricot Jam(Sugar, Pectin, Citric Acid, Colouring, Flavouring, Fruit Puree(Apple And Or Pear, And Or Apricot), Water), Lemon Juice, Turmeric, Cumin Seeds, Garam Masala, Corn Flour, Chilli Flakes, Fenugreek	South Africa	Yes	300g	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		We are Food Mushroom Lasagne		No	R64.99	Yes		White Sauce (42%), Mushroom Mix (24%), Spinach Beetroot Mix (19%), Lasagne Sheets (11%), Cheddar Thyme Topping (4%). Milk, Mushrooms, Spinach, Water, Cream Cheese (Milk), Flour (Wheat), Butter (Milk), Cheddar Cheese (Milk), Beetroot , Onions, Parmesan Cheese (Milk), Modified Cooking Cream [Buttermilk, Water, Vegetable Oil (Sunflower), Cream (Milk), Modified Starch (Hydroxy Propyl Distarch Phosphate), Emulsifier (Sodium Stearoyl-2-Lactylate), Stabiliser (Guar Gum), Acidity Regulators (Trisodium Citrate, Disodium Phosphate), Colour (Beta Carotene)], Sunflower Oil, Salt, Dijon Mustard (Sulphites), Vegan Beef Flavour Stock Powder [Sea Salt, Maize Maltodextrin, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables (Onion, Garlic And Celery), Canola Oil, Caramelised Sugar Syrup, Olive Oil], Dried Thyme, Black Pepper, Ground Nutmeg, Dried Bay Leaf.	South Africa	Yes	350g	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes
		We are Food Lentil and Butternut Bobotie		No				Lentil & Butternut Mix (59.3%), Potato & Butternut Mix (40.6%), Paprika (0.05%) Potatoes, Butternut, Water, Onions, Brown Lentils, Raisins (Seedless Raisins, Vegetable Oil), Bread (White Bread Flour [Wheat, Gluten], Water, Yeast, Salt, Sugar, Vegetable Fat, Soya Flour [Soya], Emulsifiers, Preservative, Flour Improvers, Minerals And Vitamins), Chutney (Cane Sugar, Water, Vinegar, Dried Fruit [Contains Sulphur Dioxide), Chemically Modified Maize Starch, Salt, Colourant, Spices), Cream Cheese (Soft Cheese (Cows Milk, Calcium Chloride, Selected Cheese Cultures, Non-Animal Rennet), Cream, Butter, Milk Solids, Salt, Stabiliser) , Apricot Jam (Apricot Puree, Citric Acid, Water, Pectin, Anti-Foaming Agent), Sunflower Oil, Salt, Lemon Juice, Curry	South Africa	Yes	320g	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Powder, Ginger, Vegetable Stock Powder (Salt, Dehydrated Vegetables (Radurised), Corn Starch, Sugar, Maltodextrin, Herbs, Yeast Extract, Vegetable Oil, Spices (Radurised), Flavouring, Colourant, Citric Acid), Turmeric, Paprika, Oregano, White Pepper						
		We are Food Melanzane Bake		No	R69.99	Yes		Tomato Sauce (60%), Roasted Brinjal (20%), Mozzarella & Parmesan Mix (20%). Brinjal, Tomatoes (Contains: Tomato, Tomato Juice, Citric Acid), Mozzarella Cheese (Contains: Cow's Milk, Salt, Preservative), Water, Onions, Carrots, Sunflower Oil, Parmesan Cheese (Contains: Cow's Milk, Salt, Preservative), Basil, Salt, Corn Flour, Garlic, Origanum, Black Pepper.	South Africa	Yes	300g	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes
		We are Food Thai Red Veggie Curry		No	R68.99	Yes	Gluten free	Red Thai Curry Sauce (57%), Mixed Vegetables (43%). Coconut Milk, Cauliflower, Water, Onions, Carrots, Coconut Cream (Contains: Coconut Extract, Water, Stabilisers, Emulsifiers, Citric Acid, Sodium Metabisulphite), Red Pepper, Edamama Beans, Sunflower Oil, Red Curry Paste (Contains: Lemongrass, Red Chili, Garlic, Salt, Galangal, Kaffir Lime Peel, Onion, Spices), Coriander, Corn Flour, Salt, Tamarind Paste, Sugar, Vegetable Stock Powder (Contains: Maize Maltodextrin, Sea Salt, Sugar, Yeast Extract, Dehydrated Vegetables (Onion, Spinach, Cabbage, Garlic, Celery), Natural Vegetable Flavours, Olive Oil, Chili), Lemon Grass, White Pepper, Lime Leaves.	South Africa	Yes	280g	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		We are Food Brown Rice and Lentils		No	R21.99	Yes	Gluten Free, Low GI	Water, Brown Rice, Lentils	South Africa	Yes	150g	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes
		We are Food Creamed Spinach		No		Yes		Milk, Spinach (36.2%), Onions, Cream (Milk), Wheat Flour (Wheat, Gluten), Butter [Cream (Milk), Salt, Preservatives], Sunflower Oil, Salt, Garlic, Nutmeg, White Pepper, Bay Leaves	South Africa	Yes	250g	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes
		We are Food Hearty veg soup		No		Yes	Gluten free	Water, Tomatoes (Contains: Tomato, Tomato Juice, Citric Acid), Onions, Carrots, Butternut, Sweet Potato, Red Beans, Celery, Sunflower Oil, Vegetable Stock Powder (Contains: Maize Maltodextrin, Sea Salt, Sugar, Yeast Extract, Dehydrated Vegetables, Onion, Spinach, Cabbage, Garlic, Celery, Natural Vegetable Flavours, Extra Virgin Olive Oil, Chilli), Balsamic Vinegar, Salt, Garlic, Parsley, Chili Flakes.	South Africa	Yes	500ml	Made in a factory that processes nuts, tree nuts, wheat, gluten, cows milk, egg, soya, shellfish	No	Yes
Happy Earth People		Happy Earth People Green Pea Pasta		Yes		Yes	High protein, gluten-free, high in fibre, GMO free, sources of omega 3	None	South Africa	Yes	250g		Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Earth Bites		Earth Bites Lentil Patties		Yes	R62.99	Yes	8g protein per serving, 0mg cholesterol, soya-free, dairy-free, source of fibre, egg free, soya free	Lentils, Carrots, Wheat Flour(Gluten), Apply, Onion, Flaxseed, Vegetable Oil(Sunflower Oil), Yeast, Salt, Flavouring(Onion Powder, Garlic Powder, Paprika)	South Africa	Yes	520g	Wheat gluten	No	Yes
		Earth Bites Chickpea Balls		Yes	R56.99	Yes	8g protein per serving, 760Kj per serving, source of fibre and protein, dairy-free, egg-free	Chickpeas, Carrots, Wheat Flour(Gluten), Apple, Onion, Oats(Gluten), Flax Seed, Vegetable Oil(Canola), Soya Sauce(Soya), Yeast, Tomato, Flavouring(Garlic Powder, Fennel, Salt, Pepper, Herbs And Spices)	South Africa	yes	390g	Wheat gluten, soya	No	Yes
My Chef Roasted Veg Lasagne			Yes	R61.99	Yes		Vegetable,(Egg, Pasta), Tomato, Herbs, (Wheat Flour), Corn Flour, Vegetable Fats (Buttermilk Solids), Emulsifier (E471, E435, E322), Guar Gum, Beta Carotene(Soy), Salt, Pepper, Sugar, Eggs, Cheese	South Africa	Yes	300g	Wheat, gluten, cows milk, egg, cheese and soy	No	Yes	
Copper Chimney Channa Dhall Fry			Yes	R31.99	Yes	Low GI	Water, Onion, Tomato, Vegetable Oil, Gram Dhall, Butter, Turmeric Salt, Cumin, Chilli, Coriander, Jeera Rice: Water, Basmati Rice, Ghee, Whole Cumin, Butter, Salt)	South Africa	Yes	400g	Butter, Ghee	Yes	Yes	

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
							Healthy carbohydrates							
		Copper Chimney Paneer Tikka		Yes		Yes	Low GI Healthy carbohydrates	Water, Onion, Tomato, Vegetable Oil, Paneer, Cream, Garlic, Butter, Turmeric, Salt, Cumin, Chilli, Coriander, Jeera Rice: Water, Basmati Rice, Ghee, Whole Cumin, Butter, Salt	South Africa	Yes	400g	Butter, Ghee, paneer, cream	Yes	Yes
Yum Baker		Yum Baker Dairy Free Buttermilk Scones		No picture (see through packaging)	R41.99	None		Wheat Flour (Gluten), White Sugar, Vegetable Oil (Canola Seed), Dairy Free Buttermilk(Soy Milk[Water, Soybeans, Fructose, Minerals, Insulin, Salt, Acidity Regulator, Stabilisers, Flavouring, Vitamin B2, Vitamin B12], Apple Cider Vinegar), Salt, Raising Agent	South Africa	Yes	150g	Gluten, wheat, and soy	No	Yes
Yummy		Yummy Keto Espresso Coffee Ice cream		Yes		None	Sugar Free	Full Cream Milk, Cream, Espresso, Xylitol, Stabilizer	South Africa	Yes	250ml	Milk		Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Virtue		Virtue Ice Cream Almond Brittle		Yes	R52.99	Yes	Vegan Gluten free Lactose free	Coconut Milk, Coconut Cream, Agave Syrup, Stabilizers And Emulsifiers (Cmc, Guar, Xanthan Gum), Almond Brittle(Almond And Sugar), Vanilla Flavouring	South Africa	Yes	500ml	Nut	Yes	Yes
		Virtue Ice Cream Pineapple		Yes	R52.99	Yes	Vegan Gluten free Lactose free	Coconut Milk, Coconut Cream, Agave Syrup, Stabilizers And Emulsifiers (Cmc, Guar, Xanthan Gum), Pineapple, Pineapple Flavouring	South Africa	Yes	500ml	None Produced in facility that uses soy, dairy, nuts, eggs, wheat	Yes	Yes
Hannam and Co		Hannam and Co Pizza Bases		No (see through packaging)	R59.99	Yes	Sugar free Yeast free Gluten free	Buckwheat Seeds(56%), Water, Sea Salt	South Africa	Yes	480g	No	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Hannam and Co		No (see through packaging)		Yes	Gluten free No added sugar Yeast free Egg free Lactose free Preservative free	Buckwheat Seeds, Cinnamon, Ginger, And Raisins	South Africa	Yes	750g	No	Yes	Yes
Naked Leaf		Naked Leaf Mushroom and Lentil Burgers		No (see through packaging)		Yes	No soya No egg No dairy No preservatives No gluten	Mushrooms (40%), Lentils(31%), Water, Rusk,(Maize, Salt), Sunflower Oil, Onion, Stabilizer, Salt, Garlic	South Africa	Yes	400g	No		Yes
Truly Good		Truly Good Vegetable Pizza Bases		Yes	R49.99	Yes	Grain free, gluten-free, low carb, no added sugar, high in fibre	None	South Africa	Yes	180g	No	Yes	Yes
		Chickpea Wraps		Yes	R52.99	Yes	Gluten Free, high in fibre	Water, Rice Flour, Tapioca Flour, Teff Flour, Ground Chickpea(15%), Maize Flour, Vegetable Oil(Palm Fruit Mesocarp), Glycerine, Torilla Improver(Monodiglycerides, Carbonate, Xanthan Gum, Enzyme Complex), Psyllium Husk, Sugar, Salt.	South Africa	Yes	280g	No	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Buttanutt		Buttanutt Macadamia Milk		Yes	R39.99	Yes	Dairy free , soy-free	Water, Gluten Free Oats, Macadamias(3%), Salt, Calcium Carbonate, Acidity Regulator (Dipotassium Phosphate)	South Africa	Yes	1 Litre	Tree nut	Yes	Yes
		Almond Milk		Yes	R39.99	Yes	Dairy free , soy free	Water, Gluten Free Oats, Almond (3%), Salt, Calcium Carbonate, Acidity Regulator (Dipotassium Phosphate)	South Africa	Yes	1 Litre	Tree nut	Yes	Yes
Earthshine		Earthshine Botanical Bacon Vegan Snack		Yes	R29.99	Yes	Air-dried, Gluten-free, no additives	Carrot, Coconut Oil, Apple Cider Vinegar, Dates, Tamari(Soy), Smoked Paprika, Nutritional Yeast, Smoked Salt, Natural Hickory Smoke, Cayenne Pepper (<1%), Kelp, Ormus Minerals	South Africa	Yes	40g	Soy	Yes	yes
		Earthshine Vegan Veggies Biltong		Yes	R31.99	Yes	Gluten and nut free	Zucchini, Bringjal, Button Mushrooms, Carrots, Apple Cider Vinegar, Tamari(Soy), Virgin Olive Oil, Coconut Blossom Sugar, Coriander Seed, Smoked Paprika, Kelp, Kalahari, Salt, Ormus Minerals, Nutmeg, Clove, Black Pepper,	South Africa	Yes	20g	Soy	Yes	yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Blue diamond		Blue Diamond Almonds, Almond Breeze Original Almond Milk		Yes	R39.99	Yes	204Kj per 200ml serving Source of calcium Naturally Cholesterol free A natural dairy Naturally low in saturated fat	Water, Sugar, Almond(2%), Mineral(Calcium Carbonate), Sea Salt, Emulsifier(Sunflower Seed, Lecithin), Stabilizer(Gellan Gum), Vitamins(A,D2,E)	South Africa	Yes	1 Litre	Contains Tree nut(almonds)	Yes	Yes
Wazoogles		Wazoogles Superfood Protein Blend Plant Power Moringa, Spirulina and Baobab		No	R499.99		12g protein , GSD Free, NON GMO	Wild Harvested Mesquite, Organic Yellow Pea Protein, Organic Raw Chia, Organic Raw Moringa Leaf (6%), Organic Raw Maca Root, Organic Raw Hemp Protein, Organic Raw Baobab(3%), Organic Spirulina(3%), Organic Raw Lucuma.	South Africa	Yes	1kg	Produced in a factory that produces tree nuts and peanut	Yes	Yes
		Wazoogles Superfood Protein Blend Peanut Butterlicious		No	R499.99	Yes	16g protein per serving, no added sugar, gluten-free	Organic Peanut Butter Powder(46%), Organic Wild Harvested Mesquite, Organic Raw Chia Seeds, Organic Raw Maca Root, Organic Kalahari Desert Salt, Organic Raw Cinnamon, Organic Raw Lucuma Fruit	South Africa	Yes	1.2kg	Produced in a factory that produces tree nuts and peanut	Yes	Yes
Noa and Co		Noa & Co Replenishing Protein Vanilla		No	R450.00	Yes	30g protein per serving , contains probiotics	Organic Pea Protein, Organic Rice Protein, Organic Hemp Protein, Organic Coconut Milk Powder, Fibregum, Lucuma Powder, Natural Vanilla Flavour, Salt, Sodium Gluconate, Stevia, Probiotic Blend(Lactoballius Acidophilus Bifidobacterium Longum Bifidobacterium Bifidum Bifidobacterium Lactis	South Africa	Yes	500g	Manufactured in facility that uses eggs, dairy, soy, wheat and nut	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Spar		Spar Fruit fuel Roasted Corn Fruit Chutney coated		Yes		Yes		None	South Africa	Yes	100g	Soya	Yes	Yes
		Spar Fruit Fuel Mixed Nuts		Yes		Yes		89% Mixed Roasted Nuts(Cashews, Almonds, Macadamia Nuts, Brazil Nuts, Non-Hydrogenated Vegetable Oil[Palm Oil], Salt), 11% Hazelnuts	South Africa	Yes	200g	Tree nuts	Yes	Yes
		Spar Lentil Chips Roasted Red Pepper and Feta Flavoured		Yes	R20.99	Yes	Source of fibre Gluten free	70% Lentil Pellet(37% Lentil Flour, Chickpea Flour, Potato Starch, Potato Fibre, Salt, Potassium Chloride, Calcium Chloride), Vegetable Oil(Palm Kernel With Tbhq), 8% Roasted Red Pepper And Feta Flavouring(Salt[Iodatr], Maltodextrin, Milk Solid[Whey Powder{Cows Milk}]), Sugar, Acidity Regulators Vegetable Powder (Garlic,Clove, Onion Bulb), Spices(Steam Sterilised), Flavouring, Creamer(Maltodextrin, Non-Hydrogenated Vegetable Fat[Palm Fruit With Tbhq), Sodium Caseinate(Cows Milk), Stabilisers, Emulsifiers, Anti-Caking Agent, Colorants), Hydrolysed Vegetable Protein(Soya), Flavour Enhancer, Free Flow Agent, Yeast Extract, Spice Extract	South Africa	Yes	100g	Soya, cows milk	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Spar Simply Veg		Spar 12 Spring rolls vegetable		Yes	R47.99	Yes		Vegetable Filling(95%), (Carrots, Green Beans, Peas), Sliced Green Pepper, Soya Sauce Spice Mix(Salt, [Irradiated Spices{Red Chilli, Cumin, Turmeric}], Garlic, 8% Pastry(Wheat Flour[Gluten]), Water, Corn Starch, Salt, Non-Hydrogenated Vegetable Oil(Sunflower Seed), Preservatives(Calcium Propionate[E282]), Emulsifiers[E322{Soya}, E471]	South Africa	yes	254g	Wheat and soya	Yes	Yes
		Spar 12 Cocktail Samosas Sweetcorn and cheese		Yes	R41.99	Yes		Sweetcorn And Cheese Filling(44% Sweetcorn, Onions, 11% Cheddar Cheese (Cow's Milk, Salt, Calcium Chloride[E509], Preservatives (Sodium Nitrate[E251], Microbial Rennet, Colourant [E160b], Cultures, Smoke Flavouring), Spice Mix(Salt[Irradiated Spices{Cumin, White Pepper, Red Chilli Flakes}], Crused Green Chilli, Garlic, Fresh Coriander), 8% Pastry(Wheat Flour[Gluten], Water, Non-Hydrogenated Vegetable Fat[Palm Fat{Palm Fruit}]), Salt, Preservative(Calcium Propionate[E282])	South Africa	Yes	240g	Cows milk, wheat	Yes	Yes
		Spar Creamed Spinach		Yes	R27.99	Yes		63% White Sauce(Full Cream Milk[Cows Milk], 15% Fresh Cream, Unsalted Butter[Cows Milk, Butter Culture]), Diced Onion, Chemically Modified Starch(E1420,E1422), Salt, Spice Pack(Salt, Starch, Flavouring Sugar, Flavour Enhancer[Monosodium Glutamate{E621}], White Pepper), 37% Blanched Chopped Spinach,	South Africa	Yes	320g	Cows milk	Yes	Yes
		Spar Simply Veg Vegetarian Kebab and Rice		Yes	R42.99	Yes	Source of protein Source of dietary fibre	41% Basmati Rice, 45% Creamy Curry Sauce(Tomato, Water, Fresh Cream[Cows Milk], Green Pepper, Non-Hydrogenated Oil[Soybean], Ginger, Salt, Sugar, Mixed Masala, Garam Masala, Methi Powder, Mustard Seeds, Cumin Seeds, Fenugreek Seeds, Turmeric, Curry Leaf), 19% Soya Kebabs(Water, Non-Hydrogenated, Vegetable Oil[Soy Bean], Soya Chunks, Whey Protein[Cows Milk], Textured Soya Protein[Isolated Soya	South Africa	Yes	320g	Cows milk, soya, wheat	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Protein {Soya}, Wheat Protein [Gluten], Preservatives [Calcium Carbonate {E170}], Calcium Sulphate [E516], Isolated Soya Protein (Soya), Firming Agent (E420), Sugar, Tapioca Starch, Brown Wheat Flour (Gluten), Salt, Spice, White Pepper, Flavouring,						
		Spar Simply Veg Crumbed Veggie Burgers		Yes	R57.99	Yes	Free from eggs	56% Potatoes, 14% Vegetables (Peas, Diced Carrots, Cut Beans, Cut Corn), 42% Crumb (Wheat [Gluten], Salt, Non- Hydrogenated Vegetable Oil [Palm Oil]), 8% Batter (Wheat Flour [Gluten], Potato Starch, Chemically Modified Wheat Starch [E1422], Salt, Non- Hydrogenated Vegetable Oil [Palm Oil], Dextrose, Herb And Spices [Irradiated], Thickener [E415], Flavouring [Salt, Hydrolyzed Vegetable Protein, Maltodextrin, Sugar, Hydrogenated Vegetable Fat And Or Maize, Anit- Caking Agent [E551], Acidity Regulator [E330, E363], Flavour Enhancer [E627, E631], Flavouring)	South Africa	Yes	650g	Wheat	Yes	Yes
		Spar Simply Veg Crumbed Veggie Fingers	Frozen Crumbed Uncooked Veggie Fingers	Yes	R52.99	Yes		56% Potato, 14% Vegetables (Peas, Diced Carrots, Cut Beans, Cut Corn), 12% Crumb (Wheat [Gluten], Salt, Non-Hydrogenated Vegetable Oil [Palm Oil]), 8% Batter (Wheat Flour [Gluten], Potato Starch, Chemically Modified Wheat Starch [E1422], Salt, Non- Hydrogenated Vegetable Oil [Palm Oil], Dextrose, Herb And Spices [Irradiated], Thickener [E415], Flavouring [Salt, Hydrolyzed Vegetable Protein, Maltodextrin, Sugar, Hydrogenated Vegetable Fat And Or Maize, Anit- Caking Agent [E551], Acidity Regulator [E330, E363], Flavour Enhancer [E627, E631], Flavouring)	South Africa	Yes	600g	Wheat (gluten)	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Spar Simply Veg Pizza	Spar Thin and Crispy Vegetarian Pizza	Yes	R59.49	Yes		Base9Wheat flour(gluten), water, salt, sugar, non-hydrogenated vegetable oil (sunflower seed contains antioxidant TBHQ(E319),Olive oil), Yeast, flour improver(Wheat flour (gluten), preservative (calcium propionate)(E282), emulsifier(E482), acidity regulator (E170), Enzymes (Gluten), Stabiliser(E300)), 23% mozzarella cheese (cows milk, salt, colourant(E141), Preservatives (SodiumNitrate 9E251), Natamycin(E235), Cheese Culture, non-animal rennet, anticaking agent(E460ii),11% tomato sauce (tomato pulp, tomato paste (tomatoes, water, acidity regulators(E330))), sugar, salt, non-hydrogenated vegetable oil(palm kernel), garlic, herb, preservatives(sodium Benzoate(E211), potassium sorbate(E202))), 7% sliced mushroom,3% diced red onion, 2% diced green peppers, 2% diced red peppers.	South Africa	Yes	300g	Wheat(gluten), cows milk	Yes	yes
		Spar Simply Veg Potato Hash Browns		Yes	R53.49	Yes		88% Potatoes, 8% Non-Hydrogenated Vegetable Oil(Palm Fruit), Modified Maize Starch(E1422). Salt, Dehydrated Onion(Irradiated), Dextrose, Thickener(E461), Spice, Anti-Caking Agent(E551).	South Africa	Yes	600g	None	Yes	Yes
		Spar Simply Veg Vegetarian Vienna Sausages		Yes	R46.99	Yes	High in protein	Water, Non-Hydrogenated Vegetable Oil(Soybean), 9% Isolated Soya Protein(Soya), 5% Soya Chunks, 4% Textured Soya Protein(Isolated Soya Protein, Wheat Protein[Gluten], Preservatives[Calcium Carbonate{E170}], Calcium Sulphate[E516]), Whey Protein(Cows Milk) Salt, Sugar, Pepper, Spices, Flavouring, White Pepper, Black Pepper, Colourant(E102, E127)	South Africa	Yes	360g	Soya, wheat(gluten), cows milk	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
							Source of dietary fibre							
		Spar Simply Veg Crumbed Chicken Style Schnitzel		Yes		Yes	High in protein	Water, Non-Hydrated Vegetable Oil(Soy Bean), 26% Crumb(Wheat Flour[Gluten], Yeast, Non-Hydrogenated Vegetable Oil[Sunflower Seed], Salt, Improving Agent[E300{Gluten}]), 8% Textured Soya Protein(Wheat Protein[Gluten], Corn Starch, Wheat Starch, Preservative[Calcium Sulphate{E516}], Magnesium Chloride[E511], Sodium Metabisulphite[E223]), Textured Vegetable Protein(Soya), Binder(Whey Protein[Cows Milk], Soya Protein, Binding Agent(E1412), Preservative(Calcium Hydroxide[E526]),8% Isolated Soya Protein(Soya), Nutritive Sweetener(Sorbitol[E420],	South Africa	Yes	4×80g	Wheat[gluten], soya, cows milk, contains sulphur dioxide, contains genetically modified organisms	Yes	Yes
							High in energy	8% Soya Sauce(Water, Salt, Soyabean, Sugar, Wheat Flour[Gluten], Colourant[E150c], Preservatives[Sodium Benzoate{E211}], Flavour Enhancers[E631] [E627]), Sugar, Tapioca Starch, Wheat Flour(Gluten), 3% Batter(Wheat Flour[Gluten], Salt, Colourant[E160c], Spice Pack[Monosodium Glutamate{Flavour Enhancer{E321}}], Flavour Enhancer[E631, E627], Anti-Caking Agent[E551]), Flavouring, Black Pepper(Irradiated)			(320g)			

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Spar Simply Veg Vegan Nuggets		Yes	R46.99	Yes	High in protein Source of dietary fibre	Water, Non-Hydrogenated Vegetable Oil(Soybean), 13% Textured Soya Protein(Isolated Soya Protein[Soya]), Wheat Starch(Gluten), Preservatives(Calcium Carbonate[E170], Calcium Sulphate[E516]), 7% Isolated Soya Protein(Soya), Chemically Modified Potatoe Starch(E1414), Sugar, Salt, Spices, Flavouring, Black Pepper,	South Africa	Yes	280g	Soya, wheat(gluten)	Yes	Yes
Spar Bakery		Tomato and Herb Stackers with oat Fibre		Yes	R21.99	Yes	High in fibre, Free from cholesterol, low in saturated fat, high in energy	Cake wheat flour(wheat , gluten), water, yeast, tomatoes and herbs(1.9%), salt, oat fibre(1.2%), sun-dried tomatoes(0.9%), emulsifiers, sugar, vegetable fat and oils(palm fruit and, palm seed), preservatives (vinegar, calcium propionate), flour improvers, soya flour (soya).	South Africa	Yes	4 stackers	Wheat, Gluten, Soya	Yes	Yes
Rozana		Rozana Paneer Full Fat Soft Cheese		Yes		Yes	Gluten free	Milk, Citric Acid(E330)	South Africa	Yes	200g	Contains milk and made in a facility that uses nuts	No	Yes
Soyatarian		Soyatarian Healthy Soya BBQ Burgers		Yes		No	No	Soya Mince, Soya Protein Isolate, Wheat Gluten, Wheat Flour, Salt, Spices, Sunflower Oil And Flavour Enhancer	South Africa	Yes	450g		No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Soyatarian Vegan Garlic Soya Prawns		No (see though)	R45.99	No	No	Soya Mince (Tvp), Soya Protein Isolate, Wheat Gluten, Wheat Flour, Salt, Spice, Vegetable Oil.	South Africa	Yes	400g	Soya, gluten	No	Yes
		Soyatarian Spicy Marinated Soya Mince		Yes		Yes	No	Soya Protein, Salt, Spices And Yoghurt	South Africa	Yes	350g		No	Yes
		Soyatarian Cashew nut balls		No (see through)	R60.00	Yes		Soya Mince, Soya Protein Isolate, Wheat (Gluten), Wheat Flour, Slat, Spices, Sunflower oil, cashew nuts	South Africa	Yes	240g	Cashew nuts	No	Yes
		Soyatarian Vegan Peri-Peri Soya Prawns		No (see through)	R60.01	Yes		Soya Mince (Tvp), Soya Protein Isolate, Wheat Gluten, Wheat Flour, Salt, Spice, Vegetable Oil.	South Africa	Yes	400g	Soya, Gluten	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Soyatarian vegan garlic soya prawns		No (see through)	R45.99	Yes		Soya Mince (Tvp), Soya Protein Isolate, Wheat Gluten, Wheat Flour, Salt, Spice, Vegetable Oil.	South Africa	Yes	400g	Soya, Gluten	No	yes
		Soyatarian wholesome paneer		no (see through)	R35.00	Yes		Cows milks, lemon juice, vinegar	South Africa	Yes	200g	Dairy	No	Yes
		Soyatarian garlic and chilli sausage		Yes	R45.99	yes		Soya Mince, Protein isolate, wheat (gluten), wheat flour, salt, spices, herbs,sunflower oil	South Africa	Yes	350g		No	Yes
		Soyatarian Herb and Chilli Soya Sausages		Yes	R45.99	Yes	No	Soya Mince, Soya Protein Isolate, Wheat Gluten, Wheat Flour, Salt, Spices, Herbs And Sunflower Oil	South Africa	Yes	330g		No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Mc Bean		McBean Vegetarian Polony		No			No	Water, Soya Isolate, Vegetable Oil (Palm Fruit), Wheat Gluten, Corn Starch, Flavouring (Salt, Msg[E621 Flavour Enhancer]), Phosphates(E450,E451), Cereal(Wheat Gluten), Spice, E301-Antioxidant, Flavouring, Spice Extract), Corn Starch, Stabilizer, Flavour And Spices, Preservatives(E202 Potassium Sorbate)	South Africa	Yes	500g	Wheat, soya	No	Yes
		McBean Vegetarian Sausages		Yes	Yes	Yes	No	Water, Soya, Vegetable Oil(Palm Fruit), Soya Isolate, Wheat Gluten, Spice Premix(Salt, Soya Protein, Spices And Spice Extracts, Wheat(Gluten), Msg(Flavour Enhancer E621), Dehydrated Onion, Garlic And Bellpepper,(Irradiated), Dextrose, Starch, Maltodextrin, Glucose, Sugar, Colourant, Corn Syrup Solids, Flavour Enhancer, Preservative(E202- Potassium Sorbate)	South Africa	Yes	400g	Wheat, soya. May contain traces of peanuts	No	Yes
My Pic		McBean Vegetarian Sausages			Yes	Yes		Water, Soya Isolate, Vegetable Oil (Palm Fruit), Wheat Gluten, Corn Starch, Flavouring (Salt, Msg E621- Flavour Enhancer), Phosphates E450, E451, Cereal(Wheat Gluten), Spice, E301 Anti-Oxidant, Flavouring, Spice Extracts, Corn Starch, Stabilizer, Flavor, And Spices, E202- Preservatives(Potassium Sorbate)	South Africa	Yes	500g	Wheat(gluten), soya	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Kara Nichas		Vegetable curry Pie		Yes	R22.99	Yes		Pastry: wheat (gluten), water, vegetable fat (palm fruit, interesterified fat (palm fruit, palm seed, sunflower seed, salt, preservative (E202- potassium sorbate) Filling: Water, diced potato, vegetables(14%)(carrots, peas, corn, in variable proportions), modified corn, starch , salt, turmeric, spices, fenugreek, fennel, cayenne pepper, onion, MSG (E621-flavour enhancer), colourants(curcumin 8.5% E100, paprika extract E160c, caramel E150a), preservative (E202-potassium sorbate, garlic and spices, onions, beans, preservative(E202-potassium sorbate).	South Africa	Yes	150g	Wheat (gluten)	Yes	Yes
Himalayan Harvest		Soya Style Burgers		Yes	R45.99	Yes		Water, vegetable protein [soya, Wheat(Gluten)], vegetable fat[palm fruit, palm seed], potato starch, wehat flour (gluten), spices, salt, dextrose monohydrate, flavourigs, flavour enhancers, mustard, colourant, preservative(soidum sulphate)	South Africa	Yes	360g (4 x 90g patties)	Soya, gluten, mustard	Yes	Yes
		Aloo Parantha		Yes	R54.49	Yes		Wheat flour (gluten), potato, water, sunflower oil, coriander leaves, onion, ginger, alt, dry mango, cumin, green chilli, spices, red chilli, turmeric, baking powder	South Africa	Yes	400g	Wheat	no	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
YD	Spice World	YD Vegetarian Cashew Nut Ball		No (see though)	R43.50	Yes	Free of MSG, onion, garlic, egg	Textured Soya Protein, Vegetable Oil, Whey Protein, Isolated Soya Protein, Sorbitol, Sugar, Starch, Flour, Vegetable Spices, Salt, Vegetable Flavouring, White Pepper	South Africa	Yes	300g	Gluten, soya, dairy	No	No
		YD Vegetarian Prawn		No(see though)		Yes	Free of MSG, onion, garlic, egg	Textured Soya Protein, Vegetable Oil, Whey Protein, Isolated Soya Protein, Sorbitol, Sugar, Starch, Flour, Vegetable Spices, Salt, Vegetable Flavouring, White Pepper, Gluten	South Africa	Yes	350g	Gluten, soya, dairy	No	No
		YD Vegetarian Chicken Julienne		No(see though)	R43.50	Yes	Free of MSG, onion, garlic, egg	Textured Soya Protein, Vegetable Oil, Whey Protein, Sugar, Starch, Flour, Vegetable Spices, Salt, Vegetable Flavouring, White Pepper, Black Pepper	South Africa	Yes	250g	Gluten, soya, dairy	No	No
		YD Vegetarian Fish		No(see though)		Yes	Free of MSG, onion, garlic, egg	Textured Soya Protein, Vegetable Oil, Whey Protein, Isolated Soya Protein, Sorbitol, Sugar, Starch, Flour, Vegetable Spices, Salt, Vegetable Flavouring, White Pepper, Soya Pastry, Seaweed Soy Sauce	South Africa	Yes	360g	Gluten, soya, dairy	Yes	Yes
Vegetarian		Vegetarian Vita Soya Kebabs		Yes	R49.95	Yes	No meat, no egg, no dairy, no preservatives, no colourants	Vegetable Protein(Soya), Vegetable Oil(Sunflower Seed), Wheat Flour(Gluten), Spices, Onion, Garlic, Sea Salt	South Africa	Yes	350g	No	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Vegetarian Vita Soya Burgers		Yes	R49.95	Yes	No meat, no egg, no dairy, no preservatives, no colourants	Vegetable Protein(Soya), Vegetable Oil(Sunflower Seed), Wheat Flour(Gluten), Spices, Onion, Garlic, Sea Salt	South Africa	Yes	480g	No	No	Yes
		Vegetarian Vita Soya Prawns		Yes	R49.95	Yes	No meat, no egg, no dairy, no preservatives, no colourants	Vegetable Protein(Soya), Vegetable Oil(Sunflower Seed), Wheat Flour(Gluten), Spices, Corn Starch, Sea Salt	South Africa	Yes	350g	No	No	Yes
		Vegetarian Vita Soya Viennas		Yes	R49.95	No	No meat, no egg, no dairy, no preservatives, no colourants	Herbs, Spices, Plant Based Protein	South Africa	Yes	500g	Soya, wheat, gluten	No	Yes
		Vegetarian Vita Soya Sausages		Yes	R49.95	Yes	No meat, no egg, no dairy, no preservatives, no colourants	Vegetable Protein(Soya), Vegetable Oil(Sunflower Seed), Wheat Flour(Gluten), Spices, Onion, Garlic, Sea Salt	South Africa	Yes	500g	No	No	Yes
		Vegetarian Vita Soya Strips		Yes	R49.95	Yes	No meat, no egg, no dairy, no preservatives, no colourants	Vegetable Protein(Soya), Vegetable Oil(Sunflower Seed), Wheat Flour(Gluten), Spices, Onion, Garlic, Sea Salt	South Africa	Yes	350g	No	No	Yes
Spice World		Spice World Chickpea		No (see though)	R22.50	No		White Gram	South Africa	Yes	1kg	No	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Tommys		Tommy's Vegetarian Marinated Chucks			R31.00	No			South Africa		250g		none	yes
		Tommy's Vegetarian Marinated Mince			R31.00	No	No		South Africa		250g		none	yes
		Tommy's Vegetarian Soya Burgers			R39.00	No	No		South Africa		Pack of 4		none	yes
		Tommy's Vegetarian Soya Sausages			R41.00	No	No		South Africa		400g		none	yes
		Tommy's Vegetarian Soya Kebabs			R41.00	No	No		South Africa		500g		none	yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Tommy's Vegetarian Mix veg pies			R35.00	No	No		South Africa		Pack of 3		none	yes
		Tommy's Vegetarian Soya Chicken pies			R37.00	No	No		South Africa		Pack of 3		none	yes
		Tommy's Vegetarian Soya Chunk pies			R35.00	No	No		South Africa		Pack of 3		none	yes
		Tommy's Vegetarian Soya Mince Pies			R35.00	No	No		South Africa		Pack of 3			yes
		Tommy's Vegetarian Cheese and Corn Samoosas			R39.00	No	No		South Africa		1 dozen			yes
		Tommy's Vegetarian Grandhall Samoosas			R36.00	No	No		South Africa		1 dozen			yes
		Tommy's Vegetarian Moongdhall Samoosas			R36.00	No	No		South Africa		1 dozen			yes
		Tommy's Vegetarian Potato Samoosas			R36.00	No	No		South Africa		1 dozen			yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Tommy's Vegetarian Soya Mince Samosas			R36.00	No			South Africa		1 dozen			yes
		Tommy's Vegetarian Spring Rolls			R41.00	No			South Africa		1 dozen			yes
		Tommy's Vegetarian Paneer			R41.00	No			South Africa		250g			yes
		Tommy's Vegetarian Patha Springroll			R35.00	No			South Africa		1 dozen			yes
		Tommy's Vegetarian Poli			R36.00	No			South Africa		1 dozen			yes
		Tommy's Vegetarian Puri			R36.00	No			South Africa		2 dozen			yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
YD	Checkstar	YD Vegetarian Chicken Burger		No(see though)		No	Free of MSG, onion, garlic, egg	Soya Mince, Isolated Protein, Cooking Oil, Whey Protein, Salt, Sugar, Starch, Vegetable Spices, Vegetable Flavouring	South Africa	Yes	320g	No	Yes	Yes
		YD Vegetarian Hot Dog		No(see though)		No	Free of MSG, onion, garlic, egg	Textured Soya Protein, Vegetable Oil, Whey Protein, Isolated Soya Protein, Sugar, Vegetable Spices, Salt, Vegetable Flavouring Black Pepper, Food Grade Coloring	South Africa	Yes	405g	No	Yes	Yes
Sun C	Checkstar	Pure Vegetable Sun-C		Yes		Yes	No meat, eggs, preservatives, artificial colouring, dairy products	Hydrated Vegetable Protein(Soya), Wheat Flour, Vegetable Oil, Wheat Protein, Starch, Spices(Natural), Salt	South Africa	Yes	400g	No	Yes	Yes
		Vege-Lite Crumbed Schnitzels		Yes		Yes	No meat, eggs, preservatives, artificial colouring, dairy products	Wheat Flour(Gluten), Vegetable Oil(Sunflower Seed), Vegetable Protein(Soya), Starch, Spices(Contain Sulphites), Salt, Flavour Enhancer(E621), Spice Extracts, Onions, Mustard	South Africa	Yes	360g	Gluten, soya, mustard, sulphites, wheat	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Sun-C Soya Steak		Yes			No meat, eggs, preservatives, artificial colouring, dairy products	Soya, Soya Protein, Vegetable Fat, Vegetable Protein, Natural Spices And Flavouring	South Africa	Yes	500g		No	Yes
Tru Vegan	Checkstar	Tru Vegan Spicy Mutton Burgers		Yes		No	Cholesterol free , egg-free, MSG Free, Onion Free, Garlic free, Non-GM Product	Soybean Protein, Vegetarian Spices, Starch	South Africa	Yes	300g	No	No	Yes
		Tru Vegan Hot and Spicy Chilli Prawns		Yes		No	Cholesterol free , egg-free, MSG Free, Onion Free, Garlic free, Non-GM Product	Soybean Protein, Vegetarian Spices, Starch	South Africa	Yes	300g	No	No	Yes
		Tru Vegan Butter Chicken		Yes		NoNo	Cholesterol free , egg-free, MSG Free, Onion Free, Garlic free, Non-GM Product	Soybean Protein, Vegetarian Spices, Starch	South Africa	Yes	250g	No	No	Yes
		Tru Vegan Spicy Mutton-Style Kebabs		Yes		No	Cholesterol free , egg-free, MSG Free, Onion Free, Garlic free, Non-GM Product	Soybean Protein, Vegetarian Spices, Starch	South Africa	Yes	300g	No	No	Yes
Purely Vegetarian	Checkstar	Purely Vegetarian Tofu		No(see though)		No		Soy Milk	South Africa	Yes	400g	Soya	No	No
		Purely Vegetarian Soya Chunks		No (see though)		No	Egg, onion and garlic free	Soya Protein, Vegetable Oil, Spices	South Africa	Yes	220g	Soya	No	No
		Purely Vegetarian Soya Mince		No(see though)		No	Egg, onion and garlic free	Soya Protein, Vegetable Oil, Spices	South Africa	Yes	220g	Soya	No	No

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Purely Vegetarian Halloumi Chilli		No(see though)		No		Cows Milk, Separating Agent	South Africa	Yes	198g	Cows milk	No	No
Himalayan	Checkstar	Himalayan Jalapeno Poppers		Yes		No		Cream Cheese(Milk And Cream, Bacterial Culture, Salt), Jalapeno Peppers(Peppers, Salt, Acetic Acid, Sodium Benzoate), Wheat Flour, Corn Starch, Corn Flour, Modified Milk Ingredients, Salt, Sugar, Spics, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Fried In Canola Oil	South Africa	Yes	250g	No	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Tommys		Marinated Mince		No(See through)	R38.00	Yes		Oil, Salt,soya mince, spices, water	South Africa	Yes	250g	Yes (no onion and garlic)	No	Yes
		Marinated Chunks		No(See through)	R38.00	No			South Africa	No	250g	No	No	No
		Soya Mince Samoosa		No(See through)	R43.00	Yes		Chillies, dhania, mint , oil, onions, salt,soya mince, spcies, water	South Africa	Yes	1 dozen	Soya, wheat, gluten	No	Yes
		Cheese and Corn samoosa		No(See through)	R46.00	Yes		Cheese, corn,cheese powder,onions, pepper, water	South Africa	Yes	2 dozen	Soya, wheat, gluten	No	Yes
Friedmans Foods	Goodwills	The Eastern Chefs Vegetarian marinated Chunks		No(See through)	R40.00	Yes	Does not contain: garlic, onion, milk,egg, MSG, GMO's	Aqua, soya, spices, salt, oil	South Africa	Yes(No cooking)	200g	Soya	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
YD		Tofu		No(See through)	R49.00	Yes	Suitable for vegans	Isolated soya protein, vegetable oil,modified starch,salt, vegetable spices	South Africa	Yes	400g	Contains Soya	Yes	Yes
		Soya D'Lite Prawns		No(See through)	R45.00	Yes		Textured soya Protein, vegetable oil, whey protein,isolated soya protein,sorbitol, sugar, starch, flour,vegetable spices,salt,vegetable flavourings,white pepper,soya pastry, seaweed, soy sauce	South Africa	Yes	350g +- (5%)	Gluten, soya, dairy	Yes	Yes
		Vegetarian Fish		No(See through)	R48.00	Yes	Suitable for lacto vegetarians	Textured soya Protein, vegetable oil, whey proetin,isolated soya protein,sorbitol, sugar, starch, flour,vegetable spices,salt,vegetable flavourings,white pepper, gluten	South Africa	Yes	360g +- (5%)	Gluten, soya, dairy	Yes	Yes
Enlightenment Foods		Peri-Peri Soya Prawns		No(See through)	R46.00	Yes	100% Vegan, free from onion, garlic, meat, dairy, GMO and Egg	Soya Proetin,Starch, gluten,sugar, salt,vegetable fibre,vegetable oil and spices	South Africa	Yes	350g +- (5%)	Soya and wheat (gluten)	No	Yes
Vita V		Spicy Homemade Style Burgers		Yes	R52.00	Yes	Vegan, vegetarian,No meat, no dairy, no soya, no preservatives, no colourants, Cholesterol free	Vegetable protein(Soya), vegetable oil(sunflower seed), wheat flour (gluten), spices, onion, garlic,, sea salt	South Africa	Yes	480g (6 x patties)	Wheat, gluten, soya	Yes	Yes
Vita V	Mince		Yes	R55.00	Yes	Vegan, vegetarian,No meat, no dairy, no soya, no preservatives, no colourants, Cholesterol free	Vegetable protein(soya), vegetable (sunflower seed), spices, sea salt	South Africa	Yes			Wheat, gluten, soya	Yes	Yes
	Kebabs		Yes	R49.00	Yes	Vegan, vegetarian,No meat, no dairy, no soya, no preservatives, no colourants, Cholesterol free	Vegetable protein(soya), vegetable (sunflower seed), wheat flour (gluten) ,spices, sea salt	South Africa	Yes			Wheat, gluten, soya	Yes	Yes
Vejoy		Chico Burgers		Yes	R49.00	Yes	100% Pure vegetarian, no meat and egg, no onion and garlic, high in proetin, high in fibre	Water, Soya Mince, Non-Hydrogenated Vegetable Oil(Soy Bean), Crumb(Wheat flour (Gluten), Yeast, Non-hydrogenated vegetable oil(sunflower seed), salt, improving agent (E300(Gluten))), Sulphate(E516), Magnesium Chloride(E511), Sodium metabisulphite(E223)), textured vegetable protein*(soya(, Binder[Whey protein, (Cows Milk), Soya protein, binding agent(E1412), Preservative(Calcium Hydroxide(E526))), Flavouring(sugar, vinegar,water, lemon concentrate flower seed contains anti-oxidant TBHQ(E319)), crushed chilli, maize(irradiated), spices(irradiated),	South Africa	Yes	320g	Wheat,(gluten) cows milk, soya. Contains sulphur dioxide. Contains genetically modified organisms.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								chilli powder, flavour enhancers(E160c, E300), Paprika, Herbs(irradiated), Hydrolysed Vegetable Protein, tomato paste, mustard, celery, preservative(sodium benzoate(E211), sodium metabisulphite(E223))), Isolated Soya Protein(Soya), tapioca Starch, sugar, batter[Wheat flour (gluten), salt, colourant (E160c)], salt, spice pack [Monosodium Glutamate(Flavour Enhancer (E321)), Flavour enhancers(E631, E627), Anticaking agent(E551)], Flavoring.						
		Crumbed Schnitzel		Yes	R49.00	Yes	100% Pure vegetarian, no meat and egg, no onion and garlic, high in proetin, high in fibre	Water, Soya Mince, Non-Hydrogenated Vegetable Oil(Soy Bean), Crumb(Wheat flour(Gluten), Yeast, Non-hydrogenated vegetable flour (sunflower seeds),salt, improving agent, (E300)(Gluten))), Textured Soya Proctin[Wheat protein (Gluten), corn starch, wheat starch, preservative(Calcium Sulphate(E516), Magnesium chloride (E511), Sodium Metabisulphite(E223))]Textured vegetable protein, *(Soya), Binder[Whey Protein(Cows Milk), soya protein, binding agent(e1412), Preservative(Calcium Hydroxide (E526))], Isolated Soya protein(soya), nutritional sweetener[sorbitol(E420)], soya suace[water, salt, soya bean, sugar, wheat four(gluten), colourant (E150c), preservative(Sodium Benzoate(E211)0, Flavour enhancers(E631,E627)], Wheat Flour (Gluten), Batter[Wheat flour(gluten), slat, colourant(E160C0)], spice pack {Monosodium Glutamate(Flavour enhancer(E321)), Flavour enhancers(E631, E627),ANTicaking agent (E551)], Flavouring , black pepper (irradiated)	South Africa	Yes	320g	Wheat,(gluten) cows milk, soya. Contains sulphur dioxide. Contains genetically modified organisms.	Yes	Yes
Rozana		Paneer		No(See through)	R40.00	Yes	Gluten free	Milk, Glucone Delta Lactone(E575), citric acid, (330)(Acidity Regulator)	South Africa	No	400g	Contains milk and manufactured in a facility that uses nuts	No	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Frys	Checkers	Frys Original Hot Dogs		Yes	R62.99	Yes	Non GM product, source of protein , source of fibre	Vegetable Protein (23%) (Soya, Wheat (Gluten)), Vegetable Oil (Coconut Kernel), Potato Starch, Flavourings (Mustard, Onion, Savoury Flavour, Celery), Maize Starch, Sea Salt,	South Africa	Yes	360g	Wheat · Gluten · Soya · Mustard · Celery · Onion	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Thickener (Guar Gum), Colourant: Paprika And Red Iron Oxide.						
		Frys Fish Style Fillets		Yes	R53.99	Yes	Non GM product	Tempura: Rice Flour, Wheat Flour, Potato Starch, Maize Flour, Salt, Raising Agents (Sodium Carbonate, Diphosphates), Dextrose, Sunflower Oil. Fish Fillet: Vegetable Protein (22%) (Soya, Wheat), Wheat Fibre, Thickener (Methyl Cellulose, Gum Arabic), Pea Fibre, Flaxseed Oil (6%), Wheat Flour, Flavourings, Smoke Flavour, Maltodextrin, Emulsifier (E1518), Garlic.	South Africa	Yes	240g	Wheat · Gluten · Soya	Yes	Yes
		Frys Prawns-Style Pieces		Yes		Yes	Non GM product, source of fibre	Tempura: Rice Flour · Wheat Flour · Potato Starch · Maize Flour · Salt · Raising Agents (Sodium Carbonate · Diphosphates) · Sunflower Oil. Prawn: Vegetable Protein (Soy · Wheat) · Thickener (Methyl Cellulose) · Pea Fibre · Sugar · Flavourings · Onion · Pepper · Garlic · Anti-Caking Agent (E551) · Lemon Zest · Dried Seaweed (Nori).	South Africa	Yes	250g	Wheat · Gluten · Soya	Yes	Yes
		Frys Sausages The Big Fry Boerie		Yes	R79.99	Yes	Non GM product, source of protein , source of fibre	Vegetable Protein (20%) (Wheat (Gluten), Soya), Onions(5%), Vegetable Oil (Sunflower Seed), Dijon Mustard(2%), Corn Flour, Flavourings (Coriander, Sugar, Salt, Savoury Flavour, Garlic, White Pepper, Nutmeg, Ginger), Thickener (Methylcellulose), Smoke Flavour, Beetroot, Plant Fibre (Bamboo), Paprika, Cilantro, Black Pepper, Parsley, Turmeric, Colourant: Caramel IV (E150d), Calcium Alginate Casing.	South Africa	Yes	320g	Wheat · Gluten · Soya · Mustard	Yes	Yes
		Frys Mini Chipolatas		Yes	R39.99	Yes		Vegetable Protein (12%) (Soy, Wheat [Gluten]), Vegetable Oil (Sunflower Seed), Wheat [Gluten] Flour, Potato Starch, Salt, Modified Starch, Flavourings (2%) (Smoky Savoury Flavouring, Corn Starch, Salt, Onion, Pepper, Anti-Caking Agent [E551]),	South Africa	Yes	270g	Wheat · Gluten · Soya · Mustard	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Maize Starch, Thickener (Methylcellulose), Ground Coriander, Paprika, Mustard.						
		Frys Breakfast Bangers		Yes	R54.99	Yes	Non GM product, Source of protein	Vegetable Protein (12%) (Soy, Wheat [Gluten]), Vegetable Oil (Sunflower Seed), Wheat [Gluten] Flour, Potato Starch, Salt, Modified Starch, Flavourings (2%) (Smoky Savoury Flavour, Corn Starch, Salt, Onion, Pepper, Anti-Caking Agent [E551]), Maize Starch, Thickener (Methylcellulose), Ground Coriander, Paprika, Mustard.	South Africa	Yes	300g	Wheat · Gluten · Soya · Mustard	Yes	Yes
		Frys Butternut Balls	Fry's Frozen Plant-Based Chickpea & Roasted Butternut Balls	Yes	R64.99	Yes	Non GM product, source of fibre	Crumb (27%) (Wheat Flour [Gluten]), Chickpeas (25%), Butternut (20%), Vegetable Oil (Sunflower Seed), Carrots, Onion, Quinoa, Sweetcorn, Garlic, Sage, Sea Salt, Masala, Black Pepper, Cumin.	South Africa	Yes	240g	Wheat · Gluten · Onion	Yes	Yes
		Frys Chicken-Style Strips		Yes	R72.99	Yes	Non-GM product	Vegetable Protein (20%) (Wheat, Soya), Vegetable Oil (Sunflower Seed), Flavouring (3%) (Maize Starch, Yeast Extract, Savoury Flavour), Potato Starch, Wheat Flour, Thickener (Methyl Cellulose), Salt, Garlic.	South Africa	Yes	380g	Wheat · Gluten · Soya	Yes	Yes
		Frys Braai Wors		Yes		Yes	Non-GM product	Vegetable Protein (Wheat, Soya), Onions, Vegetable Oil (Sunflower Seed), Corn Flour, Flavouring(Salt, Spices, Flavouring[Maltodextrin, Glucose,	South Africa	Yes	320g	Wheat, Gluten, Soya, Sulphites	Yes	Yes
		Frys No-Meatball		Yes	R69.99	Yes	Non Gm Product	Vegetable Protein(Wheat[Gluten], Soya), Onions, Vegetable Oil(Sunflower Seed), Dijon Mustard, Corn Flour, Flavouring(Coriander, Sugar, Salt, Savoury Flavour, Garlic, White Pepper, Nutmeg, Ginger) Thickener(Methylcellulose), Smoke Flavour, Plant Fibre(Bamboo), Paprika, Cilantro, Black Pepper, Parley, Turmeric, Colourant(Caramel 4) (E150d)	South Africa	Yes	240g	Soya, wheat, gluten, mustard	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Frys Braai Burger		Yes	R64.99	Yes	Non- GM product	Vegetable Protein(Wheat[Gluten], Soya), Onions, Vegetable Oil (Sunflower Seed), Corn Flour, Flavourings(Salt, Spices, Flavouring[Maltodextrin, Glucose, Sugar, Colourant{E150c}, Citric Acid, Flavour Enhancer[E627 And E631]), Preservatives(Sodium Metabisulphite[E223], [Contains Sulphite], Contains Anti-Oxidant: Sodium Erythorbate[E316], Anti-Caking Agent[E551]), Thickener[Methylcellulose], Beetroot, Plant Fibre(Bamboo), Paprika, Turmeric, Colourant(Caramel 4)	South Africa	Yes	224g	Soya, wheat, gluten, sulphites	Yes	Yes
		Frys Fish Style Fillets	Frozen Golden Crispy Fish-Style Fillets	Yes	R54.99	Yes	Non- GM product, 7g fibre per serving, good source of protein	Fish Style Fillet(70%)(Vegetable Protein[Soya, Wheat{Gluten}], Wheat Fibre, Thickener(Methyl Cellulose, Gum Arabic), Pea Fibre, Flaxseed Oil(6%), Wheat(Gluten), Flour, Flavourings, Smoke Flavour, Maltodextrin, Garlic), Tempura(30%)(Rice Flour, Wheat [Gluten]), Flour, Potato Starch, Maize Flour, Salt, Raising Agents(Sodium Carbonate Diphosphates), Dextrose, Vegetable Oil(Sunflower Seed)	South Africa	Yes	240g	Soya, wheat, gluten	Yes	Yes
		Plant Based Chicken Style nuggets		Yes	R69.99	Yes	Good source of fibre	ater, WHEAT (GLUTEN) flour, sunflower oil, SOY textured protein 5%, vegetable protein blend 3% (SOY protein isolate, corn starch, WHEAT GLUTEN), SOY protein concentrate 2%, crumb 2% (WHEAT (GLUTEN) flour, salt, sunflower oil, raising agent (ammonium carbonates)), SOY protein isolate 2%, seasoning (maize starch, salt, yeast extract, flavourings, maltodextrin, palm fat*, acid (citric acid)), salt, WHEAT GLUTEN, starch, bamboo fibre, thickener (methyl cellulose, hydroxypropyl methyl cellulose), dried yeast, flour treatment agent (ascorbic acid), modified starch, flavourings, palm fat*, raising agent (diphosphates, sodium carbonates, ammonium carbonates), herbs, spices	South Africa	Yes	380g	SOY, WHEAT, GLUTEN, MUSTARD, SULPHITES.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								(MUSTARD), spice extract, dehydrated garlic, canola oil, preservative (SULPHUR dioxide), garlic powder.						
		Plant-based Traditional Sausages		Yes	R72.99	Yes	Non-GM product	Vegetable Protein (20%) (Soya, Wheat (Gluten)), Vegetable Oil (Sunflower Seed), Wheat Flour (Gluten), Potato Starch, Flavorings, (Onion, Citric Acid, Anti-caking Agent (E341), Ground Nutmeg, Coriander, Clove, Maize Starch), Salt, Plant Fibre, Colourant: Caramel IV	South Africa	Yes	500g	Wheat · Gluten · Soya · Onion	Yes	Yes
		Battered-Prawn Style Pieces		Yes	R54.99	Yes	100% Vegan Friendly, Non-GMO Product	Tempura: Rice Flour · Wheat Flour · Potato Starch · Maize Flour · Salt · Raising Agents (Sodium Carbonate · Diphosphates) · Sunflower Oil. Prawn: Vegetable Protein (Soy · Wheat) · Thickener (Methyl Cellulose) · Pea Fibre · Sugar · Flavours · Onion · Pepper · Garlic · Anti-caking Agent (E551) · Lemon Zest · Dried Seaweed (Nori).	South Africa	Yes	250g	Soya · Wheat · Gluten		
		Plant-based Championship Braai Burger		Yes	R79.99	Yes	Non-GM product	Vegetable proteins (18 %) (Soy), Crumb (18 %) [Wheat flour] (Gluten), Flavours, Vegetable oil (Sunflower seed), Wheat fibre, Thickener (Cellulose), Sea salt, Garlic.	South Africa	Yes	224g	Wheat, Gluten & Soya	Yes	Yes
		Fry's Frozen Vegetarian Mediterranean Sausages		Yes	R54.99	Yes	Non-GM product	Vegetable Protein (10%) (Soya, Wheat [Gluten]) · Green Olives (4%) · Flavoring (Onion, Pepper, Maize Starch · Anti-caking Agent (E551, E460i) · Savory Flavor) · Vegetable Oil (Sunflower Seed) · Wheat [Gluten] Flour · Potato Starch, Salt · Modified Starch, Garlic (1.2%) · Thickener (Methyl Cellulose), Ground Coriander · Paprika, Rosemary (0.1%),	South Africa	Yes	300g	Wheat · Gluten · Soya · Mustard	Yes	Yes
		Fry's Frozen Meat Free Sausage Rolls		Yes	R59.99	Yes	Non-GM product	Puff Pastry (50%): Wheat Flour (Gluten), White Margarine (Vegetable Oil (Palm Fruit* & Sunflower Seed), Water, Salt, Emulsifiers (E471, Soya Lecithin), Citric Acid), Sugar.) Sausage	South Africa	Yes	400g	Wheat · Gluten · Soya · Onion	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Filling (50%): Vegetable Protein (Soya, Wheat (Gluten)), Vegetable Oil (Sunflower Seed), Wheat Flour (Gluten), Potato Starch, Flavourings (Onion, Nutmeg, Coriander, Cloves, Savoury Flavour), Coriander, Basil, Marjoram, Oregano, Rosemary, Thyme, Sage, Sea Salt, Gelling Agent (Carrageenan), Colour: Caramel IV. *100% Certified Sustainable Palm Oil						
		Fry's Frozen Meat Free Chicken-Style Vegetable Burgers		Yes	R69.99	Yes	Non-GM product	Vegetable proteins (18%) (soya) crumb (18%) (wheat flour (gluten) flavourings, vegetable oil [sunflower seed], wheat fibre, thickener (cellulose) sea salt, garlic.	South Africa	Yes	320g	SOY, WHEAT, GLUTEN, MUSTARD	yes	yes
		Fry's Frozen The Big Fry Plant-Based Burger Patties		Yes	R79.99	Yes	Non-GM product	Vegetable Protein (20%) (WHEAT, SOY), Onions (5%), Vegetable Oil (Sunflower Seed), Dijon MUSTARD (2%), Corn Flour, Flavourings (Coriander, Sugar, Salt, Savoury Flavour, Garlic, White Pepper, Nutmeg, Ginger), Thickener (Methyl Cellulose), Smoke Flavour, Beetroot, Plant Fibre (Bamboo), Paprika, Cilantro, Black Pepper, Parsley, Turmeric, Colourant: Caramel IV (E150d).	South Africa	Yes	224g	SOY, WHEAT, GLUTEN, MUSTARD.	Yes	Yes
		Fry's Frozen Vegetarian Beef-Style Chunky Strips		Yes	R72.99	Yes	Non-GM product	Water, SOY textured protein 10%, sunflower oil, WHEAT GLUTEN 10%, SOY protein isolate 3%, starch, modified starch, WHEAT flour, flavourings, seasoning (spices*, herb*, antioxidant (ascorbic acid), preservative (sodium SULPHITE), spice extract, WHEAT flour, corn starch, dextrose, corn rusk (corn, colour (ammonia caramel), flavouring)), bamboo fibre, salt, thickener (methyl cellulose, microcrystalline cellulose), onion flakes, MUSTARD, smoke flavouring, raising agent (ammonium carbonates), colour (SULPHITE ammonia caramel, ammonia caramel), stabiliser (sodium SULPHITE, SULPHUR dioxide).	South Africa	Yes	380g	WHEAT, SOY, GLUTEN, MUSTARD, SULPHITES	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Fry's Frozen Plant-Based Pea Protein Mince		Yes	R64.99	Yes	Non GM product	Wheat (Gluten), Potato Starch, Pea Protein, Parsley, Marjoram, Oregano, Rosemary, Thyme, Basil, Colourant: Caramel IV (E150d).	South Africa	Yes	300g	Wheat (Gluten), Gluten, Soy Free.	Yes	Yes
		Fry's Frozen Traditional Meat Free Burgers		Yes	R59.99	Yes	Non GM product	Texturized SOY protein (73.6%), WHEAT GLUTEN (8.2%), water, sunflower oil (4.2%), starch, spices, flavourings, salt, ground coriander (SULPHITES), spice extracts, dextrose, thickener (methyl cellulose), onion flakes, bamboo fibre, smoke flavour, MUSTARD, colour (sulphite ammonia caramel, contains SULPHITES).	South Africa	Yes	320g	SOY, WHEAT (GLUTEN), SULPHITES AND MUSTARD	Yes	Yes
		Fry's Plant-Based Popcorn		Yes	R69.99	Yes	Non GM product	Textured Soya Protein Concentrate 33.4 %, Breading 21.1 % [Wheat Flour, Crumb (Wheat Flour, Salt, Sunflower Oil, Raising Agent (Ammonium Carbonates)), Salt, Starch (Potato, Tapioca), Wheat Gluten, Dextrose, Raising Agent (Diphosphates, Sodium Carbonates), Sugar, Onion Powder, Colour (Paprika Extract, Curcumin), Thyme, Pepper, Celery], Water, Sunflower Oil, Wheat Flour, Isolated Soya Protein 1.7%, Maize Starch, Bamboo Fibre, Thickener (Methyl Cellulose), Salt, Flavourings, Yeast Extract, Maltodextrin, Onion Powder, Raising Agent (Ammonium Carbonates), Garlic Powder, Celery, Barley Yeast Extract, Acidity Regulator (Lactic Acid), Pepper, Palm Fruit Fat	South Africa	Yes	350g	Gluten, Soya, Wheat. celery & barley	Yes	Yes
		Fry's Frozen Plant-Based Rice Protein & Chia Nuggets		Yes	R54.99	Yes	Non GM product	Crumb: Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose. Nugget: Vegetable Protein (Soya), Vegetable Oil (Sunflower Seed), Potato Starch, Quinoa, Rosemary, Marjoram, Sage, Mustard Seeds, Anti-caking Agent (E551), Rice Protein (5%), Thickener (Methyl Cellulose), Chia Seeds (3%) (Salvia Hispanica), Yeast Extract, Salt, Garlic.	South Africa	Yes	240g	Soya · Mustard	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Fry's Frozen Plant-Based Spicy Sausages		Yes	R52.99	Yes	Non GM product	Vegetable Protein (Contains · Soya and Wheat [Gluten]) · Vegetable Oil (Sunflower Seed) · Wheat Flour (Gluten) · Spices (Contains Sulphites) · Potato Starch · Maize Starch · Flavourings · Thickener (Cellulose extract) · Sea Salt · Chillies · Wheat Fibre (Gluten) · Mustard · Colour: Caramel IV · Garlic.	South Africa	Yes	380g	Wheat · Gluten · Soya · Mustard · Sulphites	Yes	Yes
		Fry's Frozen Meat Free Country Mushroom Flavoured Pies		Yes	39.99	Yes		Pastry (57 %): Wheat flour, Water, Vegetable oil (Sunflower Seed & *Palm fruit), Lemon Juice, Sugar. Filling (43 %): Mushrooms (8%), Vegetable Protein (6%) (Soya), Onion, Maize Starch, Flavourings, Wheat Flour, Corn Starch, Dextrose, Celery, Spices, Potato Powder, Yeast Extract, Herbs, Citric Acid, Food Colours (Paprika, Turmeric), Salt, Garlic, Mustard, Ground White Pepper, Ground Nutmeg, Crushed Bay Leaves. 100% Certified Sustainable Palm Oil.	South Africa	Yes	350g	Wheat, Gluten from Wheat, Soya, Celery, Mustard	Yes	Yes
		Fry's Frozen Vegetarian Curry Pies 2 Pack		Yes	39.99	Yes	Non GM product	Pastry (57%): Wheat Flour, Water, Vegetable Oil (Sunflower Oil, Palm Oil), Salt, Lemon Juice, Sugar, Filling (43%): Onion, Potato, Peas, Vegetable Protein (Soya), Modified Starch, Curry Powder, Sunflower Oil, Tomatoes, Flavourings (Sodium Inosinate, Sodium Guanylate), Salt, Ginger, Garlic	South Africa	Yes	350g	Wheat · Gluten · Soya	Yes	Yes
		Fry's Frozen Meat Free Sausage Rolls		Yes	R54.99	Yes	Non GM product	Puff Pastry (50%): Wheat Flour (Gluten), White Margarine (Vegetable Oil (Palm Fruit* & Sunflower Seed), Water, Salt, Emulsifiers (E471, Soya Lecithin), Citric Acid), Sugar.) Sausage Filling (50%): Vegetable Protein (Soya, Wheat (Gluten)), Vegetable Oil (Sunflower Seed), Wheat Flour (Gluten), Potato Starch, Flavourings (Onion, Nutmeg, Coriander, Cloves, Savoury Flavour), Coriander, Basil, Marjoram, Oregano, Rosemary, Thyme, Sage, Sea Salt, Gelling Agent (Carrageenan), Colour: Caramel IV. *100% Certified Sustainable Palm Oil	South Africa	Yes	400g	Wheat · Gluten · Soya · Onion	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Fry's Frozen Plant-Based Slicing Sausage		Yes	R52.99	Yes	Non GM product	Vegetable Protein (Soya, Wheat [Gluten]), Coconut Kernel Oil, Potato Starch, Flavours [E631, E627], Anti-Caking Agent, Citric Acid, Onion, Mustard, Garlic, Maize Starch, Salt, Thickener (Guar Gum, Carrageenan), Colour: Red Iron Oxide.	South Africa	Yes	380g	Wheat · Gluten · Soya · Mustard	Yes	Yes
		Frys Thick Cut Chunky Stripes		Yes	R57.99	Yes	Non- GM product	Vegetable Protein(17%)(Soy, Wheat[Gluten], Vegetable Oil(Sunflower Seed), Flavourings(Onion, Pepper, Maize Starch, Anti-Caking Agent[E551], Savoury Flavour), Potato Starch, Modified Starch, Ground Coriander, Thickener(Methyl Cellulose), Salt, Smoke Flavour, Mustard, Colourant: Caramel 4 (E15d)	South Africa	Yes	380g	Soy, wheat, gluten, mustard	Yes	Yes
	Good source of fiber													
	Good source of protein													
SIMPLE TRUTH		Simple truth plant based mince		Yes	R54.99	Yes	10.2 g protein per 100g serving, Gluten-free, High in protein,no added MSG, no artificial flavours or colours	Textured Vegetable Protein (Soya), Vegetable Oil (Sunflower Seed, Coconut Kernel), Cellulose, Soya Protein Isolate Starch, Molasses, Salt, Emulsifier(Soya Lecithin), Spices, Ascorbic Acid, White Sprite Vinegar, Beetroot Concentrate, Mixed Herbs	South Africa	Yes	400g	Soya	yes	Yes
		Simple Truth Roasted Veggie Bowl		No (see through)	R54.99	Yes	No added sugar, no artificial sweeteners, no added MSG. no artificial colours or flavours	Roasted Vegetables(43%)(Butternut, Green And Red Peppers, Baby Marrows, Carrots, Vegetable Oil[Sunflower Seed], Salt Pepper), Cous-Cous(43%)(Cous-Cous[Wheat Flour{Gluten}]), Water , Vegetable Stock(Salt, Vegetable Fat[Palm Fruit], Flavouring, Maltodextrin, Carrot, Onion, Celery, Leek, Chives, Sugar, Spices, Rosemary Extract), Sundried Tomato Pesto Dressing(14%)(Sundried Tomatoes[Preservative{Sulphur Dioxide}]), Vegetable Oil(Sunflower	South Africa	Yes	300g	Wheat, gluten. Produced in a factory which uses cows milk, soya, peanuts and tree nuts.		Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Seed/Canola Seed), Tomato, Onion, Reconstituted Lemon Juice, Sugar, Parsley, Beetroot, Salt, Garlic, Ascorbic Acid, Apple Cider Vinegar, Spices)						
		Simple Truth Mexican Bowl		No (see through)	R39.99	Yes	No added sugar, no artificial sweeteners, no added MSG. no artificial colours or flavours, no added preservatives, low fat, lacto-vegetarian	Tomato Salsa(23%)(Tomaoes, Tomato Puree[Tomatoes, Citric Acid], Onions, Water, Cream[Cows Milk], Tomato Paste[Tomato, Citric Acid], Vegetable Oil[Canola Seed], Brown Sugar, Modified Corn Starch, Garlic, Salt, Spices), Brown Basmati Rice(20%), Red Sorghum(7%), Roasted Baby Tomatoes(Tomato, Vegetable Oil[Sunflower Seed], Salt), Roasted Corn, Red Kidney Bean, Kale(1%), Spinach, Spring Onion, Salt, Coriander, Chilli Flakes, Pepper.	South Africa	Yes	300g	Contains cow's milk. Produced in a factory which uses, soya, egg, wheat, gluten peanuts and tree nuts.	Yes	Yes
		Simple Truth Frozen Flame-Grilled Plant-Based Chicken-Style Pieces		Yes	R64.99	Yes	No added artificial colours or flavours, no added artificial sweeteners, no added MSG	Plant Protein Blend (Water, Soya Protein Concentrate, Faba Bean Flour, Pea Flour (2 %), Yellow Lentil Flour, Chickpea Flour (1%)), Seasoning (Vegetable Oil (Canola Seed), Flavouring Preparation (Salt, Maltodextrin, Onion, Sodium Citrate, Citric Acid, Potassium Phosphate, Ascorbic Acid, Flavouring), Flavouring Preparation (Vegetable Oil (Sunflower Seed), Rosemary Extract)), Seasoning Powder (Yeast Extract, Salt, Garlic (0.1 %), Black Pepper).	South Africa	Yes	250g	Soya. Produced in a factory with tree nuts and peanuts	Yes	Yes
		Simple Truth Frozen Flame-Grilled BBQ Flavoured Plant-Based Chicken-Style Pieces		Yes	R64.99	Yes	No added artificial colours or flavours, no added artificial sweeteners, no added MSG	Plant Protein Blend (Soy Protein Concentrate, Faba Bean Flour, Pea Flour (2%), Lentil Flour, Chickpea Flour), Marinade (Water, Sugar, Vegetable Oil (Canola Seed), Tomato Puree (3%), Soy Sauce (Water, Soybeans, Wheat (Gluten), Salt), Onion (1%), Lemon Concentrate, Garlic (1%), Paprika, Black Pepper, Flavouring, Preparation (Vegetable Oil (Sunflower Seed), Rosemary Extract), Salt), Seasoning (Yeast Extract, Salt), Seasoning Powder (Vegetable Oil (Canola Seed), Flavouring Preparation	South Africa	Yes	250g	Contains soya, wheat, gluten. May contain tree nuts and peanuts.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								(Salt, Maltodextrin, Onion, Sodium Citrate, Citric Acid, Potassium Phosphate, Ascorbic Acid, Flavouring)).						
		Simple Truth Frozen Plant Based Sausages		Yes	R54.99	Yes	High in protein, 33% reduced sodium, no artificial colours or flavours, no added MSG, source of fibre	Textured Vegetable Protein (Soya), Vegetable Oil (Sunflower Seed, Coconut Kernel), Cellulose, Soya Protein Isolate, Starch, Molasses, Ground Coriander, Salt, Emulsifier (Soya Lecithin), Ascorbic Acid, White Spirit Vinegar, Spices, Beetroot Concentrate, Calcium Alginate Casing (Plant-Based) (Water, Calcium Chloride, Sodium Alginate). Contains Genetically Modified Ingredients.	South Africa	Yes	320g	Soya	Yes	Yes
		Vegan Tangy Mayonnaise		Yes	R37.99	Yes	no artificial colours or flavours, no added artificial sweeteners, no added MSG	Vegetable Oil (minimum 52 %) (Canola Seed, contains Antioxidant TBHQ), Water, Vinegar, Sugar, Thickener (Modified Maize Starch with Pea Protein), Salt, Lactic Acid, Antioxidant (Rosemary Extract), Colourant (Beta Carotene)	South Africa	Yes	750g	No	Yes	Yes
		Vegan Mango Sorbet		Yes	R79.99	Yes	Made with 100 % fruit pulp, no artificial color or flavours, no added preservatives	Water, Mango Pulp (36%), Sugar, Stabiliser, Glucose, Dextrose, Citric Acid	South Africa	Yes	1Lt	Made in a factory that uses cow's milk, soya, egg and tree nuts	Yes	Yes
		Vegan Granadilla Sorbet		Yes	R79.99	Yes	Made with 100 % fruit pulp, no artificial color or flavours, no added preservatives	Water, Granadilla Pulp (36%), Sugar, Stabiliser, Glucose, Dextrose, Citric Acid	South Africa	Yes	1Lt	Made in a factory that uses cow's milk, soya, egg and tree nuts	Yes	Yes
		Vegan Very Berry Sorbet		Yes	R79.99	Yes	Made with 100 % fruit pulp, no artificial color or flavours, no added preservatives	Water, Strawberry Pulp (18%), Blackberry Pulp (18%), Sugar, Stabiliser, Glucose, Dextrose, Citric Acid.	South Africa	Yes	1Lt	Made in a factory that uses cow's milk, soya, egg and tree nuts	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Plant-Based Aubergine Melanzane Parmigiana		Yes	R74.99	Yes	Lacto-vegetarian, no artificial colours or flavours, no added preservatives, no added msg	Parmigiana Sauce (43%)[Chopped Tomato (Tomatoes, Tomato Juice, Salt, Acidity Regulator (Citric Acid)), Onions, Tomato Paste (Tomato, Acidity Regulator (Citric Acid), Water), Water, Vegetable Oil (Canola Seed), Garlic, Brown Sugar, Modified Starch (Hydroxypropyl Di-Starch Phosphate), Salt, Origanum, Basil, Black Pepper], Sweet Potato (21%), Aubergine (21%), Cheese Sauce (13%)[Cow's Milk, Cream, Cheddar* (Cow's Milk, Salt, Firming Agent (Calcium Chloride), Preservative (Sodium Nitrate), Colourant (Annatto), Non-Animal Rennet, Cheese Culture), Modified Starch (Acetylated Distarch Adipate), Butter (Cream, Salt), Wheat Flour (Gluten), Salt, Ground Mustard, White Pepper], Cheese & Parsley Crumb Mix (3%)[Bread Crumbs (Wheat Flour (Gluten), Yeast, Salt, Wheat Gluten, Vegetable Oil (Sunflower Seed), Improving Agent (Ascorbic Acid, Gluten)), Pecorino Powder (Cow's Milk, Firming Agent (Calcium Chloride), Enzymes, Lysozyme, Microbial Rennet, Starter Cultures, Salt), White Cheddar (Cow's Milk, Salt, Starter Culture, Microbial Rennet), Parsley].	South Africa	Yes	350g	Contains cow's milk, wheat, gluten. Produced in a factory that uses soya, egg, fish, crustacea, rye, barley, oats, spelt, peanuts, tree nuts.	Yes	Yes
		Plant-Based Coconut Curry Extra Firm Tofu		Yes	R49.99	Yes	Vegan, High in Protein, very high in Omega-3 fatty acids	Soybeans (Protein), Water, Salt, Coconut Curry Spice Mix (5%) (Turmeric Powder, Desiccated Coconut, Cayenne Pepper, Garlic Powder, Onion Powder, Dried Basil), Calcium Sulphate		Yes	200g	Contains Soya	Yes	Yes
		Plant-Based Asian Sesame Extra Firm Tofu		Yes	R49.99	Yes	Vegan, High in Protein, very high in Omega-3 fatty acids	Soyabeans (Protein), Water, Salt, Asian Sesame Spice Mix (5%) (Black Sesame Seeds, White Sesame Seeds, Garlic, Onion, Coriander, Dried Basil), Calcium Sulphate	South Africa	Yes	200g	Contains Soya	Yes	Yes
		Plant-Based Plain Extra Firm Tofu		Yes	R49.99	Yes	Vegan, High in Protein, very high in Omega-3 fatty acids	Soybeans (Protein), Water, Salt, Calcium, Sulphate.	South Africa	Yes	200g	Contains Soya	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Plant-Based Spinach & Feta Cannelloni		Yes	R74.99	Yes	Lacto-vegetarian, no artificial colours or flavours, no added preservatives, no added msg	Mince Sauce (49%) [Crushed Tomato (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Water, Lentils, Soy Mince (Soya Flakes, Colourant), Onion, Baby Marrow, Carrot, Tomato Paste (Tomato, Water, Citric Acid, Salt), Celery, Leek, Chives, Sugar, Spices, Rosemary Extract), Sugar, Modified Maize Starch, Salt, Garlic, Basil, Caramel Colorant, Oreganum, Black, Pepper, Vegetable Oil (Canola Seed)], Mash (49%) [Sweet Potato, Potato, Salt], Parsley.	South Africa	Yes	350g	Contains Cow's milk, wheat, gluten, produced in a factory that uses soya, egg, fish, crustacea, rye, barley, oats, spelt, peanuts, tree nuts.	Yes	Yes
		Simple Truth Black Bean and Quinoa Patties		No(see through)		Yes	High in fibre, no added MSG, no added preservatives, no artificial colour or flavours, no added sugar	Black Bean In Brine(38%)(Black Bean, Water, Salt, Anti-Oxidant[Acorbic Acid]), Butternut(16%), Quinoa(11%), Sorghum, Bulgur Wheat(Wheat, Gluten), Wheat Flour[Gluten], Red Onion(4%), Spinach(3%), Reconstituted Lemon Juice, Vegetable Oil(Coconut Seed, Canola Seed), Spice Mixture(Salt, Spices, Herbs)	South Africa	Yes	380g	Wheat, gluten. Produced in a factory which uses cows milk, egg, fish, barley, oats, spelt, peanuts and tree nuts.		Yes
Dr Oetker		Dr Oetker Green Valley Creamed Spinach and Feta	Frozen Green Valley Creamed Spinach & Feta Dish	Yes	R54.99	Yes	Yes Suitable for Lacto-Vegetarians	Water, Spinach 28%, Feta Cheese 6% (Cows Milk, Salt, Non-Animal Rennet, Cultures) Skim Milk Powder (Cows Milk), Wheat Flour (Gluten), Onion, Vegetable Fat (Palm Fruit, Soy), Preservatives (Potassium Sorbate [E202]), Thickener (E1422), Salt, Flavouring (Whey Powder[Cows Milk]) Wheat Flour(Gluten), Maize Flour, Salt, Cheese Powder,(Whey Milk Powder[Cows Milk] Butter, Cheese), Flavour Enhancer[E627,E631], Hydrolyzed Vegetable Protein(Soy), Sugar, Onion Powder, Vegetable Oil(Sunflower Seed), Antioxidants(THBQ[E319]), Spices(Irradiated)	South Africa	Yes	350g	Wheat, Gluten, Cows milk, Soy	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Dr Oetker Green Valley Traditional Creamed Spinach	Frozen Green Valley Traditional Creamed Spinach Dish	Yes	R54.99	Yes	Yes Suitable for Lacto-Vegetarians	Water, Spinach 20%, Vegetable Fat(Palm Fruit, Soy), Preservative(Potassium Sorbate[E202]), Skim Milk Powder(Cows Milk), Wheat Flour(Gluten), Onion, Thickener[E1422], Salt, Spices(Irradiated)	South Africa	Yes	350g	Wheat gluten, cows milk, soy	Yes	Yes
		Frozen Ristorante Mozzarella Pizza		Yes	R84.99	Yes	Suitable for Vegetarians	Wheat Flour, 24% Firmed Mozzarella Cheese, 11% Tomato Purée, 10% Cherry Tomatoes, Water, 5.5% Tomato Concentrate, Rapeseed Oil, 2.5% Extra Virgin Olive Oil, Basil, Baker's Yeast, Salt, Sugar, Parsley, 0.3% Pecorino Cheese, Garlic, Onions, Oregano, Pepper, Lemon Juice, Paprika, Roasted Onions	South Africa	Yes	338g	Gluten, Soy, Mustard, milk.	Yes	Yes
		Frozen Ristorante Spinaci Pizza		Yes	R84.99	Yes	Suitable for Vegetarians	Wheat flour (gluten), tomato puree (24%), Spinach (20%), Mozzarella cheese (pasteurised milk (cow's milk), salt, starter culture, microbial rennet), Edam cheese (pasteurised milk (cow's milk), salt, starter culture, microbial rennet, calcium chloride (firming agent)), vegetable oil (rapeseed), water, yeast, salt, sugar, modified starch,, emulsifier mono- and diglycerides of fatty acids (basis vegetable oils), garlic, hydrolysed vegetable protein (rapeseed, maize), maltodextrin, herbs and spices, colourant, Flavouring.	South Africa	Yes	390g	Gluten, milk	Yes	Yes
		Frozen Nice 'n Easy Classic Mac & Cheese Pasta Dish		Yes	R54.99	Yes	Suitable for Vegetarians	Water, Wheat Pasta (Gluten) (16%), Cheddar Cheese (7%) (Milk, Colourant [E160b], Salt, Calcium Chloride [E509], Preservative (Sodium Nitrite [E250]), Non-Animal Rennet, Cheese Cultures), Thickener [E1422], Vegetable Oil (Palm Fruit, Sunflower Seed, TBHQ [E319]), Wheat Flour (Gluten), Sugar, Milk Solids (Skim Milk Powder, Whey Powder) Vegetable Fat (Palm Fruit), Salt, Emulsifiers [E452, E481], (Soya), Acidity Regulators [E262, E330, E331],	South Africa	Yes	350g	wheat (gluten), cow's milk, soya, mustard	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date	
								Maltodextrin, Stabilisers [E339, E452], Preservative (Potassium Sorbate [E202]), Flavouring, Citric Acid, Vitamins (A, D), Cheese Powder (Whey Powder, Preservative (Potassium Sorbate [E202]), Acidity Regulator [E331], Disodium Phosphate, Colourant, Free Flowing Agent), Flavourants, Hydrolysed Vegetable Protein (Soya), Flavour Enhancers [E631, E627], Free Flowing Agent [E551], Vegetable Powder (Onion), Spices (Irradiated).							
		Frozen Nice 'n Easy Italian Fettuccine Alfredo Pasta Dish		Yes	R59.99	Yes	Suitable for Vegetarians	Water, Wheat Pasta (Gluten) (16%), Mushroom (7%), Cream (6%), Ham (6%) (Pork, Brine, Colourant [E127], Dextrose, Stabilisers [E450, E451], Flavouring, Thickener [E407a], Sodium Ascorbate [E301], Preservative (Sodium Nitrite [E250]), Anti-Caking Agent [E551], Spice Extract), Vegetable Oil (Sunflower Seed, TBHQ [E319]), Thickeners [E1422, E1450], Milk Solids (Skim Milk Powder, Whey Powder), Maltodextrin, Vegetable Oil (Palm Fruit), Stabilisers [E339, E452], Emulsifiers [E414, E452, E481] (Soya), Acidity Regulators [E330, E331], Salt, Preservative (Potassium Sorbate [E202]), Flavouring, Citric Acid, Vitamins (A, D), Wheat Flour (Gluten), Hydrolysed Vegetable Protein (Soya), Anti-Caking Agent [E551], Garlic (Rehydrated), Herb & Spice (Irradiated).	South Africa	Yes	320g	wheat (gluten), cow's milk, soya	Yes	Yes	
		Frozen Ital Pizza Snack Slices Margherita Pizza Slices		Yes	R69.99	Yes	Suitable for Vegetarians	Pizza Base (59%) (Wheat Flour (Gluten), Water, Sugar, Yeast, Vegetable Oil (Canola Seed), Salt, Ascorbic Acid [E300]), Tomato Sauce (19%) (Water, Tomato Paste, Vegetable Oil (Canola Seed), Sugar, Salt, Thickener [E1422], Garlic, Herbs and Spices (Irradiated), Ginger (Irradiated)), Mozzarella Cheese (13%) (Milk, Salt, Cheese Cultures, Non-Animal Rennet), Cheddar Cheese (9%) (Milk, Salt,	South Africa	Yes	6 x 63g	wheat (gluten), cow's milk.	Yes	Yes	

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Calcium Chloride [E509], Preservative (Sodium Nitrite [E250]), Cheese Cultures, Colourant [E1 60b], Non-Animal Rennet), Herbs (Irradiated).						
		Frozen Ristorante Frozen Quattro Formaggi Pizza		Yes	R84.99	Yes		Wheat flour, tomato Puree (24%), Mozzarella Cheese (11%) (pasteurised cow's milk, salt, microbial rennet, starter culture), Edam Cheese (11%) (pasteurised cow's milk, salt, starter culture, microbial rennet, calcium chloride (firming agent)), Thickened Cream (Cream, Thickener: Carrageenan), Rapeseed Oil, Emmental Cheese (4,2%) (pasteurised cows milk, salt, microbial rennet, starter culture, calcium chloride (firming agent)), Water, Yeast Blue-Veined Cheese (0,7%) (pasteurised cos milk, salt, starter culture,, microbial rennet, mould culture, enzyme, calcium chloride (firming agent)), Sugar, salt, Basil, Soy sauce (Water, Soybeans, Salt, Wheat Flour), Modified Corn Starch, Extra0-Virgin Olive Oil, Spice, Oregano, Hydrolysed Vegetable Protein (maize and rapeseed), Maltodextrin Garlic, Caramelised sugar.	South Africa	Yes	340g	Contains milk, soy and wheat.	Yes	Yes
		Frozen Ital Pizza Pizzinis Bite-Sized Margherita Pizzas		Yes	R74.99	Yes	Suitable for Vegetarians	Wheat Flour (Gluten), Water, Mozzarella Cheese (12%) (Milk, Non-Animal Rennet, Cheese Cultures, Salt), Cheddar Cheese (8%) (Milk, Colourant [E150b], Salt, Calcium Chloride (E509), Preservative (Sodium Nitrite [E250]), Non-Animal Rennet, Cheese Cultures), Tomato Paste (5%), Vegetable Oil (Palm Fruit, Sunflower Seed, TBHQ [E319]), Salt, Yeast, Sugar, Thickener [E1422], Herbs and Spice (Irradiated), Garlic, Ginger.	South Africa	Yes	500g (32 in pack)	wheat (gluten), cow's milk.	Yes	Yes
		Frozen Ital Minis Cheese and Tomato Pizza		Yes	R79.99	Yes	Suitable for Vegetarians	Pizza base (64%) (wheat flour (gluten), water, vegetable oil (canola seed), yeast, salt, sugar), tomato sauce (18%) (water, tomato paste, vegetable oil (canola seed), sugar, salt, thickener [E1422],	South Africa	Yes	520g	Wheat (gluten), cow's milk, may contain Soya	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								dried garlic, herb and spice (irradiated), dried ginger (irradiated)), Mozzarella cheese (11%) (milk, salt, cheese cultures, non-animal rennet), Cheddar cheese (7%) (milk, salt, calcium chloride [E509], preservative (sodium nitrite [E250]), cheese cultures, colourant [E160b], non-animal rennet), herbs (irradiated).						
		Dr Oetker Green Valley Vegetable Lasagne		Yes	R47.99	Yes	Suitable for Vegetarians	Vegetable Mix(43%)[Tomato Pulp, Acidity Regulator{E330}, Mushroom(14%), Onions(10%), Baby Marrows(10%), Carrots(9%), Red Pepper(5%), Green Pepper(5%), Vegetable Oil{Canola Seed}, Celery(4%), Tomatoe Puree, Pear Juice Concentrate, Water, Salt, Reconstituted Dried Garlic, Thickener{E1422}, Herbs And Spices {Irradiated}), White Sauce(37%),(Water, Cream[Milk], Skim Milk Powder, Unsalted Butter[Milk], Thickener[E1422], Wheat Flour[Gluten], Salt, Mustard Powder[Irradiated], Spice[Irradiated],) Lasagne Pasta(17%)(Durum Wheat Semolina[Gluten], Water), Cheddar Cheese(3%)(Milk, Salt, Calcium Chloride,[E509], Preservative(Sodium Nitrite{E250}), Cheese Cultures, Colourant[E160b], Non-Animal Rennet), Herb(Irradiated)	South Africa	Yes	350g	Wheat, cows milk, soya	Yes	Yes
Kauai		Kauai Veg Butta Curry Bowl		Yes	R69.99	Yes	Source of fibre	Lentils(27%), Sweet Potatoe(17%), Cauliflower(14%), Coconut Butta Curry Sauce(Coconut Milk[12%]), Coconut Extract, Water, Xanthan Gum, Sucrose Esters, Sodium Carboxy Methyl, Cellulose[CMC], Cream[Milk], Water Tomatoe Puree[Citric Acid], Vegetable Oil[Extra Virgin Olive Oil, Fruit Oil And High Oleic Sunflower Seed Oil], Garam Masala, Irradiated Spices[Cumin, Cayenne Pepper, Turmeric, Black Pepper], Garlic, Ginger, Salt), Carrots(11%), Modified Maize Starch, Spring Onion, Corriander.	South	Yes	350g	Milk		Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Kauai Mexi Veggie bowl		Yes	R49.99	Yes	Source of fibre , low fat	Mexican Black Bean(Water, Black Beans(24%), Salt, Tomato Puree (Tomatoe, Citric Acid), Onion, Cut Corn Kernels, Extra Virgin Olive Oil, Fruit Oil And High Oleic Oil Sunflower Seed Oil, Garlic, Chipotle Chilli Sauce(Rehydrated Chipotle), Chillies, Eater, Tamoto Puree, Vingar, Apple Cider Vinegar, Onions Salt, Cane, Sugar, Rehydrated Garlic, Sunflower Seed Oil), Coriander Lime Basmati Rice(30%)[Basmati Rice, Lime Juice, Coriander, Salt], Spiced Butternut,(19%)[Butternut, Extra Virgin Olive Oil, Fruit Oil, And High Oleic Sunflower Seed Oil, Salt, Irradiated Spices, Sugar	South Africa	Yes	300g	Made in factory that uses cows milk, eggs, gluten, wheat, tree nuts, peanuts, fish, shell fish, sesame seeds, sulphur dioxide, celery, mustard		Yes
		Kauai Asian Veg and Coconut Bowl		Yes		Yes	Source of fibre	Spiced Butternut(20%)(Vegetable Oil [Extra Virgin Olive Fruit Oil And High Oleic Oil Sunflower Seed Oil], Irradiated Spices, Sugar), Chickpea(18%), Asian Sauce(Water, Coconut Milk[19%{Coconut Extract, Xanthan Gum, Sucrose Esters, Sodium Carboxy, Methyl Cellulose{CMC}}]), Broccoli(14%), Carrots(7%), Onions(7%), Red Curry Paste(Shallots, Garlic, Dried Red Chilli, Lemongrass, Salt, Galangal, Lime Peel, Spices, Citric Acid, Lemongrass), Ginger, Soy Sauce(Soy Bean, Wheat[Gluten]), Vegetable Stock(Dehydrated Vegetables[Onions, Carrots, Sun-Dried Tomatoes, Leek, Garlic, Spinach], Tapioca Starch, Corn Starch, Herbs, Potassium Chloride, Fibre, Canola Oil[Anti-Oxidants: Vitamin E], Flavouring), Modified Maize Starch	South Africa	Yes	350g	Made in factory that uses cows milk, eggs, gluten, wheat, tree nuts, peanuts, fish, shell fish, sesame seeds, sulphur dioxide, celery, mustard		Yes
Future Farm		Future Farm Future Burger		Yes	R64.99	Yes	GMO free, Gluten free	Water, Vegetable Protein(17% Textured Soy Protein, 2% Isolated Soy Protein, 1% Pea Protein, 1% Chickpea Flour, Vegetable Fat(Coconut Kernel And Fruit), Modified Starch, Onion, Salt, Colorant(Beetroot Powder), Stabilizer(Methylcellulose), Flavouring, Acid(Ascorbic Acid)	Brazil	Yes	230g	Soy	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Future Farm Future Mince		Yes	R64.99	Yes	GMO free, Gluten free	Water, Vegetable Protein(16% Textured Soy Protein, 2% Isolated Soy Protein, 1% Pea Protein, 1% Chickpea Flour) Vegetable Fat(Coconut Kernel And Fruit), Modified Starch, Onion, Salt, Dextrose, Colourant(Beetroot Powder), Stabilizer(Methylcellulose), Flavouring, Acid(Ascorbic Acid)	Brazil	Yes	270g	Soy	Yes	Yes
		Future Farm Future Meatballs		Yes	R64.99	Yes	GMO free, No gluten, No antibiotics	Water, Vegetable Protein(Soy Protein Concentrate, Soy Protein Isolate, Pea Protein Concentrate, Chickpea Flour), Coconut Oil, Canola Oil, Natural Flavourings, Stabilizer(Methylcellulose), Salt, Beet Powder(For Colour)	Brazil	Yes	275g	Soy	Yes	Yes
		Future Farm Future Sausage		Yes	R64.99	Yes	GMO free, Gluten free	Water, Vegetable Protein(14% Textured Soy Protein, 2% Isolated Soy Protein, 0.5% Chickpea Flour), Vegetable Fat(Coconut Kernel And Fruit), Modified Starch, Salt, Colourant(Beetroot Powder), Flavouring, Sugar, Onion, Garlic, White Pepper, Stabilizer(Methylcellulose), Thickener(Carrageenan), Spices, Acid(Ascorbic Acid)	Brazil	Yes	250g	Soy	Yes	Yes
Vejoy		Vejoy Soya Fish		Yes	R49.99	Yes	100% pure vegetarian,	Water, Vegetable Oil(Soybean), Soya Chunk, Whey Protein (Cows Milk), Textured Soya Protein(Soy Protein, Wheat Protein[Gluten], Corn Starch, Wheat Starch[Gluten], Calcium Sulfate, Magnesium Chloride, Preservatives(Sodium Metabisulfite), Isolated Soya Protein(Soy Lecithin), Soy Sauce[Water, Salt, Soybeans, Wheat Flour[Gluten]], Tapioca Starch, Brown Wheat Flour(Gluten), Sea Salt, Glycerin, Citric Acid, Sodium Bicarbonate, Emulsifier(Sodium Polyphosphate), Potassium Metaphosphate, Sodium Pyrophosphate)	South Africa	Yes	250g	Wheat, gluten, cows milk, soya	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Frozen 100% Pure Vegetarian Soya Prawns		Yes	R49.99	Yes	100% pure vegetarian,		South Africa	Yes	300g	Wheat (gluten), soya, cows milk	Yes	Yes
		Vejoy Soya Kebabs		Yes	R39.99	Yes	100% pure vegetarians	Water, Vegetable Oil(Soybean), Soya Chunk, Whey Protein(Cows Milk), Textured Soya Protein, (Soy Protein, Wheat Protein[Gluten], Corn Starch, Wheat Starch[Gluten],Calcium Sulfate, Magnesium Chloride, Preservatives[Sodium Metabisulfite], Isolated Soya Protein[Soy Lecithin], Sorbitol, Brown Sugar, Tapioca Starch, Brown Wheat Flour[Gluten], Seas Salt, Spices, White Pepper Flavouring.	South Africa	Yes	250g	Wheat, gluten, cows milk, soya	Yes	Yes
		Vejoy Tofu	Frozen Earth Conscious Tofu	Yes	R49.99	Yes	Suitable for vegans	Water, Vegetable Oil(Soybean), Modified Starch DP3(Potato Starch, Isolated Soy Protein, Maltodextrine, Transglutamase), Modified Starch, Sea Salt, Spices	South Africa	Yes	400g	Soya	Yes	Yes
		Vejoy Vegan Nuggets	Frozen Earth Conscious Vegan Nuggets	Yes	R49.99	Yes	Suitable for vegans	Water, Textured Soya Protein(Soy Protein, Wheat Protein[Gluten],Corn Starch, Wheat Starch[Gluten], Calcium Sulfate, Magnesium Chloride, Preservatives[Sodium Metabisulfite),Vegetable Oil(Soybean), Isolated Soya Protein(Soy Lecithin), Modified Starch DP3(Potato Starch, Isolated Soy Protein, Maltodextrine, Transglutaminase), Brown Sugar, Cereal(Wheat Flour[Gluten(Triticum Aestivum)], Yeast, Salt, Gluten, Colourants(E160b,E100), Improving Agent(E300), Wheat Flour(Gluten[Triticum Aestivum]), Vegetable Oil(Canola Seed,Corn[Contains TBHQ]), Yeast, Extract, Sea Salt, Spices, Black Pepper, Flavouring.	South Africa	Yes	280g	Wheat, gluten, soya	Yes	Yes
		Vejoy Chico Julienne	Frozen 100% Pure Vegetarian Chico Julienne	Yes	R49.99	Yes		Water, Textured Soya Protein(Soy Protein, Wheat Protein[Gluten], Corn Starch, Wheat Starch[Gluten], Calcium Sulfate, Magnesium Chloride, Preservatives[Sodium Metabisulfite]),	South Africa	Yes	220g	Wheat, gluten, cows milk, soya	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Vegetable Oil(Soy Bean), Brown Sugar, Whey Protein(Cows Milk), Sea Salt, Spices, Flavouring, White Pepper, Black Pepper.						
		Vejoy Chico Burgers	Frozen 100% Pure Vegetarian Tikka Burgers	Yes	R49.99	Yes		Water, Soya Mince, Vegetable Oil(Soy Bean), Whey Protein(Cows Milk), Textured Soya Protein(Soy Protein, Wheat Protein[Gluten], Corn Starch, Wheat Starch[Gluten], Calcium Sulfate, Magnesium Chloride, Preservative[Sodium Metabisulfite), Tapioca Starch, Brown Sugar, Cereal(Wheat Flour[Gluten{Triticum Aestivum}], Yeast, Salt, Gluten, Colourant(E160b, E100), Improving Agent(E300), Wheat Flour(Gluten[Triticum Aestivum]), Vegetable Oil(Canola Seed, Corn[Contains TBHQ]), Yeast Extract, Sea Salt, Flavouring, Spices.	South Africa	Yes	320g	Wheat, gluten, cows milk, soya	Yes	Yes
		Vejoy Soya Hot Dogs	Frozen 100% Pure Vegetarian Soya Hotdogs	Yes	R49.99	Yes		Water, Vegetable Oil(Soybean), Isolated Soya Protein(Soy Lecithin), Soya Chunk, Textured Soya Protein (Soy Protein, Wheat Protein[Gluten], Corn Starch, Wheat Starch[Gluten], Calcium Sulfate, Magnesium Chloride, Preservatives[Sodium Metabisulfite]) Whey Protein (Cows Milk), Sea Salt, Brown Sugar, Spices Flavouring.	South Africa	Yes	300g	Wheat, gluten, cows milk, soya	Yes	Yes
		Vejoy Tikka Sausages		Yes	R39.99	Yes		Water, Vegetable Oil (Soybean), Soya Chunk, Textured Soya Protein(Soy Protein, Wheat Protein[Gluten], Corn Starch, Wheat Starch[Gluten], Calcium Sulfate, Magnesium Chloride, Preservative[Sodium Metabisulfite]) Whey Protein(Cows Milk) Tikka Sauce(Water, Spices[Crushed Chilli, Chilli Powder, Mustard, Celery {Irradiated}, Concentrated Lemon Juice, Sea Salt, Vinegar, Vegetable Oil[Palm Fruit], Cereal [Maize]{Irradiated}, MSG[Flavour Enhancer], Hydrolyzed Soya Protein[Soya], Colourants [Paprika	Soth Africa	Yes	320g		Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Extract, Turmeric Extract] Sugar, Citric Acid, Preservative[Sodium Benzoate], Preservative[Sodium Metabisulfite]), Fresh Red Chilli, Tapioca Starch, Crushed Chilli, Brown Sugar, Isolated Soya Protein(Soy Lecithin), Sea Salt, Spices, Flavouring						
		Vejoy Tikka Burger		Yes	R49.99	Yes		Water, Isolated Soya Protein(Soy Lecithin), Vegetable Oil(Soy Bean), Whey Protein(Cows Milk),Textured Soya Protein(Soy Protein, Wheat Protein[Gluten], Corn Starch, Wheat Starch[Gluten], Calcium Sulfate, Magnesium Chloride, Preservative(Sodium Metabisulfite), Tikka Sauce(Water,Spices[Crushed Chilli, Chilli Powder, Mustard, Celery[Irradiated], Concentrated Lemon Juice, Sea Salt, Sprite Vinegar, Vegetable Oil[Palm Oil], Cereal[Maize{Irradiated}], MSG[Flavour Enhancer], Hydrolysed Soya Protein[Soya], Colourants[Paprika Extracts, Turmeric Extracts], Brown Sugar, Citric Acid, Preservative[Sodium Benzoate], Preservative[Sodium Metabisulfite), Tapioca Starch, Crushed Chilli, Red Chilli, Brown Sugar, Sea Salt, Spices, Flavouring	South Africa	Yes	320g	Wheat, gluten, cows milk, soya	Yes	Yes
		Vejoy Traditional Sausages		Yes		Yes		Water, Vegetable Oil(Soy Beans), Soya Chunk, Textured Soya Protein(Soy Protein, Wheat Protein[Gluten], Corn Starch, Wheat Starch[Gluten], Calcium Sulphate, Magnesium Chloride, Sodium Metabisulfite), Whey Protein(Milk), Sorbitol, Spices(Salt, Coriander, Dextrose, Cloves, Black Pepper, Chilli, Ascorbic Acid E300), Soy Sauce(Water, Salt, Soy Bean, Wheat Flour[Gluten]), Brown Wheat Flour(Gluten), Tapioca Starch, Isolated Soya Protein(Soy Lecithin), Brown Sugar, Flavouring	South Africa	Yes	320g	Wheat, gluten, cows milk, soya	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Meraki		Meraki Thai Style Bean Based Patties		Yes	R52.99	Yes	No animal products, no soy, no artificial flavours, no artificial colours, no preservatives	Butter Beans, Black Beans, Onion, Yellow Pepper, Coriander, Peanuts, Ginger, Cayenne Pepper, Coconut Flakes, Peanut Butter, Lime Rinds, Salt, Tapioca Starch, Oats (Gluten Free)	South Africa	Yes	400g	Peanut, peanut butter	Yes	Yes
		Meraki Apache tex-mex style bean based patties		Yes	R52.99	Yes	No animal products, no soy, no artificial flavours, no artificial colours, no preservatives	Sugar Beans, Chickpeas, Onions, Coriander, Salt, Chilli Flakes, Cumin, Liquid Smoke, Green Peppers, Tapioca Starch And Oats	South Africa	Yes	400g	None	Yes	Yes
Natures Garden		Mashed Potato		Yes	R49.99	Yes		Potato	South Africa	Yes	1 Kg	None	Yes	Yes
		Natures Garden Cauliflower Rice		Yes	R34.99	Yes	No	Cauliflower (100%)	South Africa	Yes	500g	None	Yes	Yes
The Health Co		The Health Food Co Frozen Vegan White Bread Loaf		Yes	R46.99	Yes		Legume Flour, Tapioca, Corn Starch, Xanthum Gum, Emulsifiers, Yeast, Brown Sugar, Water, Flaxseed Flour, Vegetable Oil, (Sunflower Oil), Preservative (Calcium Propionate, Ascorbic Acid), Salt, White Vinegar.	South Africa		400g	This product is made in a factory that uses cow's milk, eggs, and tree nuts.	Yes	Yes
		rozen Gluten Free Spinach & Feta Quiche		Yes	R46.99	Yes	Gluten Free	Pastry: Rice Flour, Tapioca, Corn Starch, Milk Powder (Cow's Milk), Xanthum Gum, Margarine, Emulsifiers, Salt, Preservative (Calcium Propionate, Ascorbic Acid), Filling Contains: Egg, Cow's Milk, Cream, Cheddar Cheese (Cow's Milk, Salt, Calcium Chloride, Colourants (Annatto), Preservative (Sodium Nitrate), Microbial Rennet, Starter Culture), Spinach, Onion, Feta (Cow's Milk, Salt, Calcium Chloride).	South Africa		2 x quiches (exact weight not disclosed)	Cow's milk, egg. This product is made in a factory that uses cow's milk, eggs, soya and tree nuts.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Frozen Gluten Free Vegetable Pies		Yes	R46.100	Yes	Gluten free	Pastry contains: Rice Flour, Corn Starch, Milk Powder (Cows Milk), Xanthum Gum, Emulsifiers, Salt, Preservative (Calcium Propionate, Ascorbic Acid), Margarine, Water. Filling Contains: Brinjal, Zucchini, Mixed Peppers, Onion, Water, Starch (Maize Starch), Vegetable Oil (Sunflower), Vegetable Stock, Sugar, Flavouring, Salt, Citric Acid, Spices (Black Pepper, White Pepper).	South Africa		2 x 150g	Contains cow's milk & egg. This product is made in a factory that uses cow's milk, eggs, soya and tree nuts	yes	Yes
McCain		Frozen Mashed Butternut		Yes	R59.99	Yes		Butternut (93%), Margarine [Vegetable Fats (Palm Fruit, Palm Seed), Water, Cow's Milk Solids (Whey Powder), Emulsifier, Soy Lecithin, Sodium Benzoate, Flavourings, Vitamins A, D, E, Colourant (E160b)] Water, Sugar, Salt, Black Pepper, Cinnamon. Butternut (93%), Margarine [Vegetable Fats (Palm Fruit, Palm Seed), Water, Cow's Milk Solids (Whey Powder), Emulsifier, Soy Lecithin, Sodium Benzoate, Flavourings, Vitamins A, D, E, Colourant (E160b)] Water, Sugar, Salt, Black Pepper, Cinnamon. Butternut (93%), Margarine [Vegetable Fats (Palm Fruit, Palm Seed), Water, Cow's Milk Solids (Whey Powder), Emulsifier, Soy Lecithin, Sodium Benzoate, Flavourings, Vitamins A, D, E, Colourant (E160b)] Water, Sugar, Salt, Black Pepper, Cinnamon.	South Africa		400g	Cows Milk	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Frozen Creamed Spinach		Yes	R59.99	Yes		Cow's Milk, Spinach (37%), Cream Fresh (Cow's Milk) (10%), Butter (Cow's Milk), Onions, Water, Corn Starch, Wheat Cake Flour (Gluten), Salt, Nutmeg, White Pepper.	South Africa		400g	Cows Milk	Yes	Yes
		Frozen Classic Roast Vegetable Mix Bag		Yes	R49.99	Yes		Balsamic Glaze (Vegetable stock (Water, Vegetables [Onions, Carrot, Leeks], Garlic, Vegetable oil [Canola seed], Herbs [Oregano, Thyme, Parsley], Black pepper, Bay leaf), Brown sugar, Balsamic vinegar (15%) (Grape must, Wine vinegar), Vegetable oil (Canola seed), Treacle, Garlic, Ginger, Salt, Rosemary, Black pepper, Thickener [E466], Stabilizer [E415]).	South Africa		700g	The glaze sachet in this product is manufactured in a facility that processes products that may contain Barley, Celery, Egg, Lupin, Milk, Mustard, Sesame seeds, Soy, Sulphites and Wheat.	Yes	Yes
		Smiles Crispy Happy Potatoes		Yes	R56.99	Yes		Potato (62.84%), Potato Flakes (13.76%), Vegetable Oil (Palm Fruit), Corn Flour, Salt.	South Africa		415g	Processed in a plant manufacturing Wheat (Gluten), Milk and Soya based products	Yes	Yes
		Frozen Savoury Rice		Yes	R59.99	Yes		Cooked Rice [Water, Parboiled Rice (32%)], Sweetcorn Kernels, Diced Carrots, Green Peas, Vegetable Oil (Sunflower Seed), Diced Onion, Rice Spice [Salt, Wheat Flour (Gluten), Spices (Irradiated), Yeast Extract, Flavour Enhancers (E631 & E627), Vegetable Powders (Garlic, Onion), Free Flowing Agent (E551), Vegetable Oil (Sunflower Seed), Herbs (Irradiated), Colorants (E100)].	South Africa		400g	None	Yes	Yes
		Frozen Veggie Fingers		Yes	R56.99	Yes		Vegetables (70%), [Potato, Carrot, Peas, Sweet Corn], Bread Crumb [Refined Wheat Flour [Maida] [Gluten], Yeast, Iodised Salt, Preservative (E282), Antioxidant: Ascorbic Acid (E300), Palmolein Oil, Batter [Refined Wheat Flour [Maida] [Gluten], Starch, Corn Flour, Iodised Salt, Thicker (E466),	South Africa		400g	Allergens: Contains Wheat [Gluten]. Processed in a plant manufacturing Wheat [Gluten], Cow's Milk and	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Rice Flakes, Corn Flour, Iodised Salt, Spices and Condiments, Parsley.				Soya based products.		
		Frozen Aloo Tikki		Yes	R56.99	Yes		Potato (76.64%), Vegetable Oil (Palm Fruit). Corn Flour, Rice Flakes, Green Chilli Paste [Green Chilli, Water, Corn Starch, Salt, Acidity Regulators (E260, E330), Preservative: Sodium Benzoate (E211)], Ginger Paste [Ginger, Water, Salt, Acidity Regulator (E260), Preservative: Sodium Benzoate (E211)], Salt, Onion Powder, Red Chilli Flakes (0.23%), Cumin Seeds.	South Africa	Yes	400g	Processed in a plant manufacturing Wheat (Gluten), Milk and Soya based products.	Yes	Yes
		Frozen Emotibites		Yes	R56.99	Yes	Vegetarian	Potato (63%), Potato Flakes (13%), Palmolein Oil, Corn Flour, Iodized Salt, Processed In A Plant Manufacturing Wheat, Milk And Soya Based Product	South Africa	Yes	415g	Wheat, milk, soya	Yes	Yes
		Frozen Mediterranean Roast Vegetable Mix		Yes	R49.99	Yes		Harissa Glaze (Sugar, Water, Treacle, Chopped tomatoes (Tomatoes, Tomato juice, Salt, Acidity regulator [E330]), Spices (Red bell pepper powder, Cumin, Coriander, Black pepper, Chili flakes), Spirit vinegar, Lemon juice, Herbs (Parsley, Coriander, Mint), Vegetable oil (Canola seed), Salt, Garlic, Tomato paste, Thickener [E466]).	South Africa	Yes	700g	he glaze sachet in this product is manufactured in a facility that processes products that may contain Barley, Celery, Egg, Lupin, Milk, Mustard, Sesame seeds, Soy, Sulphites and Wheat.	Yes	Yes
Nu Veg		Roast veg		Yes	R49.99	Yes		Butternut (25%), Baby Marrow / Patty Pan (20%), Sweet Potato (20%), Onion (18%), Red Pepper (17%), Vegetable oil (Canola seed), Spice, Herbs.	South Africa	Yes	4 x 80g	Produced in a factory that uses egg and cow's milk	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Frozen Potato Bake With Cheese Sauce		Yes	R45.99	Yes		Potato, Milk, Cheese(Full cream milk, salt, preservative (Sodium Nitrate), Calcium Chloride, colourant, non animal rennet, cheese starter cultures), Margarine (Vegetable fat & oils, palm fruit, palm seed), water, salt, milk solids (whey powder), emulsifier (Soya Lecithin), preservative (Sodium Benzoate), Flavourings, Vitamin A,D & E, colourants), Wheat flour (gluten), Onion powder, Salt, Spices, Stabilizer, Herbs, Preservative (Natamycin)	South Africa	Yes	400g	Wheat flour (Gluten), Milk	Yes	Yes
		Frozen Potato Mash With Real Cheese & Onion		Yes	R49.99	Yes		Potato (67.5%), water, Cheddar Cheese (Full cream milk, Salt, colourant, calcium chloride, cheese starter cultures, non animal rennet, preservative (Sodium Nitrate (E251)) (7.2%)), Margarine (Vegetable Fats & Oils 80%, [Palm Fruit, Palm Seed, Sunflower Seed oil and / or Canola Seed Oil, Interesterified Fat (Palm Fruit, Palm Seed)], water (16.7% max), Salt (Sodium Chloride), Milk solids (Whey Powder), Emulsifiers [Monoglyceride (E471) including Sunflower Seed Lecethin (E322)], Preservative [Sodium Benzoate (E211)], Citric Acid, Flavouring, Vitamins A,D&E, Colourant [Beta Carotene (E160a)], Onion (3.3%), Skimmed milk powder, Vegetable oil (Canola Seed), Spices, Salt, Modified Starch (E1442), Cheese Powder (Whey powder [Cow's milk], Butter [Cow's milk], Cheese [Milk Solids (Cow's milk) Salt, Sodium Nitrate, Calcium chloride, Annatto, Microbial Rennet, Cheese starter culture], Emulsifier (E481), Stabilizer (E331), Potassium Sorbate, Annatto (E160b), Free flow Agent (E551)),Fat Powder, Milk Solids (Buttermilk powder, Full cream milk powder) [Cow's milk], Salt (iodated), Flavourings (Gluten), Anti-Caking Agent (E551), Spices (White pepper),	South Africa	Yes	400g	Cow's milk, gluten, made in a factory that uses egg.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Colourant (E160b,E160c), White Pepper						
		Frozen Savoury Rice		Yes	R49.99	Yes		Water, Rice (64%), Carrots, Onion, Vegetable oil (Canola Seed), Green Pepper, Red Pepper, Spices, Tumeric.	South Africa	Yes	4 x 100g	Produced in a factory that uses egg and cow's milk.	Yes	Yes
		Frozen Variety Pack		Yes	R45.99	Yes		Butternut, Sweet potato, Spinach, Cauliflower, Potato, Milk, Broccoli, Cheese (Full cream milk, salt, preservative (Sodium Nitrate) Calcium chloride, colourant, non animal rennet, cheese starter culture), Margarine (Vegetable fat & oils (palm fruit, palm seed) water, salt, milk solids (whey powder), emulsifier (Soya Lecithin), preservative (Sodium Benzoate), Flavourings, Vitamin A,D,E, colourants), Wheat flour (gluten), Onion powder, Salt, Garden Peas, Stabilizer, sugar, Spices, Cinnamon, Nutmeg, Herbs, Pepper, Preservative (Natamycin)	South Africa	Yes	4 x 80g	Creamed Spinach and Broccoli: Cow's milk, Wheat, Gluten, Soya Butternut and Cinnamon: Soya Cauliflower with Cheese sauce: Cow's milk, Wheat, Gluten, Soya Sweet Potato: Cow's milk. Produced in a factory that uses Egg	Yes	Yes
Bella Vita		Frozen Mini Margarita Pizzas		Yes	R69.99	Yes	Suitable for lacto-vegetarians	Pizza Base (64%) [Wheat Flour (Gluten), Water, Vegetable Oil (Canola Seed), Yeast, Salt, Sugar], Tomato Sauce (18%) [Water, Tomato Paste, Vegetable Oil (Canola Seed), Sugar, Modified Starch, Salt, Dried Onion Powder, Garlic Flakes, Oreganum*, Black Pepper*, Cayenne Pepper*], Mozzarella (10%) [Cow's Milk, Salt, Cheese Cultures, Non-Animal Rennet], White Cheddar (8%) [Cow's Milk, Salt, Preservative (Sodium Nitrate), Calcium Chloride, Non-Animal Rennet, Cheese Cultures]. Irradiated.	South Africa	Yes	8 x 66g	Cow's milk, wheat, gluten. This product is made in a factory that uses soya, peanuts and tree nuts.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Frozen Margherita Pizza		Yes	R54.99	Yes		Pizza Base [Wheat Flour (Gluten), Water, Vegetable Oil (Canola Seed), Yeast, Salt, Sugar], Tomato Sauce (21 %) [Water, Tomato Paste, Vegetable Oil (Canola Seed), Sugar, Modified Starch, Salt, Onion Powder, Garlic Flakes, Oreganum*, Black Pepper*, Cayenne Pepper*], Mozzarella (18 %) [Cow's Milk, Salt, Cheese Cultures, Non-Animal Rennet], White Cheddar (12 %) [Cow's Milk, Salt, Preservative (Sodium Nitrate), Calcium Chloride, Non-Animal Rennet, Cheese Cultures], *Irradiated	South Africa	Yes	325g	Contains: Cow's Milk, Wheat, Gluten. This product is made in a factory that uses Soya, Peanuts and Tree Nuts.	Yes	Yes
		Frozen Three Cheese Pizza		Yes	R54.99	Yes		Pizza Base [Wheat Flour (Gluten), Water, Vegetable Oil (Canola Seed), Yeast, Salt, Sugar], Tomato Sauce (21 %) [Water, Tomato Paste, Vegetable Oil (Canola Seed), Sugar, Modified Starch, Salt, Onion Powder, Garlic Flakes, Oreganum*, Black Pepper*, Cayenne Pepper*], Mozzarella (10 %) [Cow's Milk, Salt, Cheese Culture, Non-Animal Rennet], White Cheddar (10 %) [Cow's Milk, Salt, Preservative (Sodium Nitrate), Calcium Chloride, Non-Animal Rennet, Cheese Culture], Yellow Cheddar (10 %) [Cow's Milk, Salt, Preservative (Sodium Nitrate), Colourant (Annatto), Calcium Chloride, Non-Animal Rennet, Cheese Culture], *Irradiated	South Africa	Yes	325g	Contains: Cow's Milk, Wheat, Gluten. This product is made in a factory that uses Soya, Peanuts and Tree Nuts.	Yes	Yes
Like Meat		Frozen Chick'n Schnitzel		Yes	R54.99	Yes	Gluten-free, Plant-based protein, source of fiber	Water, breadings 18% (cornflakes(maize, salt, sugar), maize flour, maize starch, potato fibre, thickener (xanthan gum), SOY protein concentrate 14%, sunflower oil, gluten-free OAT husk fibre, salt, natural flavouring, thickener (methylcellulose), maltodextrin.	South Africa	Yes	180g	Soya	Yes	Yes
Food makers		Frozen Jalapeño & Cheese Rissoles		Yes	R59.99	Yes	Halaal	Cake Wheat Flour (GLUTEN), Cheddar Cheese (Milk, Colouring, Calcium Chloride, Potassium / Sodium Nitrate, Non - Animal Rennet, Lactic Cultures), Gouda Cheese (Milk, Colouring, Calcium Chloride, Potassium/Sodium	South Africa	Yes	10 x 45g	Significant Cereals(Gluten), Milk, Egg, Soybeans	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Nitrate, Non - Animal Rennet, Lactic Cultures, Plastic Coat, Wax), Jalapeno Chillies (Chillies, Vinegar, Preservative: Potassium Sorbate, Sodium Benzoate, Ascorbic Aci), Tomato Puree (Tomato Pepper, Preservative: Sodium Benzoate), Egg , CORN (Corn, Sugar, Malt Extract{Barley, GLUTEN}Fortification premix), Seasoning {Herbs, Maize Flour, Dehydrated Onion [Irradiated]}), Parmesan Cheese (Cows Milk, Just Fibre, Selected Cheese Cultures, Microbial Rennet, Microbial Lipase), Margarine (Non Hydrogenated Palm Fruit Fat & Sunflower Oil, Emulsifiers (Mono-glycerides), Soya Lecithin,{Preservative: Sodium Benzoate}, Citric Acid, Butter Flavour), Water , Egg , Creamer (Glucose Syrup Solids, Blend of Non Hydrogenated (Palm Kernel Oil and Palmstearin), Stabilisers, Sodium Caseinate(Milk Derivative), Emulsifier, Free Flow Agent, Colourants: Riboflavin & Beta Carotene), Salt , Cows Milk , Soya Bean Oil , Onions , Seasoning (HVP Protein, Oleo Resins (Flavourant), Anti-Caking Agents), Green Pepper Chilli , Brown Sugar Crushed Garlic (Dried garlic Flakes, Water, Vinegar), Herbs , Spices (Gluten), Flavouring (Gluten)(Contains Ascorbic Acid), Preservative: Sorbic Acd, Colouring (Sunset yellow)						
Vees		Frozen Mild Aloo Matar With Naan Bread		Yes	R79.99	Yes	Suitable for Vegetarians	Aloo Curry (71%): (Onions, Potatoes, Peas, Tomato Pulp [Citric Acid], Cream (Cow's Milk), Potato (15%) (Potato, Turmeric), Onion (3%), Cottage Cheese (Cow's Milk), Vegetable Oil (Sunflower Seed, Palm Oliens, Antifoam, Antioxidant [TBHQ]), Garlic, Ginger, Spices, Butter Naan (29%): Wheat Flour, Water, Butter (Cow's Milk, Butter Cultures), Yeast, Sugar, Salt.	South Africa	Yes	350g	Cream (cow's milk), wheat (gluten). This product has been made in a factory that uses Milk, Soya, Wheat Gluten and all Nuts.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
Oh my Goodness!		Frozen Mild Chana Masala Chickpea Curry With Quinoa		Yes	R79.99	Yes	Vegan ,Dairy and Gluten-free	Curry Mix (57%): Water, Tomatoes, Chickpeas (29%), Onions, Salt, Garlic, Chillies, Spices, Fresh Herbs (Coriander) Quinoa (43%): Water, Guinoa, Garlic, Salt, Oil (Olive Seed), Fresh Herbs (Coriander, Parsley).	South Africa	Yes	350g	This product has been made in a factory that uses Milk, Soya, Wheat Gluten and all Nuts	Yes	Yes
		Frozen Mild Tarka Dal Lentil Curry With Quinoa		Yes	R79.99	Yes	Vegan ,Dairy and Gluten-free	Curry Mix (57%): Water, Onions, Red and Yellow Lentils (19%), Split Chickpeas, Oil (Olive Seed), Fresh Chillies, Salt, Spices. Quinoa (43%): Water, Quinoa, Garlic, Salt, Oil (Olive Seed), Fresh Herbs (Coriander, Parsley)	South Africa	Yes	320g	Contains cow's milk. This product has been made in a factory that uses Milk, Soya, Wheat Gluten and all Nuts.	Yes	Yes
		Frozen Cauliflower Macaroni & Cheese Ready Meal		Yes	R54.99	Yes	No added MSG, No added colour or flavour, no added sugar or salt*, made with real butter and fresh full cream milk	Cauliflower Cheese Sauce (50 %) (Cow's Milk, Cream, Cheddar Cheese (Cow's Milk, Salt, Preservative (Sodium Nitrate), Calcium Chloride, Colourant (Annatto), Non-Animal Rennet, Cheese Culture), Mozzarella (7%) (Cow's Milk, Colourant, Salt, Preservatives* (Sodium Nitrate, Natamycin), Non-Animal Rennet, Cheese Culture, Anti-Caking Agent), Cauliflower (4 %), Butter (Cream (Cow's Milk), Salt), Flavourings, Chicken Meat, White Pepper, Turmeric), Pasta (43 %) (Durum Wheat Semolina (Gluten)), Cheddar Cheese (12 %) (Cow's Milk, Salt, Preservative* (Sodium Nitrate), Calcium Chloride, Colourant (Annatto), Non-Animal Rennet, Cheese Culture).	South Africa	Yes	400g	Contains cow's milk, wheat & gluten. This product may contains soya, egg, fish, crustaceans, peanuts, tree nuts, rye, barley, oats and spelt.	Yes	Yes
Dennys		Frozen Plant Based Sausages		Yes	R49.99	Yes	Source of Protein, No MSG, is Naturally Gluten-free, No Soya	Mushrooms (58%), Oats, Onion, Braai Seasoning (Yeast Extract [Garlic, Sugar], Salt, Dextrose, Flavouring, Beetroot Powder, Herbs and Spices, Mustard, Caramel Colour, Silicon Dioxide, Spice Extracts), Maize, Water, Vegetable Fat (Sunflower Seed), Stabiliser, Modified Starch, Psyllium Husk, Cellulose, Ascorbic Acid, Flavouring, Potassium Sorbate, Sodium Benzoate.	South Africa	Yes	340g	Contains mustard	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Frozen Plant Based Mince		Yes	R49.99	Yes	Source of Protein, No MSG, is Naturally Gluten-free, No Soya	Mushrooms (58%), Oats, Onion, Barbeque Seasoning (Yeast Extract [Garlic, Sugar], Salt, Dextrose, Flavouring, Beetroot Powder, Herbs and Spices, Mustard, Caramel Colour, Silicon Dioxide, Spice Extracts), Maize, Water, Vegetable Fat (Sunflower Seed), Stabiliser Modified Starch, Psyllium Husk, Cellulose, Ascorbic Acid, Flavouring, Potassium Sorbate	South Africa	Yes	340g	Contains mustard	Yes	Yes
		Frozen Smokey BBQ Flavoured Plant Based Sausages		Yes	R49.99	Yes	Source of Protein, No MSG, is Naturally Gluten-free, No Soya	Mushrooms (58%), Oats, Onion, Smokey Barbeque Seasoning (Smoked Salt, Sugar, Garlic, Smoked Paprika, Paprika, Smoke Flavour [with: Maltodextrin], Coriander, Smoke Extract, Silicon Dioxide, Smoked Chili Flakes, Cumin), Maize, Water, Vegetable Fat (Sunflower Seed), Stabiliser, Modified Starch, Psyllium Husk, Cellulose, Ascorbic Acid, Flavouring, Potassium Sorbate, Sodium Benzoate.	South Africa	Yes	340g	Contains mustard	Yes	Yes
Bombaywalla		Bombaywalla Lebanese Falafel		Yes	59.99	Yes	Suitable for vegans, suitable for vegetarians, no added preservatives	Falafel: Chickpea (35.7%), Water, Refined Palm Oil, Onion, Spices and Condiments (Coriander (2.8%), Mint (1.9%), Cumin and Parsley (0.2%)), Dehydrate Potato, Garlic Paste, Green Chilli Paste, Iodized Salt, Sesame Seeds (0.9%) and Lime Juice Concentrate, Hummus: Chickpeas (68%), Water (25%), Olive Oil (3%), (1%), Sesame Seeds (1.5%), Garlic, Iodized Salt, Citric Acid (E-330)	United Kingdom	Yes	300g	Contains sesame seeds, This products was processed on machinery in a plant that also processes wheat, peanuts, tree nuts, sesame, mustard, soy and milk (dairy) products	Yes	Yes
Simply Great		Pesto & Bulgur Wheat Salad		Yes	R54.99	Yes		Grain & Vegetable Mixture (82%)(Grains (Bulgur Wheat (Gluten), Vegetable Stock (Salt, Vegetable Fat (Palm Fruit), Flavouring, Maltodextrin, Carrot, Onion, Celery, Leek, Chives, Sugar, Spices, Rosemary Extract), Lentils), Vegetables (Cucumber (14%), Tomatoes (14%), Red Onion (7%)), Parsley), Hummus Dressing (Hummus (15%)(Chickpea, Water, Vegetable Oil (Canola Seed), Tahini (Sesame Seed	South Africa	Yes	280g	Contains cow's milk, wheat, gluten. Made in a factory that uses soya, egg, fish, barley, spelt, tree nuts and peanuts.	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Paste), Lemon Juice, Modified Starch, Rehydrated Garlic (Preservative (Sodium Metabisulphite)), Salt, Acidity Regulators, Vinegar, Cumin, Pepper), Cow's Milk, Vegetable Oil (Extra Virgin Olive Fruit), Salt).						
Real foods		Soy, Linseed & Chia Corn Thins		Yes	R54.99	Yes	Source of Fiber, 23 calories per snack, Gluten-free, GMO free	Maize (89%), Linseed (6%), Soy (2%), Chia Seeds (1%), Linseed Oil, Sea Salt, Herb Extract.	South Africa	Yes	150g	Contains soy. May contain sesame	Yes	Yes
Platinum Foods		Heat And Eat Butternut Soup		Yes	R39.99	Yes	Suitable for Lacto-vegetarians, low in fat, Carb concious	Water, Butternut (20%), Cow's Milk, Carrot, Sweet Potato, Onion, Cream (Cow's Milk), Vegetable Oil (Canola Seed), Modified Maize Starch, Sugar, Salt, Lemon Juice (Water, Lemon Juice, Preservative (Sodium Metabisulphite), Flavouring, Anti Foaming Agent), Nutmeg, Cinnamon, Pepper	South Africa	Yes	600g	Contains cow's milk. May contain soya, egg, wheat, rye, barley, oats, spelt, gluten, tree nuts, peanuts	Yes	Yes
		Heat and Eat Kale and Broccoli Soup		Yes	R54.99	Yes	Suitable for Lacto-vegetarians, low in fat	Water, Cow's Milk, Spinach (7%), Onion, Cream (Cow's Milk), Mascarpone (4%) (Cream (Cow's Milk), Citric Acid), Broccoli (4%), Carrot, Celery, Pecorino (2%) (Cow's Milk, Salt, Cheese Cultures, Enzymes, Microbial Lipase, Preservative (Lysozyme (Egg), Calcium Chloride, Microbial Rennet (Non-Animal), Starter Cultures), Modified Maize Starch, Vegetable Oil (Canola Seed), Butter (Cream (Cow's Milk), Salt), Vegetable Stock (Salt, Vegetable Fat (Palm Fruit), Flavouring, Maltodextrin, Carrot, Onion, Celery, Leek, Chives, Sugar, Spices, Rosemary Extract), Salt, Garlic, Black Pepper, Nutmeg.	South Africa	Yes	600g	Contains cow's milk, egg. May contain soya, wheat, rye, barley, oats, spelt, gluten, tree nuts, peanuts	Yes	Yes
Kaama		Frozen Vegan Rigatoni Ragu Meal		Yes	R49.99	Yes	Plant-Based, vegan	Pasta (50%): Durum Wheat Semolina Flour (Gluten), Water, Salt. Sauce (50%): Tomato, Vegetables (24%) (Carrot, Onion, Zucchini, Green Pepper), Water, Sugar, Vegetable Oil (Sunflower Seed), Vinegar, Modified Starch (Corn), Salt, Herbs.	South Africa	Yes	300g	Contains wheat (gluten). Made in a factory that uses soy.	Yes	yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Frozen Vegan Bolognese Sauce Pac		Yes	R29.99	Yes		Water, Tomato, Vegetable Protein (Soy), Onion, Carrot, Green Pepper, Sugar, Vegetable Oil (Sunflower Seed), Vinegar, Garlic, Salt, Modified Starch (Corn), Herbs.	South Africa	Yes	200g		Yes	yes
		Frozen Vegan Bucatini Bolognese Meal		Yes	R49.99	Yes	Plant-Based	Pasta (50%): Durum Wheat Semolina Flour (Gluten), Water, Salt. Sauce (50%): Water, Tomato, Vegetable Protein (Soy), Onion, Carrot, Green Pepper, Sugar, Vegetable Oil (Sunflower Seed), Vinegar, Garlic, Salt, Modified Starch (Corn), Herbs	South Africa	Yes	300g	Contains wheat (gluten) and soy	Yes	Yes
		Frozen Vegan Chilli Bolognese Sauce Pack		Yes	R24.99	Yes		Water, Tomato, Vegetable Protein (Soy), Onion, Carrot, Green Pepper, Sugar, Vegetable Oil (Sunflower Seed), Vinegar, Salt, Garlic, Modified Starch (Corn), Chilli (0,4%), Herbs.	South Africa	Yes	200g		Yes	Yes
		Frozen Vegan Bucatini Chilli Bolognese Meal		Yes	R49.99	Yes	Plant-based	Pasta (50%): Durum Wheat Semolina Flour (Gluten), Water, Salt. Sauce (50%): Water, Tomato, Vegetable Protein (Soy), Onion, Carrot, Green Pepper, Sugar, Vegetable Oil (Sunflower Seed), Vinegar, Salt, Garlic, Modified Starch (Corn), Chilli (0,4%), Herbs.	South Africa	Yes	300g	Contains wheat (gluten), and soy	Yes	yes
Spice		Whole Wheat Rotis		Yes	R39.99	Yes	Suitable for vegans	Wheat flour (Gluten), Brown wheat flour (Gluten), Water, Vegetable oil (Sunflower Seed), Salt, Preservatives (Sodium benzoate, Potassium sorbate)		Yes	480g	Wheat(Gluten)	Yes	Yes
Linda McCartney		Vegetarian Sausages		Yes	R24.99	Yes	Vegan friendly	Soya Rehydrated Textured Protein (70%), Water, Rapeseed Oil, Soya Protein Concentrate, Seasoning (Sulphites) (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour: Red Iron Oxide), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser: Methyl Cellulose; Tomato Purée, Salt, Raising Agent: Ammonium Carbonates.	UK	Yes	270g	Soya, Wheat, Sulphites	Yes	Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Vegetarian Meatballs		Yes	R32,99	Yes	Vegan friendly	Rehydrated Textured Soya Protein (53%) (Water, Textured Soya Protein), Water, Onion Purée (10%), Rapeseed Oil, Basil, Tomato Purée, Soya Protein Concentrate (2.7%), Chickpea Flour, Stabiliser: Methyl Cellulose; Yeast Extract, Salt, Parsley, Oregano, Onion Powder, Malted Barley Extract, Maltodextrin, Garlic Powder, Dextrose, Black Pepper, Tomato Powder, Flavouring, White Pepper.	UK	Yes	240g	Contains - Barley and soya		Yes
		Vegetarian Pulled Pork Bao buns		Yes	R35.00	Yes	Vegan friendly	Vegetarian Pulled Pork (48%) [Rehydrated Textured Soya And Wheat Protein (90%) (Water, Soya Protein, Wheat Gluten, Salt, Soya Bean Oil, Natural Flavouring), Rapeseed Oil, Sugar, Yeast Extract Powder, Muscovado Sugar, Maltodextrin, Yeast Powder, Onion Powder, Tomato Powder, Salt, Malt Barley Extract, Natural Flavourings, Cornflour, Spices (Black Pepper, Red Chilli Powder), Garlic Powder, Sunflower Oil, Acid: Citric Acid; Spice Extract, Ground Bay Leaf, Sage, Liquorice Powder]	UK	Yes	270g	Contains: Soya, Wheat & Barley		Yes
							Vegan friendly	Bao Buns (37%) [Wheat Flour, Water, Cornflour, Sugar, Fully Refined Soya Bean Oil, Yeast, Vinegar Powder, Raising Agents: Sodium Carbonates, Diphosphates, Calcium Phosphates; Salt, Tapioca Starch]	UK					
							Vegan friendly	Sriracha Mayonnaise (15%) [Chickpea Paste (Water, Chickpea Flour), Rapeseed Oil, Sriracha Sauce (Red Chilli Purée, Soft Brown Sugar, Garlic Purée, Cornflour, Acidity Regulator: Acetic Acid), Concentrated Lemon Juice, Salt, Cornflour, Stabilisers: Guar Gum, Xanthan Gum]	UK					

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Vegetarian Chicken Bucket		Yes	R95.58	Yes	Vegan friendly	Vegetarian Chicken-Style Pieces (59%) [Rehydrated Textured Soya And Wheat Protein (50%) (Water, Soya Protein, Wheat Gluten, Salt, Soya Bean Oil, Natural Flavouring), Water, Rapeseed Oil, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rice Flour, Maize Starch, Maize Flour, Wheat Starch, Stabiliser: Methyl Cellulose; Black Pepper, Wheat Gluten, Dextrose, Salt, Yeast Extract, Fennel, Yeast, Onion Powder, Natural Flavouring, Garlic Powder, Black Pepper Extract, Paprika, Thyme Extract, Colour: Paprika Extract; Turmeric Extract]Chicken-Style Bites (41%) [Rehydrated Textured Soya Protein (44%), Rapeseed Oil, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Onion Purée, Chickpea Flour, Rice Flour, Stabiliser: Methyl Cellulose; Wheat Gluten, Soya Protein Concentrate, Wheat Starch, Salt, Yeast Extract, Onion Powder, Garlic Powder, Yeast, Natural Flavouring, Maltodextrin, Paprika, Tomato Powder, Parsley, Brown Sugar, Cayenne Pepper, Black Pepper, Chilli Flakes, White Pepper, Chilli Powder, Ginger, Colour: Paprika Extract; Black Pepper Extract, Ginger Extract, Capsicum Extract, Raising Agent: Ammonium Carbonates]	UK	Yes	390g	Contains: Soya & Wheat		Yes
		¼ Lb Burgers		Yes	R175.84	Yes	Vegan friendly	Rehydrated Textured Soya Protein (60%), Rapeseed Oil, Onion, Water, Stabiliser: Methyl Cellulose, Chickpea Flour, Flavouring, Yeast Extract, Garlic Purée, Malted Barley Extract, Onion Powder, Salt, Garlic Powder.	UK	Yes	227g	Contains - Barley and soya.		Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Vegetarian Chicken Pieces		Yes	R69.86	Yes	Vegan friendly	Rehydrated Textured Soya Protein (63%), Rapeseed Oil, Onion Purée, Chickpea Flour, Potato Fibre, Lemon Juice, Stabiliser: Methyl Cellulose; Natural Flavourings, Soya Protein Concentrate, Yeast Extract, Maltodextrin, Onion Powder, Garlic Powder, Salt, Black Pepper	UK	Yes	184g	Contains: Soya		Yes
		Vegetarian Hoisin Duck		Yes	R89.99	Yes	Vegan friendly	Vegetarian Shredded Hoisin Duck (57%) [Rehydrated Textured Soya And Wheat Protein (89%) (Water, Soya Protein, Wheat Gluten, Salt, Soya Bean Oil, Natural Flavouring), Seasoning (Demerara Sugar, Barley Malt Vinegar Powder, Potato Starch, Soya Sauce Powder (Soya And Wheat), Tomato Powder, Yeast Extract, Caramelised Sugar, Garlic Powder, Spices (Ginger, Fennel, Black Pepper, Aniseed, Cinnamon, Clove), Salt, Malted Barley Extract, Natural Flavouring, Colour: Paprika Extract), Rapeseed Oil, Malted Barley Extract], Chinese-Style Pancakes (29%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt], Hoisin Sauce (14%) [Water, Soft Brown Sugar, Miso Paste (Water, Soybeans, Rice, Salt), Dark Brown Soft Sugar, Light Soy Sauce (Water, Salt, Soybeans, Wheat Flour), Garlic Purée, Cornflour, Garlic Powder, Salt, Chilli Purée, Acidity Regulator: Acetic Acid; Cassia, Fennel, Ginger, Star Anise, Clove].	UK	Yes	350g	Contains - Soya, wheat, barley and soybeans		Yes
		Vegetarian Chicken Roast		Yes	R68.56	Yes	Vegan friendly	Rehydrated Textured Protein (61%), Water, Rapeseed Oil, Protein Soya Onion Purée, Concentrate, Natural Flavouring, Stabiliser: Methyl Cellulose; Salt, Rosemary, Onion Powder, Black Pepper, Garlic Powder.	UK	Yes	500g	Contains: Soya		Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
		Vegetarian Southern Style Chicken Fillet Burger		Yes	R56.99	Yes	Vegan friendly	Filling (78%) [Rehydrated Textured Soya And Wheat Protein (65%) (Water, Soya Protein, Wheat Gluten, Salt, Soya Bean Oil, Natural Flavouring), Water, Rapeseed Oil, Chickpea Flour, Soya Protein Concentrate, Stabiliser: Methyl Cellulose, Rice Flour, Yeast Extract, Onion Powder, Natural Flavouring, Garlic Powder], Southern Fried Coating (17%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Maize Starch, Maize Flour, Wheat Starch, Black Pepper, Dextrose, Rice Flour, Salt, Wheat Gluten, Yeast, Yeast Extract, Fennel, Black Pepper Extract, Paprika, Thyme Extract, Colour: Paprika Extract, Turmeric Extract, Rapeseed Oil], Rapeseed Oil.	UK	Yes	270g	Contains: Soya & Wheat		Yes
		Vegetarian Tomatoe and Basil Meatballs		Yes	R59.99	Yes	Vegan friendly	Rehydrated Textured Pea Protein (67%), Tomato Purée (11%), Rapeseed Oil, Onion, Chickpea Flour, Stabiliser: Methyl Cellulose, Red Wine, Basil, Salt, Natural Flavouring, Black Pepper	UK	Yes	292g			Yes
		Vegetarian Fish Cakes		Yes	R45.99	Yes	Vegan friendly	Filling (83%) [Rehydrated Textured Soya And Wheat Protein (56%) (Water, Soya Protein, Wheat Gluten, Salt, Soya Bean Oil, Flavouring), Water, Potato, Potato Flake, Rapeseed Oil, Soya Protein Concentrate, Tomato Purée, Flavouring, Chickpea Flour, Stabiliser: Methyl Cellulose; Lemon Juice, Ginger Purée, Lemongrass Purée, Dried Onion, Sunflower Oil, Concentrated Lemon Juice, Chilli Flakes, Dried Garlic, Coriander, Salt, Red Chilli Purée, Colour: Paprika Extract], Breadcrumbs Coating (16%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Wheat Gluten, Yeast, Parsley, Lemon Oil, Cornflour, Sunflower Oil,	UK	Yes	212g			Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Raising Agents: Sodium Phosphates, Sodium Bicarbonate; Wheat Starch], Rapeseed Oil.						
		Southern-style Chicken		Yes	R67.98	Yes	Vegan friendly	Vegetarian Chicken (65%) [Rehydrated Textured Soya And Wheat Protein (69%) (Water, Soya Protein, Wheat Gluten, Salt, Soya Bean Oil, Natural Flavouring), Water, Rapeseed Oil, Stabiliser: Methyl Cellulose; Rice Flour, Yeast Extract, Onion Powder, Natural Flavouring, Garlic Powder], Southern Fried Coating (28%) [Water, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Maize Flour, Rice Flour, Wheat Starch, Black Pepper, Wheat Gluten, Dextrose, Salt, Yeast Extract, Fennel, Yeast, Black Pepper Extract, Paprika, Thyme Extract, Rapeseed Oil, Colour: Paprika Extract; Turmeric Extract], Rapeseed Oil.	UK	Yes	230g			Yes
		Vegetarian Lincolnshire Sausages		yes	R48.99	Yes	Vegan friendly	Rehydrated Textured Pea Protein (73%), Onion (12%), Rapeseed Oil, Chickpea Flour, Stabiliser: Methyl Cellulose, Salt, Sage, Flavouring, Black Pepper	UK	Yes	300g			Yes
		Vegetarian Pulled Pork		Yes	R56.99	Yes	Vegan friendly	Rehydrated Textured Soya And Wheat Protein (90%) (Water, Soya Protein, Wheat Gluten, Salt, Soya Bean Oil, Flavouring), Rapeseed Oil. Sugar, Yeast Extract Powder, Muscovado Sugar, Maltodextrin, Yeast Powder, Tomato Powder, Onion Powder, Salt, Malted Barley Extract, Flavouring, Cornflour, Spices (Black Pepper, Red Chilli Powder), Garlic Powder, Sunflower Oil, Acid: Citric	UK	Yes	300g	Contains: Barley, Soya & Wheat		Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Acid, Spice Extract, Ground Bay Leaf, Sage, Liquorice Powder						
		Vegetarian Fish Goujons		Yes	R54.99	Yes	Vegan friendly	Filling (66%) [Rehydrated Textured Soya And Wheat Protein (66%) (Water, Soya Protein, Wheat Gluten, Salt, Soya Bean Oil, Flavouring), Water, Potato Flake, Rapeseed Oil, SOYA Protein Concentrate, Chickpea Flour, Lemon Juice, Flavouring, Stabiliser: Methyl Cellulose; Salt]Breadcrumb Coating (24%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wheat Gluten, Salt, Yeast, Cornflour, Sunflower Oil, Parsley, Lemon Oil, Raising Agents: Sodium Phosphates, Sodium Bicarbonate; Wheat Starch], Rapeseed Oil	UK	Yes	252g	Soya and Wheat		Yes
		Beef Roast with Red Wine and Shallot Glaze		Yes	R67.98	Yes	Vegan friendly	Rehydrated Textured Soya Protein (55%), Water, Red Wine And Shallot Glaze (10%) (Water, Red Wine, Shallot, Muscovado Sugar, Cornflour, Concentrated Carrot Juice, Balsamic Vinegar, Rapeseed Oil, Concentrated Onion Juice, Concentrated Leek Juice, Caramelised Sugar Syrup, Salt, Herbs, Spices), Onion Purée (8%), Natural Flavouring, Rapeseed Oil, Onion (2%), Soya Protein Concentrate, Chickpea Flour, Stabiliser: Methyl Cellulose; Salt, Malted Barley Extract.	UK	Yes	500g	Soya and Barley		Yes
		Vegetarian Red onion and Rosemary Sausages		Yes	R117.21	Yes	Vegan friendly	Rehydrated Textured Soya Protein (62%), Red Onion (19%), Water, Seasoning (Red Onion Powder, Kibbled Red Onion, Salt, Sugar, Yeast Extract, Rosemary, Sunflower Oil, White Pepper, Ginger), Soya Protein	UK	Yes	270g	Soya		Yes

Brand	Stockist	Product Name	New Product Name	Picture	Price	Nutritional information in prescribed format	Health claims	Ingredient declaration	Country of Origin	Cooking and Storage instructions	Net contents in Metric	Allergens Declarations	Batch number	Expiry date
								Concentrate, Rapeseed Oil, Stabiliser: Methyl Cellulose						
		Vegetarian Cheese and Leek Plaits		Yes	R46.99	Yes	Vegan friendly	Puff Pastry (53%): [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Rapeseed Oil, Emulsifier: Mono- And Diglycerides of Fatty Acids]Filling (47%): [Water, Cheese (20%) (Medium Mature Cheddar Cheese (Milk), Full Fat Soft Cheese (Milk) (Contains Salt), Medium Fat Soft Cheese (Milk) (Contains Salt), Mozzarella Cheese (Contains (Milk)), Potato Flake (11%), Potato (10%), Leek (10%), Dried Skimmed Milk, Onion, Salted Butter (Milk), Salt, White Pepper]	UK	Yes	340g	Wheat, Milk,		Yes
		Vegetarian Sausage Rolls		Yes	R39.99	Yes	Vegan friendly	Puff Pastry (56%) [Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Salt, Rapeseed Oil, Emulsifier: Mono- And Diglycerides of Fatty Acids]Filling (44%) [Rehydrated Textured Soya Protein (56%), Water, Onion, Flavouring, Rapeseed Oil, Soya Protein Concentrate, Stabiliser: Methyl Cellulose]	UK	Yes	342g	Wheat, Soya		Yes
		Vegemince		Yes	R58.99	Yes	Vegan friendly	Rehydrated Textured Soya Protein (92%), Rapeseed Oil, Yeast Extract, Malted Barley Extractonion Powder, Salt, Dextrose, White Pepper, Natural Flavouring, Garlic Powder	UK	Yes	500g	Soya,Barley		Yes
		Vegetarian Chorizo and Red pepper sausages		Yes	R138.52	Yes	Vegan friendly	Rehydrated Textured SOYA Protein (36%), Red Pepper (35%), Onion, Tomato Purée, Rapeseed Oil, Potato Flake, Stabiliser: Methyl Cellulose, Garlic Purée, Salt, Smoked Paprika, Paprika, Oregano, Ground Cumin, Dried Rosemary	UK	Yes	220g	Soya		Yes n

