

Patty Up Ingredient Comparison

What's Inside Your Veggie Burger?

Ingredients & Residuals	Patty Up	MorningStar	BOCA	QUORN	Trader Joe's	GardenBurger	Amy's	Beyond Meat	Sol Cousine
Textured Vegetable Protein (TVP)	NO	X		X					
Caramel Color	NO	X	X			X		X	
Hydrolyzed Protein	NO	X	X						
Harmful Oils ¹	NO	X		X	X	X	X	X	X
Gluten	NO	X	X	X		X	X		X
Genetically Modified Ingredients	NO	X	X	X	X	X			X
Neurotoxins/Hexane ²	NO	X	X	X		X		X	X
MSG & Harmful Starches	NO	X	X	X		X		X	X

Footnotes:

1) Harmful/Cheap Oils - Canola/rapeseed oil, safflower oil, corn oil, sunflower oil, and soy oil. These can cause an abundance of Omega-6 fatty acids, which increases the risk of inflammation, heart disease, obesity, and prostate & bone cancer. If not classified as organic/cold-pressed, these refined/"cheap" oils have a risk of coming from genetically modified sources. The packaged food companies opt for these cheap alternatives to the organic/cold-pressed alternatives because it reduces their entire production cost.

2) Neurotoxins/Hexane - In order to meet the demands of health-conscious consumers, manufacturers of soy-based fake meat like to make their products have as little fat as possible. The cheapest way to do this is by submerging soybeans in a bath of hexane to separate the oil from the protein. Says Cornucopia Institute senior researcher Charlotte Vallaeys, "If a non-organic product contains a soy protein isolate, soy protein concentrate, or texturized vegetable protein, you can be pretty sure it was made using soy beans that were made with hexane." Hexane is classified as an air pollutant and is a byproduct of the gasoline refining process. In 2007, grain processors were responsible for two-thirds of our national hexane emissions. According to the report, "Nearly every major ingredient in conventional soy-based infant formula is hexane extracted." Workers who have been exposed to Hexane have developed both skin and nervous system disorders. **The FDA does not monitor or regulate hexane residue in foods.**