



is VEGAN
HEALTHIER
?

Are these better for you?

“DAIRY”



Almond milk



Oat milk



Vegan cheese



Vegan cream



Vegan yogurt

“MEAT”



Vegan beef



Vegan chicken



Vegan sausage



Vegan deli



Vegan nugget



VEGAN SAUSAGE

Water, Pea Protein Isolate, Refined Coconut Oil, Sunflower Oil, Rice Protein, Potato Starch, Salt, Fruit and Vegetable Juice

NUTRITION per 100g

| | | | |
|----------|-----|-----------|-----|
| Calories | 247 | Vitamin A | 0% |
| Fat | 16g | Vitamin C | 0% |
| Carbs | 7g | Calcium | 8% |
| Protein | 21g | Iron | 29% |
| | | Potassium | 9% |



SAUSAGE

Pork, Water, Vinegar, Salt, Sodium Phosphate, Spices, Garlic, Sugar, Sodium Nitrite

NUTRITION per 100g

| | | | |
|----------|-----|-----------|-----|
| Calories | 214 | Vitamin A | 3% |
| Fat | 17g | Vitamin C | 0% |
| Carbs | 3g | Calcium | 5% |
| Protein | 16g | Iron | 22% |
| | | Potassium | 4% |

COMPARE



Compared to **sausages**, per 100g of **vegan sausages** has

MORE

| | |
|-----------|--------|
| Calories | 33kcal |
| Carbs | 4g |
| Protein | 5g |
| Calcium | 3% |
| Iron | 7% |
| Potassium | 5% |

LESS

| | |
|-----------|----|
| Fat | 1g |
| Vitamin A | 3% |