

Minimally Processed Meat Alternatives List (last updated June 2019)

- All products on list made of whole grains, legumes, nuts, seeds, herbs, spices, and/or dairy only (no protein isolates, starches, added sugars, added oils). Salt is permitted.
- No mixes or items that need to be rehydrated (ready to eat or heat and eat items only).

Brand	Product	Ingredients
Sunshine Burger	Garden Herb Patty	Organic cooked brown rice, organic ground raw sunflower seeds, organic carrots, organic chives, sea salt.
	Quarter Pound Original	Organic cooked brown rice, organic ground raw sunflower seeds, organic carrots, organic chives, sea salt.
	Black Bean South West Patty	Organic ground raw sunflower seeds, organic cooked brown rice, organic carrots, organic cooked black beans, organic paprika, organic cumin, organic onion, organic garlic, organic green pepper, sea salt, organic cilantro, organic jalapeno pepper
	Falafel Patty	Organic cooked brown rice, organic cooked chick peas, organic ground raw sunflower seeds, organic cooked yellow split peas, organic tahini (organic ground toasted sesame seeds), organic cumin, organic garlic, organic parsley, sea salt.
	Shiitake Mushroom Patty	Organic cooked brown rice, organic ground raw sunflower seeds, organic carrots, organic cooked quinoa, organic cooked shiitake mushrooms, organic onion, organic garlic, sea salt.
Good Seed Burger	All American Hempseed Burger	Organic millet, organic sprouted lentils, organic germinated brown rice, hemp seeds, organic sunflower seeds, organic pumpkin seeds, organic chia seeds, organic beets, organic carrots, kombu, organic dulse, organic orange zest powder, organic garlic, non-irradiated herbs & spices and sea salt.

Calcium-Fortified Dairy Alternatives List (last updated July 2019)

- To fit the [MyPlate recommendations](#), all alternative milks and yogurts on this list must be a calcium-fortified soy (or a non-soy) product.
- Milk alternatives should have around 30% DV for calcium and 8 grams of protein per cup to be similar to cow's milk. Yogurt alternatives should have at least 20-30% DV for calcium and 8-15 grams of protein per cup.
- Though these are ultra-processed products, **they are plain or unsweetened varieties.**
- [The calcium in soymilk fortified with calcium carbonate has a similar bioavailability to the calcium in cow's milk.](#)
- Check your store brand of unsweetened soymilk if you are on a tight budget; you might be able to pick up a great product at a deep savings!

Brand	Product	Calcium and Protein Content (per serving)
Silk	Organic Unsweetened Soymilk	20% DV calcium, 7 g protein (calcium carbonate)
	Shelf-stable Organic Unsweetened Soymilk	30% DV calcium, 8 g protein (calcium carbonate)
	Plain Soymilk Dairy-Free Yogurt	35% DV calcium, 10 g protein (tricalcium phosphate)
Ripple	Unsweetened Original Pea Milk	45% DV calcium, 8 g protein (calcium phosphate)
	Unsweetened Vanilla Pea Milk	45% DV calcium, 8 g protein (calcium phosphate)
Good Karma	Flaxmilk + Protein, Unsweetened	30% DV calcium, 8 g protein (tricalcium phosphate)
Great Value	Organic Unsweetened Original Soymilk	25% DV calcium, 8 g protein (tricalcium phosphate)
Bolthouse Farms	Plant Protein Milk Unsweetened	35% DV calcium, 10 g protein (tricalcium phosphate)