



BENEFITS

1. LOWER EXPOSURE TO PESTICIDES.
2. HIGHER IN ANTIOXIDANTS.
3. REDUCED RISK OF DIABETES.
4. REDUCED RISK OF CANCER.
5. REDUCED RISK OF BEING OVERWEIGHT OR OBESE.
6. WEB SITE: ENDLESS RECIPES.

FACTS

4 MILLION FOOD PRODUCTS
2 MILLION COSMETIC PRODUCTS
1,200 NEW PRODUCTS ADDED
EVERYDAY.

OVER 70 MILLION USERS GLOBALLY

BECOME A MEMBER \$15.00 YEAR



Yuka



Nutrition Facts

8 servings per container
Serving size 1 slice (21g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 6g 8%
Saturated Fat 4g 20%
Trans Fat 0g

Cholesterol 20mg 7%

Sodium 270mg 12%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g 9%

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 0mg 0%

Potassium 20mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

POSITIVES

1. ORGANIC
2. HI PROTEIN
3. NO SUGAR
4. NO RISKY ADDITIVES.

NEGATIVES

1. SATURATED FATS 4g
2. SODIUM 270mg
3. CALORIES 80cal



Nutrition Facts

32 servings per container
Serving size 1 tbsp (15mL)

Amount per serving
Calories 130

% Daily Value

Total Fat 14g 22%

Saturated Fat 13g 65%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Incl. 0g Added Sugars 0%

Protein 0g

Not a significant source of vitamin D, calcium, iron, and potassium.

POSITIVES

1. ORGANIC
2. NO SUGAR
3. LOW SODIUM

NEGATIVES

1. CALORIES 130cal
2. 93% SAT FAT RATIO



SODIUM INTAKE PER DAY

Americans consume far too much sodium — on average, over 3,300 milligrams daily. The American Heart Association recommends no more than 2,300 mg a day and optimal goal of **no more than 1,500 mg a day** for most adults.

For most people, cutting back by 1,000 mg a day can improve blood pressure and heart health.

Keep in mind that more than 70% of the sodium Americans eat comes from packaged, prepared and restaurant foods — not the salt shaker.

GMO

genetically modified organism (GMO), organism whose genome has been engineered in the laboratory in order to favour the expression of desired physiological traits or the generation of desired biological products. In [conventional livestock](#) production, crop farming, and even [pet](#) breeding, it has long been the practice to breed select individuals of a [species](#) in order to produce offspring that have desirable traits. In [genetic](#) modification, however, recombinant genetic technologies are employed to produce organisms whose genomes have been precisely altered at the molecular level, usually by the inclusion of [genes](#) from unrelated species of organisms that code for traits that would not be obtained easily through conventional [selective breeding](#).
