



GLOBAL FRUITS,
VEGETABLES & SPICES
MARKET TRENDS 2022



MARKET OVERVIEW

Fresh Fruits & Vegetables Market



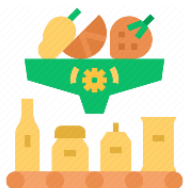
“ Fresh product segment is set to record over **6.5%** ”
CAGR between 2021 and 2027

Fresh vegetables and fruits are rich in vitamins, fiber, antioxidants & minerals and are highly effective against chronic diseases including cancer and heart disease.



Due to the above factors, consumers are adding a wide range of fresh fruits & vegetables to their daily diet, thereby propelling product demand.

Processed Fruits & Vegetables Market



Processed fruits & vegetables industry is expected to garner gains owing to increasing applications in the F&B industry to enhance the taste, nutritional content, flavour, colour, and texture of the products

“**Processed fruits segment demand is set to grow at a CAGR of over 7.5% through 2027**”

- Process fruits are increasingly used as a major ingredient in fruit juices, flavoured bars, and fruit-flavoured dairy products including ice-creams & yogurts.
- High acceptance of fruit-flavoured food & beverages among consumers, especially children, thereby propelling product demand.



Consumers prefer shelf-stable processed fruits and vegetables as they are :-

- ✓ Convenient
- ✓ Easy to Use
- ✓ Require Less Preparation Time

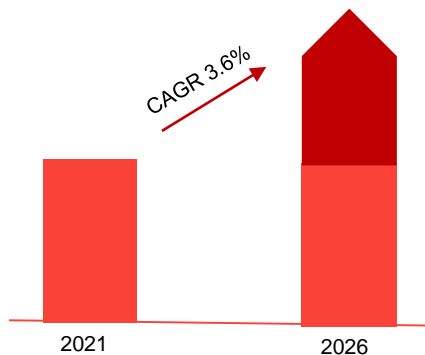
Dried & dehydration process is considered to be an ideal choice for the preservation of seasonal fruits & vegetables for a longer period.



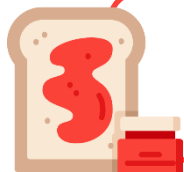
The global frozen fruits & vegetables market is expected to reach **\$585.25** billion in 2025 at a CAGR of **7%**

- In 2020, Asia Pacific was the largest market, accounting for **32%**

Jam, Jelly & Preserve Market



► The COVID-19 pandemic has disturbed the way the supply chain had operated with jam, jelly, marmalades, and preserves market in an odd way.



However, as the households increased the consumption of home-prepared food, the application of jam, jelly, and preserves around the world increased its sales during the previous year.

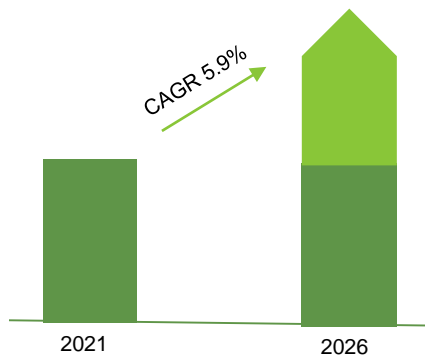


Most consumers in the developed countries have been looking for food spreads without any inclusion of artificial additives, owing to the associated long-term adverse health effects.

Major Players in Jam, Jelly & Preserves Market

- 1 F. Duerr & Sons Ltd
- 2 B&G Foods, Inc.
- 3 The J.M. Smucker Company
- 4 Andros Group
- 5 Orkla ASA

Nuts & Nutmeals Market



► The nuts and nutmeals market hasn't been much affected by the COVID-19 pandemic as people changed their priorities and invested more in buying healthy and immunity-boosting food products.



The market is mainly driven by the growing awareness of the health benefits of nuts

- ✓ Rich sources of fibre, protein, vitamins, antioxidants, and other essential minerals
- ✓ Increasing popularity of the paleo diet



In recent decades, almond has gained an excellent reputation for being a health nut, with its diabetic friendly attributes, such as its comparatively low-fat content and healthy omega-3 fats.



Major Players in Nuts & Nutmeals Market

- | | |
|---------------------|------------------------|
| 1 Bob's Red Mill | 4 Sun Organic Farm |
| 2 Tierra Farm, Inc. | 5 Blue Diamond Growers |
| 3 Royal Nut Company | |

Spices & Seasonings Market

2021e  **USD 21.3 billion**

CAGR 5.2%

2026p  **USD 27.4 billion**



The market for spices and seasonings is driven by the surge in demand for convenience and packaged food & beverage products in the global market

Advancement in food processing technology such as food encapsulation is expected to pave the way for lucrative opportunities for spices and seasonings



The growing demand for clean labeled food products to offer lucrative opportunities for market players in the next five years

The European spices & seasonings market is driven by the rise in demand for Asian food dishes and flavours.



The ginger segment accounted for the largest share of **37.7%** of the global spice market in 2020

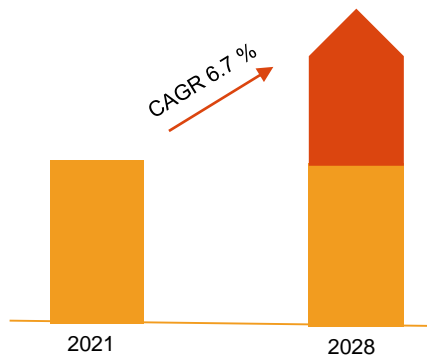
In terms of consumption, the demand for turmeric has always been high and is further increasing, especially in Asian countries due to the medicinal properties of turmeric and its extensive use in Ayurvedic medicines and Indian cuisines

Major Players in Spices & Seasonings Market

Key players in this market includes

- ▶ McCormick & Company, Inc. (US)
- ▶ Sensient Technologies Corporation (US)
- ▶ Olam International (Singapore)
- ▶ Döhler Group (Germany)
- ▶ Ajinomoto Co. Inc. (Japan)
- ▶ SHS Group (Ireland)
- ▶ Associated British Foods plc (UK)
- ▶ Worlée Gruppe (Germany)
- ▶ Kerry Group plc (Ireland)

Sauces, Dressings and Condiments



- The growing consumer diet preferences and consumption patterns towards healthy and nutritional food will act as a driving factor to the growth of the sauces, dressings and condiments market.

Major factors that are expected to boost the market



Rise in the preference towards the consumption of spicy food products



Increase in the consumption of food products, such as pasta and rice, with different sauces, condiments



Growing incidences of for gluten free and organic sauces



Rise in the popularity of international cuisines and flavourful and appetizing ethnic sauces

Major Players in Sauces, Dressings and Condiments Market

Key players in this market includes

- Conagra Foodservice, Inc.
- The Kraft Heinz Company
- General Mills Inc.
- The Kroger Co.
- Hormel Foods Corporation
- Mars, Incorporated
- McCormick & Company, Inc.
- Del Monte Food, Inc.
- Kikkoman Corporation
- Tas Gourmet Sauce Co.
- CSC Brand L.P.
- Frito-Lay North America, Inc.
- The Kroger Co.
- Nestlé
- Bolton Group
- Edward & Sons Trading Co.
- Ken's Foods, Inc.
- No Limit, LLC.
- McDonald's
- Williams Foods
- Stokes Sauces Ltd.
- CaJohns Fiery Foods

A lightbox sign on a desk displays the text "TRENDS FOR 2022" in large, bold, black capital letters. The sign is white with a black border. In the background, there is a desk lamp, a pencil holder with several pens, a digital clock showing 2:59, and a pair of glasses. A silver pen lies on the desk in the foreground.

TRENDS FOR 2022

KEY MARKET TRENDS

KEY TRENDS TO WATCH IN 2022



**Snackification
At Heart Of
Strategy**



**Sweetness
Reinvented**



**Plants Made
Convenient**



**Carbs – Better &
Fewer**



**Fat Fuels
Growth**

Snackification At The Heart Of Strategy



**VEGGIE SNACKS –
BEST OF BOTH WORLDS!**

- ▶ Vegetable-based snacks are among the fastest-growing segments.
- ▶ They tap into the desire for indulgence while retaining the health halo of vegetables.
- ▶ Brands leverage this association by positioning these products as healthier alternatives.

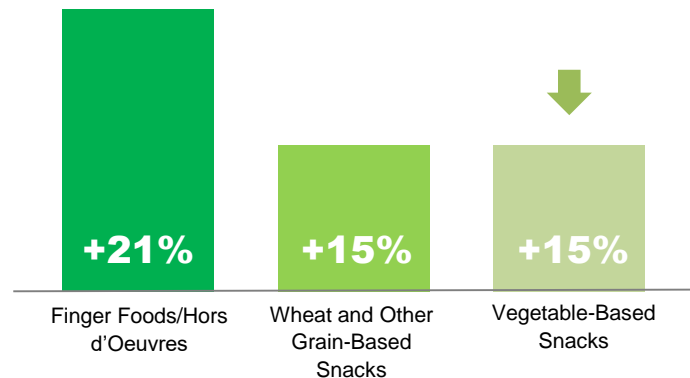
Dried fruits, specifically those that have been shaped into chip-like creations, have slowly started to absorb some of the market attention for themselves.



- ▶ Vegan Jerky is an especially interesting market right now, and products such as pineapple jerky have made a splash.
- ▶ Combined with the current popularity of at-home food dehydration and it seems as though healthy, sustainable snacking will be here to stay.



**Vegetable-based Snack Is The Top 3
Fastest Growing Subcategory**



Source: Innova Database, (Global, CAGR 2018-2020)

Sweetness Reinvented



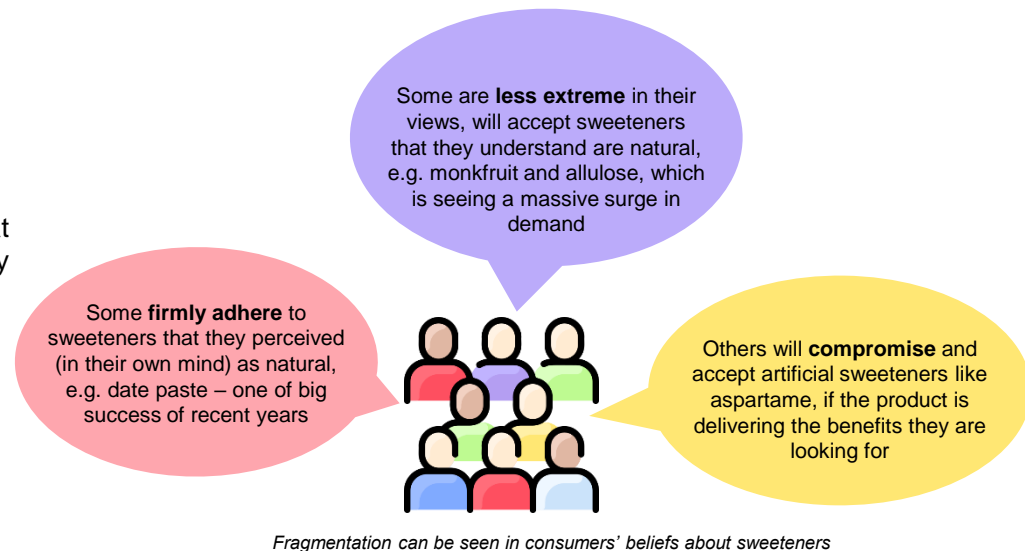
- Sugar has taken the place that fat once held as the greatness dietary demon.

“91% of consumers are influenced by sugar reduction claims”

Source: Innova Market Insights, 2021b



Sugar reduction have been made possible by proliferation of new sweeteners, giving product developers more choice and enabling them to create blends which help with bulk and deliver sweetness, have no unpleasant after-taste and are acceptable to consumers.



Strategy in Sweetness Reinvented: KEEP IT NATURAL

- Sweet ingredients like honey, dates or maple syrup are seen by many consumers as “healthier” because they are natural.
- Consumers are open being led by social media and by brands to embrace a wide variety of sweeteners they perceive as natural.

Plants Made Convenient

“The plant-based trend is one of the biggest long-term growth trends with many paths to success”



Social media loves plant!

Unsurprisingly plants have a great number of hashtags on Instagram, with [#avocados](#) and [#blueberries](#) leading the ranking

Powerful health halo

Plants are 'naturally functional' with...

Strong connection to 'nutrient rich'



- ▶ People have always wanted to consume more fruits & vegetables (F&V) but whole fresh plants are not convenient. They need washing, peeling, chopping, cooking – all things which are difficult to fit into a busy life.
- ▶ This strategy is mostly about vegetables being introduced to a wide variety of packaging food.

Plants As Heroes

Making F&V the hero of your product, presented in a tempting and convenient format, is a sure route to success. Key consumer needs are:

Naturalness

Convenience

Taste

Health

Sustainability

Naturally functional

Profitable Powders

- ▶ For consumers, F&V powders are a convenient and “clean” way to get more greens without having to worry about produce going off or being difficult to prepare.
- ▶ Health-forward consumers like the idea that they provide a “guaranteed dose” of plant nutrients.



Carbs – Better & Fewer



“Almost a third of consumers globally claim to be trying to eat fewer carbs”

Source: NNB consumer survey



► The broad target ranges from highly-motivated keto dieters to consumers who just want to have more plants and less carbs.

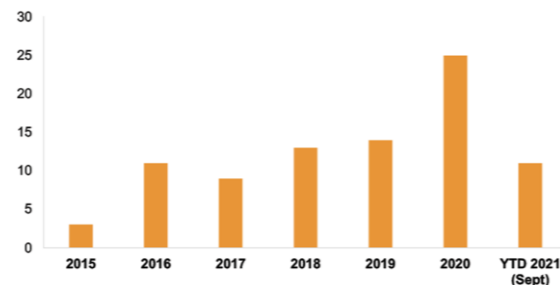


► This replacement strategy enables them to enjoy a favourite food without guilt as well as improving their intake of vegetables.

Totally replacing carbs with plants can be a successful strategy – as long as the product still delivers on the ever-important taste and texture

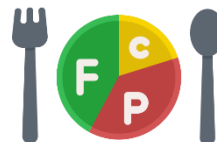
Real Vegetables Replace Starchy Carbs

Vegetable pasta/rice/noodles product launches in the US*



*Cauliflower, zucchini, butternut squash, chickpeas

Source: Mintel GNPD



Consumer interest in keto surged in many countries after about 2016. Many people seems to be moving away from to strict keto to a lower carb/higher fat/protein eating pattern that falls short of 'full keto' but is easier to stick with.

► Brands that carry the keto statement such as “keto-friendly” or “carb conscious” will be going strong.

Source: New Nutrition Business, 2021

Fat Fuels Growth



Fear of fat is receding – consumers are rediscovering that fat = flavour, and can even be good for health

Why consumers love full-fat products?

Satisfying taste & texture

Often lower in sugar than low-fat options

Fit in LCHF strategies for weight wellness

Growing science questioning previous dogmas

More natural and less processed

- While in the belief that ‘fat makes you fat’ is still strong in some countries (e.g. Asia and the Middle East) and some consumer groups, it is increasingly discredited among health-aware consumers in the west.



Eating the high levels of fat required as part of a strict keto diet is an effective weight loss strategy for many people, but hard to maintain long-term, leading many to adopt a “keto lite” or “lazy keto” approach.



Consumers embracing a “keto lite” strategy usually look to increase their “good” fats intake, such as avocados, seeds, or nuts.

Nut butter delivers credibly on both fat and protein and benefit from the continuing popularity of keto and lower carb eating styles





MARKET EXAMPLES

Snackification At The Heart Of Strategy



Saluzzo Guacamole Fries

- Frozen breaded guacamole like fries, you heard it right. We created a delicious guacamole recipe, so we can make it into sticks and make it breaded. Its the perfect mixture for the avocado lovers, as it has a tasty guacamole inside and a crunchy outside.
- No sugar added
- Vegan friendly
- Non-GMO
- Product of Costa Rica

Ingredients: Avocado, Lemon, Salt, Flour, Breadcrumbs And Onions.



Snackification At The Heart Of Strategy



Late July Vegetable Tortilla Chips Dangle The Carrot

- Late July's carrot tortilla chips are the ultimate combination of healthy and tasty! The crunchy chips you love just took a turn into vegetable town to bring you more nutrients.
- Gluten-free and vegan, these plant-based chips are for all to enjoy!
- Product of USA

Ingredients: Organic Whole Ground Corn, Organic Sunflower And/Or Organic Safflower Oil, Carrot Powder (Carrot Juice Concentrate), Carrot Puree), Teff, Cumin, Coriander, Sea Salt, Smoked Paprika.

Snackification At The Heart Of Strategy



From The Ground Up Cauliflower Tortilla Chips Sea Salt

- Made from cassava and cauliflower, we gather the right mix of veggies and other clean ingredients to give you a guilt-free snack.
- Our Sea Salt Tortilla Chips are vegan, non-GMO, gluten-free, plant based and contains a good source of vitamins from veggies.
- Product of USA

Ingredients: Cassava, Organic Sunflower Oil, Cauliflower, **Chia Seed**, Sea Salt, Vegetable Blend (Spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Garlic, Parsley, Celery Seed.



Snackification At The Heart Of Strategy



Snaqs Roasted Vegetable Mix

- Taste these absolutely savoury vegetarian snacks, while working or at home, during an aperitivo or in front of a nice movie
- Snaqs brings Asia to your door by properly preparing veggies that are visually imperfect but otherwise excellent: its wholesome vegan flavourful snacks are suitable for plant-based or gluten-free diets
- Product of Netherlands

Ingredients: Sweet Potato 24%, Pumpkin 16%, Carrot 14%, Taro 12%, Beetroot 8%, Green Radish 8%, Palm Oil 7%, Green Beans 6%, Maltose 4%, Salt.



Snackification At The Heart Of Strategy



Solely Organic Pineapple Fruit Jerky

- We use the whole and simple ingredients listed on the front of our package. Never added sugar, preservatives or from concentrate.
- Our delicious organic fruit jerky is made from fruit picked at its peak, it's hand-selected, cut and then compressed using our specialized process to seal in maximum flavour.
- Pack comes with 12 individually wrapped single servings - perfect for on-the-go snacking!
- Product of USA
- Just One Ingredients – Made with half an organic pineapple



Snackification At The Heart Of Strategy



The Plantfull Food Co Vegan Jerky Hot Tomato

- Made with real tomatoes - none of those nasty flavourings in here!
- Good for the planet! Our jerky is far more sustainable and environmentally friendly than the meat equivalent
- Product of UK

Ingredients: Tomatoes (46%), **Wheat Protein** (Wheat), Lemon Juice, Chipotle Peppers (Dried Red Jalapeno, Water, Vinegar, Sugar, Salt, Natural Smoke Essence, Garlic) (6%), Brown Sugar, Garlic Powder, Chilli Powder (1%), Salt, Onion, Liquid Smoke (Water, Natural Hickory Smoke Flavour, Vinegar, Molasses, Caramel Colour, Salt), Red Chillies (0.5%), Black Pepper.



Sweetness Reinvented



Skinny #NotGuilty Low Sugar Strawberry Jam

- Putting jams firmly back on the menu for those who love it but avoid it due to high calories/sugar.
- Contains 85% less calories and no added sugar
- Now you can enjoy jam that tastes as good (if not better) with less calories, sugar, carbs, fat and best of all it's guilt free
- Product of UK

Ingredients: Strawberry (65%) Sweeteners (Erythritol, **Sucralose**, **Steviol Glucosides**, Neotame), **Inulin**, Thickening Agent: Pectin Acidity Regulator: **Citric Acid**.

Sweetness Reinvented



ST Dalfour Orange Marmalade

- Traditional orange marmalade with a superb flavour compete with a noticeable tartness.
- Pairs well with chocolate, gouda and homemade biscuits.
- 100% from fruit
- Sweetened only with vineyard ripened grape and fruit juices
- Product of France

Ingredients: Oranges With Peel, Fruit Juice Concentrates (Grape And Date), Fruit Pectin, Lemon Juice.



Sweetness Reinvented



North Hatley Blueberry, Berry And Maple Jam

- A jam from the Quebec soil of the North Hatley sugar bush. Combining the delicious flavours of blueberries, berries and maple, composed of 100% pure artisanal maple syrup, blueberries and small fruits of the highest quality. On a slice of bread in the morning, it is delicious!
- Product of Canada

Ingredients: Strawberries, Raspberries, Maplesyrup, Sugar, Blackberries, Blueberries, Water, Pectin, Gelatin, Lemon Juice.

Sweetness Reinvented



Heinz Tomato Ketchup 50% Less Sugar & Salt

- Contains 50% less sugar and 50% less salt than regular Heinz Tomato Ketchup
- No artificial colours, flavours, preservatives or thickeners
- Suitable for both Vegans and Vegetarians
- Product of UK

Ingredients: Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts, Sweetener (**Steviol Glycosides**), Spice.

Sweetness Reinvented



Ray's No Sugar Added Flavoured Dipping Sauce

- Finally a great tasting sauce without all the sugars
- Zero Sugar Added
- Product of USA

Ingredients for Honey Mustard: Soybean Oil, Water, Distilled Vinegar, Allulose, Egg Yolk, Salt, Contains Less than 2% of Mustard Seed, Mustard Flour, Natural Honey Flavour, Xanthan Gum, Beta Carotene (Colour), White Wine, Potassium Sorbate and Sodium Benzoate (Preservatives), Rosemary Extract and Green Tea Extract, **Citric Acid**, Tartaric Acid, **Sucralose**, Spice, Oleoresin Paprika (Colour), Calcium Disodium EDTA (to Protect Flavour).



Varieties: Original, Hickory, Honey Mustard, Sweet & Spicy

Sweetness Reinvented



Varieties: Lemon Herb, Teriyaki, Orange Ginger, Smoky Mesquite, Parm Peppercorn

G Hughes Sugar Free Marinades

- Sunday meal prep just got more interesting with these marinades that are perfect to dip, baste, stir-fry, or BBQ!
- Completely sugar free, gluten free, and preservative free!
- Product of USA

Ingredients for Lemon Herb Marinade: Water, Brown Mustard (Distilled Vinegar, Mustard Seed, Salt, Spices and Turmeric), Cider Vinegar, Canola Oil, Distilled Vinegar, Modified Corn Starch, Salt, Lemon Juice Concentrate, Spices, Dehydrated Onion, Garlic Powder, Xanthan Gum, [Sucralose](#).

Plants Made Convenient



Poshi Steamed & Marinated Vegetables

- This new, low calorie, super healthy snack is simply vegetables freshly marinated in olive oil and Mediterranean herbs and spices.
- Eat as a snack on the go or enjoy it as a topping on a pizza, salad or pasta. Also great snack with dips and spreads.
- Product of Peru

Ingredients for Artichokes - Basil & Thyme: Artichoke, Cane Vinegar, Salt, Extra Virgin Olive Oil, Lime Juice, Onion, Garlic, Thyme, Basil, Lime Zest, Dill, **Ascorbic Acid**.

Varieties: French Beans - Lime & Garlic, Cauliflower – Lime & Paprika,
Artichokes - Basil & Thyme, Asparagus – Rosemary & Oregano

Plants Made Convenient



Strong Roots Broccoli & Purple Carrot Bites

- The brand Strong Roots is strong on sustainability, focuses on making vegetables interesting and convenient
- A light broccoli bite coated in a purple carrot crumb, perfect to share with dips, or as a side
- Product of Ireland

Ingredients: Broccoli 26%, Crumbs (Purple Carrot 11%, Potato, Yeast), Corn Starch, Water, Sunflower oil, Cauliflower 8%, Onion, Potatoes, Wheat Flour, Potato Flakes, Salt.

Plants Made Convenient



Varieties: Peach Slices, Pineapple Chunks,
Mandarin Oranges, Mixed Fruit

DOLE® Fridge Pack

- New Dole® Fridge Packs snap, stack, and store in the fridge, so the refreshing, delicious taste of Dole® fruit is always at hand. Plus, the clear plastic container means you can see the mouthwatering fruit inside. They're the easy way to make ordinary meals “Extra” – in a snap!
- Product of Thailand

Ingredients for Peach Slices in Fruit Juices: Peaches, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Sugar, Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavours, **Citric Acid**, **Ascorbic Acid (Vitamin C)** To Promote Colour Retention.

Plants Made Convenient



Essential Everyday Vegetables, Steamable

- Steams in the bag! Ready to cook. Microwavable
- Product of Mexico

Ingredients: Broccoli, Corn, Carrots, Cauliflower and Red Peppers.

Plants Made Convenient



Green Giant® Marinated Veggies

- Marinated Veggies never tasted At Green Giant®, our vegetables are simply picked at their peak and flash-frozen to lock in nutrients to make meals even mightier.
- So spark your creative side with simple, easy prep ingredients while discovering tasty new ways to add more veggies to your plate. Our delicious veggies are marinated in italian blend of herbs, oil and balsamic vinegar. All you have to do is heat and add to your favorite entrée or recipe.
- Product of USA

Ingredients: Grilled Eggplant, Grilled Red Bell Peppers, Grilled Zucchini, Water, Sunflower Oil, Extra Virgin Olive Oil, Balsamic Vinegar (Wine Vinegar, Cooked Grape Must), Salt, White Wine Vinegar, Parsley, Oregano, Garlic Powder, Garlic, Sugar, Vegetable Fiber (Citrus Fiber, Bamboo Fiber), Black Pepper.



Plants Made Convenient



Country Farms, Super Greens, Alkalizing Formula, Unflavoured

- 50 Organic Super Foods
- 100% Vegan
- Product of USA

Ingredients:

Organic Greens Blend: Oat Fiber, Grass Blend (Wheat Grass, Barley Grass, Alfalfa leaf), Flax Seed, Spinach, Parsley, Spirulina, Chlorella, Aloe Vera inner leaf gel (200:1 concentrate), Broccoli, Kale, Green Cabbage

Organic Fruits & Vegetables Blend: Beet, Red Raspberry, Cranberry, Strawberry, Blackberry, Blueberry, Pomegranate, Carrot, Cherry, Acerola, Apple, Banana, Flax, Mango, Papaya, Pear, Pineapple, Tomato, Peach, Noni, Acai, Watermelon

Organic Prebiotic & Fiber Blend: Green Pea Fiber, Acacia fibergum, Blue Agave **Inulin**, Jerusalem Artichoke **Inulin**, Apple Pectin

Probiotic Blend: Lactospore® Bacillus Coagulans, Bacillus Subtilis

Organic Mushroom Blend: Maitake Mushroom (Grifola Frondosus), Himematsutake (Agricus Blazei) Mushroom, Cordyceps Sinensis Mushroom, Turkey Tail (Trametes Versicolor) Mushroom, Shiitake (Lentinula Edodes) Mushroom, Lion's Mane (Hericium Erinaceus) Mushroom, Zhu Ling (Plyporous Umbellatus) Mushroom, Chaga (Inonotus Obliquus) Mushroom, Reishi (Ganoderma lucidum) Mushroom, Meshimakobu (Phellinus linteus), Mushroom

Others Ingredients: Organic Tapioca Maltodextrin, Organic Guar Gum, Organic Rebaudioside A (From **Stevia**), Organic Sunflower Oil Powder.

Carbs – Better & Fewer



Green Giant® Veggie Spirals® Zucchini

- Try this new twist on noodles! Spiralized from fresh zucchini, Organic Veggie Spirals are 100% vegetables with no sauce or seasoning added. These spiral-shaped vegetables are a great alternative to pasta that are gluten free and over 90% fewer calories than the leading brand of spaghetti.
- 100% zucchini, no sauce or seasoning
- 2g of carbs per serving
- Product of USA

Ingredients: Zucchini.

Carbs – Better & Fewer



Birds Eye Veggie Rice Cauliflower

- Equally delicious and made with 100% cauliflower, it's easy to prep and goes well with just about any dish. Pair it with curries, stews and stir fries.
- Get more veggies in your day or reduce your carb intake. It tastes great in all your favourite dishes.
- Contains 95% less carbs than cooked white rice
- Product of USA

Ingredients: Cauliflower.



Carbs – Better & Fewer



Primal Kitchen, Chipotle Lime Mayonnaise with Avocado Oil

- Keto Certified
- Sugar Free
- Zero Carb
- Product of USA

Ingredients: Avocado Oil, Organic Eggs, Organic Egg Yolks, Organic Vinegar, Water, Sea Salt, Organic Lime Juice Concentrate*, Chipotle Powder, Lime Granules*, Organic Garlic Powder, Organic Rosemary Extract.

*Adds a negligible amount of sugar.

Carbs – Better & Fewer



ChocZero Keto Milk Chocolate Hazelnut Spread

- Monk Fruit Sweetened With No Added Sugar, No Stevia, And No Sugar Alcohols: Our chocolate hazelnut spread is perfect for your sugar-free lifestyle. We don't use artificial sweeteners so there's no after taste.
- From our high percentage of real hazelnuts which we roast in-house to our high quality chocolate (not cocoa), everything about our spread is delicious. Chocolatey, smooth, rich--and keto compliant!
- 1 Net Carb per serving
- Product of USA

Ingredients: **Fructooligosaccharide (Prebiotic Fiber)**, Vegetable Oils And Fats (Sustainable Palm Fruit Oil, Coconut Oil, Cocoa Butter), Roasted Hazelnut, Skim Milk Powder, Cocoa Powder, Sunflower Lecithin, **Monk Fruit Extract**, Natural Vanilla Flavour.

Carbs – Better & Fewer



Prego No Sugar Added Pasta Sauce

- Prego® Traditional No Sugar Added Italian Sauce offers rich flavour of sweet vine-ripened tomatoes balanced with seasonings--just without the added sweeteners you avoid.
- Made almost entirely of vegetables, this spaghetti sauce is naturally low in fat and saturated fat
- Product of USA

Ingredients: Tomato Puree (Water, Tomato Paste), Diced Tomatoes In Tomato Juice, Canola Oil, Contains Less Than 1% Of: Salt, Dehydrated Onions, Spices, Dehydrated Garlic, Citric Acid, Onion Extract, Garlic Extract.

Carbs – Better & Fewer



Wholly Guacamole Classic Guacamole

- Made with Hass avocados, this classic recipe is the flavour that started it all. Add WHOLLY GUACAMOLE to your salad, create the perfect veggie dip, or enjoy it on it's own.
- No preservatives added; gluten free
- 2g of carb per serving

Ingredients: Hass Avocados, Distilled Vinegar, Contains 2% Or Less Of Water, Jalapeno Peppers, Salt, Dehydrated Onion, Granulated Garlic.

Fat Fuels Growth



Guy Gone Keto Steak Sauce Infused with MCT Oil

- Keto-friendly, Paleo/Primal, & Suitable For LCHF Diets. This condiment will become a staple in your kitchen if you're on Keto, Paleo, or a LCHF diet! Try our other Guy Gone Keto flavours.
- Made With MCT Oil & Delivers Incredible Flavour. Guy Gone Keto condiments are the super versions of their classic and conventional counterparts. This small-batch made condiment is not only more elevated and artisanal than the "junk food" version, but is also made with MCT oil. Recent research has shown that MCT oil offers a dozen of health benefits.
- Product of USA

Ingredients: Water, Ketosweet (Allulose, [Monkfruit](#), [Stevia](#)), Apple Cider Vinegar, Tapioca Sauce (Water, Organic Soybeans, Salt, Organic Alcohol (To Preserve Freshness)). MCT Oil, Tomato Paste, Spice, Less Than 2% of Natural Flavour.

Fat Fuels Growth



Onnit Fatbutter

- Starting with a nut butter base, we've blended in other sources of healthy fats—including macadamia nuts, coconut oil, organic chia seeds, and organic hemp seeds—resulting in the richest, creamiest nut butter yet that boasts a better ratio of Omega-6 to Omega-3 fats than any plain nut butter alone
- Product of USA

Ingredients for Salted Almond: Almond, Macadamia Nut, Organic Chia Seed, Organic Coconut Oil, Pink Himalayan Salt



Varieties: Salted Almond, Snickerdoodle, Creamy Peanut, Chocolate Hazelnut

Fat Fuels Growth



Once Again Omega-3 Smooth & Creamy Roasted Almond Butter

- Once Again Nut Butter has come out with the first Omega-3 Almond Butter. It is made by dry roasting almonds and adding Organic Flax Seed Oil to attain 260 mg ALA per serving which is 20% of daily value(1300mg)
- Product of USA

Ingredients: Almonds and Organic Omega-3 Flaxseed Oil.

Fat Fuels Growth



Nuttzo Keto Butter

- Introducing NuttZo's latest flavour: Keto Butter! The ultimate mixed nut and seed butter for a low-carbohydrate or ketogenic lifestyle. Elevate your favorite keto snacks with a dab, scoop, or smear. Don't be surprised if you find yourself eating this two-net-carbohydrate treat by the spoonful!
- 2g net carb
- Product of USA
- **Ingredients:** Almonds*, Dried Coconut, Brazil Nuts*, Pecans*, Macadamia Nuts*, Flax Seeds*, **Chia Seeds***, Celtic Sea Salt.

*Indicates Dry Roasted



Fat Fuels Growth



Prasukh Chia Mixed Fruit Jam

- Infused with Chia enhancing this blend with omega 3 goodness making it very healthy.
- Product of India

Ingredients for Mixed Fruit Jams: Banana, Papaya, Apple, Mango, Guava, Pineapple, Grapes, Fruits/Mixed Fruit Pulp, Sulphur-less Sugar, **Chia Seeds**, INS 330,211.



Varieties: Mixed Fruit, Apple Cinnamon, Fig, Mango

Fat Fuels Growth



Otria Cucumber Dill Feta Greek Yogurt Veggie Dip

- Blends the flavours of crisp cucumber, finely chopped dill and crumbles of feta cheese to turn everyday snacks into an uplifting experience.
- 200mg omega 3 per serving
- Product of USA

Ingredients: Greek Yogurt (milk, Cream, Nonfat Dry Milk, Modified Corn Starch, Pectin, Locust Bean Gum, Carrageenan, Whey Protein Concentrate, Live Active Cultures), Water, Canola Oil, Feta Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Sugar, Distilled Vinegar, Egg Yolk, Salt, Modified Corn Starch, Cucumber Juice, Dehydrated Garlic, Menhaden Fish Oil, Dill Weed, Mustard Seed, Lactic Acid, Cultured Whey, Potassium Sorbate And Sodium Benzoate Added As Preservatives, Xanthan Gum, Autolyzed **Yeast Extract**, Natural Flavour.



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