

# Plant-Based Meat Alternatives Example Product List

All of the plant-based products listed below contain  $\leq 480$  mg sodium per serving and can be served by agencies and contracted providers following the [NYC Food Standards for Meals and Snacks Purchased and Served](#) (the Standards). The items listed on the left side meet the Food Standards requirement for whole/minimally processed plant protein and those on the right do not.

This product list is provided as an example only. City Agencies and contracted programs may serve items listed below or other foods or similar products that meet the Standards. Inclusion on this list is not an endorsement of any product by the New York City Health Department or the City of New York. Always read Nutrition Facts labels to confirm a product meets the Standards. To request inclusion of additional products on this list, please contact [nycfoodstandards@health.nyc.gov](mailto:nycfoodstandards@health.nyc.gov).

This list of plant-based meat alternatives is broken down into the following categories:

1. Plant-Based Burgers
2. Crumbles, Grounds, and Meatballs
3. Unbreaded Strips, Wings, and Bites
4. Bacon/Sausage Alternatives
5. Tofu/Tempeh Blocks
6. Plant Protein Pastas
7. Breaded Tenders and Nuggets
8. Patties/Cutlets
9. Falafel

Meet Whole/Minimally Processed Plant Protein Requirement	Can Be Served but Do Not Meet Whole/Minimally Processed Plant Protein Requirement
<b>1. Plant-Based Burgers</b>	
Actual Veggies Black Bean Veggie Burger	Abbot's Plant-Rich Burger
Dr. Praeger's Black Bean Quinoa Veggie Burger	Actual Veggies Super Greens Veggie Burger
Gardein Ultimate Black Bean Burger	Beyond Plant-Based Burger
Hodo Tofu Veggie Burger	Beyond Plant-Based Cookout Classic
MorningStar Farms Grillers Original Burgers	Beyond Plant-Based Stack Burger
MorningStar Farms Grillers Prime Burgers	Dr. Praeger's Plant-Based All American Drive-Thru Burger
MorningStar Farms Spicy Black Bean Burgers	Dr. Praeger's California Veggie Burger
NoBull Original Veggie Burger	Dr. Praeger's Plant-Based Perfect Burger
NoBull Sundried Tomato Veggie Burger	Gardein Be'f Burger
NoBull Spicy Italian Veggie Burger	Gardein Ultimate Plant Based Burger
NoBull Madras Curry Veggie Burger	Impossible Burger Patties Meat from Plants
Mr. Pierogi Veggie Burger	Impossible Indulgent Patties Meat from Plants
WildKale NYS Veggie Burger	MorningStar Farms Garden Veggie Burger
	365 Traditional Plant-Based Burgers
<b>2. Crumbles, Grounds, and Meatballs</b>	
Big Mountain Cauliflower Veggie Crumble	Beyond Beef Plant-Based Ground
BeHive Vegan Italian Crumbles	Beyond Beef Plant-Based Feisty Crumbles
Hodo Plant-Based Adobo Mexican Crumbles	Beyond Beef Plant-Based Original Crumbles
Hodo Vegan all-day egg scramble	Impossible Beef Meat from Plants
Lightlife Original Tempeh Protein Crumbles	Impossible Beef Lite Meat from Plants
Lightlife Smoked Chipotle Tempeh Protein Crumbles	Impossible Pork Meat from Plants
MorningStar Farms Grillers Crumbles 100% Plant Protein	Beyond Plant-Based Meatballs Italian Style
MorningStar Farms Veggie Meatballs	Gardein Plant-Based Meatballs
	Impossible Homestyle Meatballs Meat from Plants
	Impossible Italian Meatballs Meat from Plants
	365 Whole Foods Market Plant-Based Meatballs
	Gardein Plant-Based Meatballs
	Impossible Italian Meatballs Meat from Plants
	365 Whole Foods Market Plant-Based Meatballs

Meet Whole/Minimally Processed Plant Protein Requirement	Can be Served but Do Not Meet Whole/Minimally Processed Plant Protein Requirement
<b>3. Unbreaded Strips, Wings, and Bites</b>	
BeHive Vegan Wing Meat Blocks	Abbot's Chopped Chick'n
Beyond Steak Plant-Based Seared Tips	Abbot's Fajita Chick'n
Hodo Thai Curry Nuggets	Blackbird Original Seitan
Lightlife Southwest Tempeh Cubes	Blackbird Rosemary Garlic Seitan
	Daring Original Plant Chicken Pieces
	MorningStar Farms Chik'n Strips
<b>4. Bacon/Sausage Alternatives</b>	
BeHive Vegan Breakfast Sausage	Beyond Breakfast Sausage Original Plant-Based Patties
Big Mountain Sunny Superfood Breakfast Bites	Impossible Savory Sausage Patties Meat from Plants
Field Roast Plant-Based Apple & Maple Breakfast Sausage	365 Whole Foods Market Plant-Based Breakfast Patties
Lightlife Smoky Bacon Tempeh	
MorningStar Farms Vegan Maple Sausage Patties	
MorningStar Farms Original Vegan Sausage Patties	
Tofurky Smoky Maple Bacon Treehouse Tempeh	
Upton's Naturals Seitan Bacon	
<b>5. Tofu and Tempeh Blocks</b>	
Big Mountain Soy-Free Tofu	
Big Mountain Soy-Free Smoked Tofu	
Big Mountain Baked Sriracha Fava Tofu	
Hodo Braised Tofu	
Lightlife Tempeh Original	
Lightlife Tempeh Three Grain	
Lightlife Tempeh Flax	
The Tempeh Shop Traditional Tempeh	
The Tempeh Shop Black Eyed Pea Tempeh	
The Tempeh Shop Traditional Tempeh	
<b>6. Plant Protein Pastas</b>	
Ancient Harvest Protein Green Lentil Pasta	
Ancient Harvest Protein Red Lentil Rotini	
Banza Pasta (chickpea based)	
Barilla Red Lentil Pasta	
Barilla Chickpea Pasta	
Chickapea Pasta	
Explore Cuisine Organic Green Lentil Penne	
Explore Cuisine Organic Chickpea Fusilli	
Explore Cuisine Organic Edamame & Mung Bean Fettuccine	
Explore Cuisine Organic Black Bean Spaghetti	
Explore Cuisine Organic Edamame & Mung Bean Fettuccine	
Kaizen Food Company Pasta (lupin-bean based)	
Kaizen Food Company Low Carb Pasta (lupin-bean based)	
Simple Truth Organic Gluten Free Red Lentil Pasta	
Simple Truth Organic Gluten Free Chickpea Pasta	
<b>7. Breaded Tenders and Nuggets</b>	
	Dr. Praeger's Perfect Chick'n Tenders
	Impossible Chicken Nuggets Meat from Plants
	Impossible Chicken Tenders Meat from Plants
	MorningStar Farms Chik'n Nuggets
<b>8. Patties and Cutlets</b>	
	Good Catch Plant-Based Fish Fillets
	Impossible Chicken Patties Meat from Plants
	Impossible Spicy Chicken Patties Meat from Plants

Meet Whole/Minimally Processed Plant Protein Requirement	Can be Served but Do Not Meet Whole/Minimally Processed Plant Protein Requirement
<b>9. Falafel</b>	
American Bean Co. Chick-P Falafel	
Blinzi Falafel Balls	
Winkle Star Foods Falafel Nuggets	