



# TOFU, SEITAN, AND TEMPEH



**All you need to  
know about  
these foods**



# TOFU

Tofu is a **soy-based** product made by curdling soy milk. It's packed with **protein** and incredibly versatile, making it ideal for a wide range of sweet and savoury dishes.

Ingredients: soybeans, water, natural coagulant

Nutritional benefits: high in protein, low in calories, a good source of iron and calcium





# SEITAN

Seitan is a **plant-based protein** made from **wheat gluten**. With a texture similar to meat, it's a popular choice in vegan cuisine as a meat substitute.

Ingredients: wheat flour (gluten), water, soy sauce or broth for cooking

Nutritional benefits: high in protein, low in fat, versatile for cooking





# TEMPEH

Tempeh is a **fermented soy** product that originates from Indonesia. Its fermentation process gives it a distinctive flavour and a firm texture.

Ingredients: soybeans, starter culture (*Rhizopus oligosporus*)

Nutritional benefits: high in protein, a source of probiotics, rich in fibre and vitamins





Experience the change

**Be the  
CHANGE**

**GO VEGANOK**