



introducing the  
**know meat patty**  
 by  
**people food**  
 just eat it.

**Hi, how are you?** I suffer from Celiac Disease. I was fed up (see what I did there?) of being sick and tired just from eating food. For my whole story visit [www.peoplefood.ca](http://www.peoplefood.ca)

Our goal is to produce the best tasting, nutritionally sound, gluten free food around. **We believe we have created that with our know meat patty.**

The know meat patty is successful because it meets the needs of people who are not only ridden with allergies but also those who are simply looking for a healthier option. We at **people food** know food allergies; and the increased intolerance to food we used to eat is confusing. We understand and most importantly we want you to know that we care and truly believe that when you eat our food, you'll feel better. The know meat patty is the closest thing to a hug from us that you'll find. So, you can stop looking. **Just eat it.**

**Go ahead and order a know meat patty. Let us know what you think – we'd love to hear from you!**



pretty close to actual size

what you need to know about our

## know meat patty

- Unique & delicious
- Vegan
- Soy free
- Corn free
- Nutritionally sound
- Gluten free
- Casein free
- Nut free
- Diabetic friendly
- Made in Calgary

INGREDIENTS: green lentils, brown rice, yellow split peas, sweet potato, carrots, dried onion, parsley, sunflower seeds, tapioca starch, sesame seeds, gluten free only oats, salt, garlic, ginger, mom's curry, pepper, flax, lemon juice.

4 oz. / 113 grams

Nutrition Facts	Amount	% DV*	Amount	% DV*
Per 4 oz patty (113g)	<b>Fat</b> 4.7 g	2%	<b>Carbohydrate</b> 26 g	5.2%
<b>Calories</b> 165	Saturated 0.6 g	0%	Fibre 6 g	24%
	+ Trans 0		Sugars 1.5 g	
	<b>Cholesterol</b> 0 mg		<b>Protein</b> 6.7 g	
	<b>Sodium</b> 413 mg	18%		
* % Daily Value:	Vitamin A 42 %		Vitamin C 8.7 %	
			Calcium 6 %	
			Iron 13 %	

[peoplefood.ca](http://peoplefood.ca)

people food inc.

PO Box 34236 Westbrook PO, Calgary AB T3C 3W2 • 403.457.1985