



## MOVING TO A PLANT BASED DIET IN 2020?

Well we've got the answer to the No. 1 question you'll be asked!

When making the change to a plant-based diet, whether it be for better health, dietary reasons, moral or environmental reasons, the most common question that people get asked is "Where do you get your protein from?" Previously they could not have cared what you are eating, but now, as everyone is an expert in protein, they need to know! On a serious note, it is an important question because people who are new to vegan/vegetarian eating, do struggle to understand they still need to ensure they still get enough protein, but the majority don't know how to get it. Herman Brot has the answer! All of our products are plant based and loaded with protein. They are real foods, not supplements or shakes and we've got something for breakfast, lunch and dinner. Our brand new HermanBurger Protein Bun boasts nutritional figures that cannot be matched. It's loaded with protein and boasts lower carbohydrates than any other burger bun on the market. The HermanBurger Protein Bun has an incredible 19.3g protein per serve (1 bun), has only 7.7g of carbohydrates and is Low GI=31. Our Herman Brot Lower Carb Bread has been on the market for a while now and has become a favourite with vegans and vegetarians. It delivers 23.9grams of protein per serve (2 slices) and as an added bonus, has only 5 grams of carbohydrates per serve. And for a massive protein boost, you can't go past Herman Brot Lower Carb Pasta with an incredible 39.4g of Protein per serve. Our Herman Brot Protein Muesli also provides a terrific amount of protein. It comes in 3 flavours and is a terrific protein option for breakfast and accompaniment to yoghurt, topper for acai bowls or a delicious ingredient for protein balls. Peanut Candy = 21.2g/45g serve (47% protein) | Red Fruits = 19.8g/45g serve (44% protein) | Chocolate = 19.9g/45g serve (44% protein). All Herman Brot products feature the 5 Health Star Rating on each product and have all been tested by Sydney University (SUGiRS) who have deemed all products suitable for inclusion in the diets of people living with Type 2 Diabetes. Herman Brot products are available online at HermanDirect – [www.hermanbrot.com.au/hermandirect](http://www.hermanbrot.com.au/hermandirect) and from independent supermarkets (IGA/Foodland/Health Food Stores). For more information and to find a stockist visit [www.hermanbrot.com.au](http://www.hermanbrot.com.au).

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