

# THE VEGAN GOLD STANDARD

Nutritional yeast, also known as “nooch,” has a naturally cheesy, nutty flavor that can create a rich flavor base for all kinds of dishes—plus it’s an excellent nutritional supplement.



## Reasons to ♥ Our Nutritional Yeast

- Vegan
- Excellent source of B vitamins
- Gluten free
- Good source of fiber
- Lactose free
- 8 grams of protein per ¼-cup serving
- Non-GMO



## We Are Thrilled to Offer BOB’S FREE, TRUSTED NUTRITION RESOURCE

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# NUTRITIONAL YEAST 101:

*A Guide for Educators AND  
Health Care Professionals*

Learn  
All About This  
Versatile Source  
**PLANT-BASED  
PROTEIN**



## WHAT IS NUTRITIONAL YEAST?

Nutritional yeast is an inactive yeast that occurs when *saccharomyces cerevisiae* is brought into contact with a carbohydrate. It's also highly nutritious and delicious! An excellent source of B vitamins, Bob's Red Mill's Nutritional Yeast has also been fortified with B12, making it a popular supplement for vegetarian and vegan diets.

## PLANT-BASED NUTRITION

In addition to being an excellent source of B vitamins—including B12—our nutritional yeast contains all nine essential amino acids. It's an easy way for vegans to add high-quality, complete protein to their diets.

*Because it's  
INACTIVE,  
nutritional yeast  
cannot be used to  
bake bread!*

**ALSO KNOWN AS**  
*nooch,  
yeshi,  
brufax <sup>OR</sup>  
savory yeast!*



## DELICIOUS USES <sup>FOR</sup> NUTRITIONAL YEAST

Nutritional yeast adds savory umami to vegan and vegetarian dishes, and can be used in countless ways: it's great sprinkled on roasted vegetables, pasta and popcorn or blended into vegan "cheese" sauces. Find more ideas at [BobsRedMill.com/Recipes](http://BobsRedMill.com/Recipes).



## MORE BENEFITS <sup>OF</sup> NUTRITIONAL YEAST

Nutritional yeast can be a beneficial part of a nutritious diet in the following ways!

**Immune Function:** Nutritional yeast contains beta glucan, a fiber that has been correlated with improved immune function by the *British Journal of Nutrition* when derived from *saccharomyces cerevisiae*, as well as blood glucose control, insulin resistance and cholesterol levels<sup>1</sup>. According to the medical journal *Virulence*, nutritional yeast is candida friendly, making it a great choice for a person fighting a chronic candida infection. It also contains naturally occurring antioxidants!

**Pregnancy & Breastfeeding:** Nutritional yeast is an excellent source of thiamin, riboflavin, niacin, B6 and B12, as well as folate. The Mayo Clinic recommends that women who are pregnant or nursing may need to increase their intake of these nutrients.

**Supports Healthy Blood Lipid Levels:** Nutritional yeast has 3 grams of dietary fiber per ¼-cup serving, some of which include beta glucans. It is thought that people who consume beta glucans on a regular basis may enjoy the benefits of lowered LDL cholesterol<sup>1</sup>.

<sup>1</sup>Vetvicka & Vetvickova J. (2009) Effects of yeast-derived beta-glucans on blood cholesterol and macrophage functionality. *J Immunotoxicol.* Mar;6(1): 30-5. doi:10.1080/15476910802604317.

