

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

- Nutrition literature & education
- Cooking demos
- Recipe cards
- Single serving sample packs
- Full sized products
- Nutrition-related blog posts

Visit BobsRedMill.com/Nutrition-Resource to join!



NUTRITIONAL YEAST 101



Learn All About This Versatile Source of 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 ^{OR}
savory yeast!



DELICIOUS USES ^{FOR} 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](https://www.bobsredmill.com/Recipes).



MORE BENEFITS ^{OF} 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 as well as blood glucose control, insulin resistance and cholesterol levels. Nutritional yeast is candida friendly, making it a great choice for a person fighting chronic candida infection. It also contains naturally occurring antioxidants!

Blood Sugar Regulation: Nutritional yeast is a source of chromium, an essential mineral that plays a role in insulin use and blood sugar regulation. It's sugar free and a readily absorbable plant-based protein containing no saturated or trans fats.

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 can enjoy the benefits of lowered LDL cholesterol.