

**Good food, good health : Quorn myco-protein / Quorn Information Service.**

**Contributors**

Marlow Foods. The Quorn Kitchen.

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## YOUR QUESTIONS ANSWERED

### WHAT IS QUORN?

Quorn is a delicious, wholesome new food; a tasty alternative to meat. It is vegetable in origin, low in fat, a good source of dietary fibre and protein and contains no cholesterol.

### HOW DO YOU RECOGNISE QUORN PRODUCTS?

Look for the distinctive green and yellow Quorn label on each pack.

### WILL QUORN HELP TOWARDS SLIMMING?

Quorn contains only 86 kilocalories per 100g compared to 163 kilocalories per 100g of cooked white chicken. It's a good source of protein and dietary fibre and is low in fat. Quorn can help slimming or weight control only as part of a calorie controlled diet.

### IS QUORN AN ALTERNATIVE TO MEAT?

For those who do not want to eat meat, but enjoy its taste and texture, Quorn is an excellent alternative. Quorn has a succulent texture similar to tender lean meat, but is vegetable in origin. This makes Quorn attractive for both vegetarians who miss the taste of meat and for those people wishing to reduce their intake of meat with no compromise to taste. Quorn does contain a small quantity of egg white, which would not be suitable for vegans.



If you would like to know more about Quorn please contact:

The Quorn Information Service,  
FREEPOST, Ashford, Kent, TN23 2WY.

Quorn is the registered trademark of Marlow Foods Ltd.

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## GOOD FOOD



## GOOD HEALTH

— Quorn —  
marlow foods

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## GOOD FOOD

*Is your idea of a perfect food, a food delicious to eat, but with no compromise to healthy eating? If so, Quorn is your answer.*

*Quorn is a wholesome new food, a tasty alternative to meat. It's vegetable in origin, grown from a tiny relative of the mushroom.*

*Quorn is reassuringly low in fat, a good source of protein and dietary fibre and contains no cholesterol. Ounce for ounce it contains as much protein as an egg and as much dietary fibre as fresh green vegetables.*

*Quorn is possibly the most mouth watering alternative to meat you'll ever taste. Its ability to draw and absorb flavours from the delicious herbs, spices and sauces it's cooked with, creates a delight you'll experience with your first taste and second and third for that matter.*



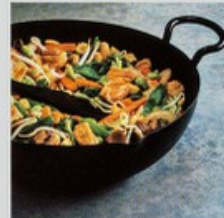
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## GOOD HEALTH

*More and more products now contain Quorn, so discover for yourself the great taste of Quorn. Look out for the Quorn label with the green and yellow stripes – the sign of good food and good health.*

*The growing popularity and great versatility of Quorn, means that you can now find Quorn in many famous restaurants and supermarkets as*

*Chilled ready meals  
Frozen ready meals  
Stir Fry meals  
Chilled pies  
Frozen pies.*



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**Quorn**  
FROM PLANTS

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**Quorn**  
FROM PLANTS