

BRUSTER'S TURTLE ICE CREAM- DISH - SM

Nutrition Facts

Serving Size (140g)

Servings Per Container 1

Amount Per Serving

Calories 380 **Calories from Fat** 200

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 140mg **6%**

Total Carbohydrate 39g **13%**

Dietary Fiber 1g **6%**

Sugars 29g

Protein 4g

Vitamin A 10% • **Vitamin C** 2%

Calcium 10% • **Iron** 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. **CONTAINS: MILK, PECAN, PEANUT.**

BRUSTER'S TURTLE ICE CREAM- DISH - REG

Nutrition Facts

Serving Size (210g)

Servings Per Container 1

Amount Per Serving

Calories 560 Calories from Fat 300

% Daily Value*

Total Fat 33g 51%

Saturated Fat 13g 67%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 220mg 9%

Total Carbohydrate 59g 20%

Dietary Fiber 2g 8%

Sugars 44g

Protein 7g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. **CONTAINS: MILK, PECAN, PEANUT.**

BRUSTER'S TURTLE ICE CREAM- DISH - LG

Nutrition Facts

Serving Size (280g)

Servings Per Container 1

Amount Per Serving

Calories 750 Calories from Fat 400

% Daily Value*

Total Fat 44g 68%

Saturated Fat 18g 90%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 290mg 12%

Total Carbohydrate 79g 26%

Dietary Fiber 3g 11%

Sugars 58g

Protein 9g

Vitamin A 20% • Vitamin C 4%

Calcium 25% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. **CONTAINS: MILK, PECAN, PEANUT.**

BRUSTER'S TURTLE ICE CREAM- SUGAR CONE - SM

Nutrition Facts

Serving Size (153g)

Servings Per Container 1

Amount Per Serving

Calories 430 Calories from Fat 200

% Daily Value*

Total Fat 22g 35%

 Saturated Fat 9g 45%

 Trans Fat 0g

Cholesterol 35mg 12%

Sodium 160mg 7%

Total Carbohydrate 51g 17%

 Dietary Fiber 1g 6%

 Sugars 32g

Protein 5g

Vitamin A 10% • Vitamin C 2%

Calcium 15% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. SUGAR CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), OAT FIBER AND/OR VEGETABLE FIBER, SALT, CARAMEL COLOR, ARTIFICIAL FLAVOR, SOY LECITHIN.
CONTAINS: MILK, PECAN, PEANUT, WHEAT, SOY.

BRUSTER'S TURTLE ICE CREAM- SUGAR CONE - REG

Nutrition Facts

Serving Size (223g)

Servings Per Container 1

Amount Per Serving

Calories 620 Calories from Fat 300

% Daily Value*

Total Fat 34g 52%

Saturated Fat 13g 67%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 240mg 10%

Total Carbohydrate 71g 24%

Dietary Fiber 2g 8%

Sugars 47g

Protein 7g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. SUGAR CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), OAT FIBER AND/OR VEGETABLE FIBER, SALT, CARAMEL COLOR, ARTIFICIAL FLAVOR, SOY LECITHIN.
CONTAINS: MILK, PECAN, PEANUT, WHEAT, SOY.

BRUSTER'S TURTLE ICE CREAM- SUGAR CONE - LG

Nutrition Facts

Serving Size (293g)

Servings Per Container 1

Amount Per Serving

Calories 800 Calories from Fat 400

% Daily Value*

Total Fat 45g 69%

 Saturated Fat 18g 90%

 Trans Fat 0g

Cholesterol 70mg 23%

Sodium 310mg 13%

Total Carbohydrate 91g 30%

 Dietary Fiber 3g 11%

 Sugars 61g

Protein 9g

Vitamin A 20% • Vitamin C 4%

Calcium 25% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. SUGAR CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), OAT FIBER AND/OR VEGETABLE FIBER, SALT, CARAMEL COLOR, ARTIFICIAL FLAVOR, SOY LECITHIN.
CONTAINS: MILK, PECAN, PEANUT, WHEAT, SOY.

BRUSTER'S TURTLE ICE CREAM- CAKE CONE - SM

Nutrition Facts

Serving Size (146g)

Servings Per Container 1

Amount Per Serving

Calories 400 Calories from Fat 200

% Daily Value*

Total Fat 22g 34%

 Saturated Fat 9g 45%

 Trans Fat 0g

Cholesterol 35mg 12%

Sodium 150mg 6%

Total Carbohydrate 44g 15%

 Dietary Fiber 1g 6%

 Sugars 29g

Protein 5g

Vitamin A 10% • Vitamin C 2%

Calcium 10% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. CAKE CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), LEAVENING (SODIUM BICARBONATE, AMMONIUM BICARBONATE), SALT, NATURAL FLAVOR, ANNATTO (VEGETABLE COLOR). **CONTAINS: MILK, PECAN, PEANUT, WHEAT, SOY.**

BRUSTER'S TURTLE ICE CREAM- CAKE CONE - REG

Nutrition Facts

Serving Size (216g)

Servings Per Container 1

Amount Per Serving

Calories 590 Calories from Fat 300

% Daily Value*

Total Fat 33g 51%

Saturated Fat 13g 67%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 230mg 9%

Total Carbohydrate 64g 21%

Dietary Fiber 2g 8%

Sugars 44g

Protein 7g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. CAKE CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), LEAVENING (SODIUM BICARBONATE, AMMONIUM BICARBONATE), SALT, NATURAL FLAVOR, ANNATTO (VEGETABLE COLOR). **CONTAINS: MILK, PECAN, PEANUT, WHEAT, SOY.**

BRUSTER'S TURTLE ICE CREAM- CAKE CONE - LG

Nutrition Facts

Serving Size (286g)

Servings Per Container 1

Amount Per Serving

Calories 770 Calories from Fat 400

% Daily Value*

Total Fat 45g 68%

 Saturated Fat 18g 90%

 Trans Fat 0g

Cholesterol 70mg 23%

Sodium 300mg 12%

Total Carbohydrate 84g 28%

 Dietary Fiber 3g 11%

 Sugars 58g

Protein 9g

Vitamin A 20% • Vitamin C 4%

Calcium 25% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. CAKE CONE: ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA FLOUR, SUGAR, VEGETABLE OIL SHORTENING (SOYBEAN AND/OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL), LEAVENING (SODIUM BICARBONATE, AMMONIUM BICARBONATE), SALT, NATURAL FLAVOR, ANNATTO (VEGETABLE COLOR). **CONTAINS: MILK, PECAN, PEANUT, WHEAT, SOY.**

BRUSTER'S TURTLE ICE CREAM- WAFFLE CONE - REG

Nutrition Facts

Serving Size (240g)

Servings Per Container 1

Amount Per Serving

Calories 690 Calories from Fat 330

% Daily Value*

Total Fat 36g 56%

Saturated Fat 14g 71%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 220mg 9%

Total Carbohydrate 82g 27%

Dietary Fiber 2g 8%

Sugars 54g

Protein 8g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. WAFFLE CONE: ENRICHED BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), WHOLE EGG, ARTIFICIAL FLAVOR (INCLUDING MALTODEXTRIN, MODIFIED CORNSTARCH, BUTTER, BUTTERMILK), DEXTROSE, SOY LECITHIN, ARTIFICIAL VANILLA FLAVOR. **CONTAINS: MILK, PECAN, PEANUT, WHEAT, EGG, SOY.**

BRUSTER'S TURTLE ICE CREAM- WAFFLE CONE - LG

Nutrition Facts

Serving Size (310g)

Servings Per Container 1

Amount Per Serving

Calories 880 Calories from Fat 430

% Daily Value*

Total Fat 48g 73%

Saturated Fat 19g 94%

Trans Fat 0g

Cholesterol 80mg 26%

Sodium 290mg 12%

Total Carbohydrate 102g 34%

Dietary Fiber 3g 11%

Sugars 68g

Protein 11g

Vitamin A 20% • Vitamin C 4%

Calcium 25% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: MILK, CREAM, SUGAR, CORN SYRUP, WHEY, COCOA & COCOA PROCESSED WITH ALKALI, NONFAT MILK SOLIDS, MONO & DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, POLYSORBATE 80, CARRAGEENAN, CHOCOLATE EXTRACTIVES, VANILLA, VANILLIN, NATURAL FLAVOR, CARAMEL COLOR. CARAMEL SWIRL: CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR, CORN SYRUP), CORN SYRUP SOLIDS, BUTTER (CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DISODIUM PHOSPHATE, PECTIN, POTASSIUM SORBATE (A PRESERVATIVE), XANTHAN GUM, ARTIFICIAL FLAVOR. PECANS: PECANS, PEANUT OIL, BUTTER (MILK), SALT. WAFFLE CONE: ENRICHED BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), WHOLE EGG, ARTIFICIAL FLAVOR (INCLUDING MALTODEXTRIN, MODIFIED CORNSTARCH, BUTTER, BUTTERMILK), DEXTROSE, SOY LECITHIN, ARTIFICIAL VANILLA FLAVOR. **CONTAINS: MILK, PECAN, PEANUT, WHEAT, EGG, SOY.**