

NEW



# Om Noms

Om Noms are a new, delicious, convenient, and healthy plant-based protein using all-natural whole food ingredients.

- ✓ Plant-based
- ✓ High protein
- ✓ Whole soybeans
- ✓ All natural
- ✓ Ready to eat



# 87% of consumers include plant-based protein in their diet\*



**TERIYAKI** | Ingredients: Soy curls (non-GMO, whole soybeans), Water, Tamari, (water, soybeans, salt, alcohol), Mirin (water, sweet rice, cultured rice (koji)), Extra Virgin Olive oil, Coconut sugar, Arrowroot powder, Powdered onion, Garlic, Ginger, Salt.

Contains: Soy

Nutrition Facts Valeur nutritive	
Per 1 serving (60 g) pour 1 servir (60 g)	
<b>Calories 140</b>	% Daily Value*
<b>Fat / Lipides 7 g</b>	9 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 9 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 1 g	1 %
<b>Protein / Protéines 9 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 420 mg</b>	18 %
Potassium 400 mg	9 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

SKU   150g / 5.3oz	UPC
TERIYAKI	627987643817
MEDITERRANEAN HERB	627987643824
THAI YELLOW CURRY	627987643831
ORIGINAL	627987643848



**MEDITERRANEAN HERB** | Ingredients: Soy curls (non-GMO, whole soybeans), Water, Lemon Juice, Olive Oil, Coconut sugar, Tamari (water, soybeans, salt, alcohol), Arrowroot powder, Powdered onion, garlic and mustard, Salt, Dried oregano, parsley, basil, thyme and rosemary.

Contains: Soy, Mustard

Nutrition Facts Valeur nutritive	
Per 1 serving (60 g) pour 1 servir (60 g)	
<b>Calories 110</b>	% Daily Value*
<b>Fat / Lipides 5 g</b>	7 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 9 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines 9 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 250 mg</b>	11 %
Potassium 400 mg	12 %
Calcium 50 mg	4 %
Iron / Fer 1.75 mg	10 %

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CASE   0.9kg / 1.98lb	
UNITS PER CASE	6
CASE DIM (cm)	H 17.78   W 17.78   D 17.78
CASE DIM (in)	H 7   W 7   D 7
UNIT DIM (cm)	H 13.34   W 13.34   D 2.54
UNIT DIM (in)	H 5.25   W 5.25   D 1



**THAI YELLOW CURRY**  
Ingredients: Soy curls (non-GMO, whole soybeans), Coconut milk, Rice vinegar, Coconut Sugar, Powdered onion, Garlic, Ginger, Arrowroot powder, Lemon grass powder, Salt, Turmeric, Coriander, Cumin.

Contains: Soy

Nutrition Facts Valeur nutritive	
Per 1 serving (60 g) pour 1 servir (60 g)	
<b>Calories 160</b>	% Daily Value*
<b>Fat / Lipides 9 g</b>	12 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 11 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 5 g	5 %
<b>Protein / Protéines 11 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 210 mg</b>	9 %
Potassium 500 mg	11 %
Calcium 50 mg	4 %
Iron / Fer 2.5 mg	14 %

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**ORIGINAL**  
Ingredients: Soy curls (non-GMO, whole soybeans), Water, Tamari (water, soybeans, salt, alcohol), Coconut sugar, Olive oil, Rice vinegar, Arrowroot powder, Powdered onion, Garlic, Mustard, Salt, Black pepper, Dried oregano, Basil, Thyme.

Contains: Soy, Mustard

Nutrition Facts Valeur nutritive	
Per 1 serving (60 g) pour 1 servir (60 g)	
<b>Calories 120</b>	% Daily Value*
<b>Fat / Lipides 5 g</b>	7 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 11 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines 8 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 360 mg</b>	16 %
Potassium 400 mg	9 %
Calcium 50 mg	4 %
Iron / Fer 2 mg	11 %

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Yumasoy Foods Ltd.  
Vancouver, BC  
V6S 1R3

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'Yamas!' | In Greek, it means 'to your health' and is a wish often shared among friends and family.

It also inspired the creation of Yumasoy, a Vancouver-based, women-led business crafting easy-to-prepare, high-protein, plant-based whole foods made with deliciously real natural ingredients.