

NUTRITIONAL YEAST

| Product | Red Star Veg Support Formula | Sari (unfortified) | KAL | Dr. Fuhrman's (unfortified) | Bob's Red Mill | Bragg Premium | Now Foods |
|--------------|--|------------------------------------|-----------------------|---|--------------------------------|-------------------------------|---------------------------|
| Serving size | 16 g = 2 heaping Tbsp large flake or 1.5 heaping Tbsp mini flake | 16 g = 2 heaping Tbsp | 20 g = 3 rounded Tbsp | 16 g = 2 heaping Tbsp | 15 g = ¼ cup | 15 g = 3 Tbsp | 18 g = 4 level Tbsp |
| Calories | 60 | 60 | 80 | 60 | 60 | 60 | 70 |
| Protein | 8.34 g | 8 g | 9 g | 8 g | 8 g | 7.5 g | 10 g |
| Fat | 0.83 g | 1 g | 1 g | 0 g | 0.5 g | 0 g | <1 g |
| Carbohydrate | 7.2 g | 5 g | 14 g | 4 g | 5 g | 4.5 g | 6 g |
| Sodium | 5.12 mg | 70 mg | 5 mg | 0 mg | 25 mg | 30 mg | 0 mg |
| Potassium | 320 mg | 420 mg | 370 mg | Not listed | 264 mg | 321 mg | 360 mg |
| Iron | 0.77 mg | 0.72 mg | 0.72 mg | 0.72 mg | 1 mg | 1.5 mg | 1 mg |
| Thiamin | 9.6 mg | 2.08 mg | 9.8 mg | Not listed | 11.8 mg | 9.3 mg | 12 mg |
| Riboflavin | 9.6 mg | 0.48 mg | 9.4 mg | Not listed | 9.7 mg | 9.4 mg | 12mg |
| Niacin | 56 mg | 13.6 mg | 59.2 mg | Not listed | 46 mg | 52.5 mg | 64 mg |
| Vitamin B6 | 9.6 mg | 9.6 mg | 11.9 mg | Not listed | 5.9 mg | 10.8 mg | 12 mg |
| Folate | 240 mcg | Not listed | 900 mcg | Not listed | 1076 mcg | 530 mcg | 750 mcg |
| Vitamin B12 | 8 mcg | 0 mg | 12 mcg | 0 mg | 17.6 mcg | 22.5 mcg | 28 mcg |
| Zinc | 3.2 mg | 3.2 mg | 2.8 mg | Not listed | Not listed | Not listed | Not listed |

By Reed Mangels, PhD, RD, The Vegetarian Resource Group 2020, www.vrg.org

For Vitamin B12 information, see <https://www.vrg.org/nutrition/b12.php> The RDA for adults for vitamin B12 is 2.4 micrograms daily. About 2 rounded teaspoons of large flake Vegetarian Support Formula (Red Star T-6635+) nutritional yeast provides the recommended amount of vitamin B12 for adults.

The contents of this website and our other publications, including Vegetarian Journal, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your best judgment about whether a product is suitable for you. To be sure, do further research or confirmation on your own.