



Dr. McDougall's Right Foods® Product Fact Sheet

Discerning consumers love the Natural Delicious Wellness® offerings from Dr. McDougall's Right Foods® and have made it the #1 natural soup cup brand in the country. An eclectic portfolio of 32 natural vegan soups and oatmeals are convenient and satisfying meal options for wellness lovers and dieters alike. The quick and easy preparation of each product makes Dr. McDougall's Right Foods® ideal for anyone with an on-the-go lifestyle.

Dr. McDougall's Right Foods® is a leader in the natural foods industry. All meals are natural, heart healthy, not too salty, and free of animal products and genetically modified ingredients. Dieters can easily make smart meal choices as Dr. McDougall's Right Foods® are rich in flavor while being low in calories and fat. They offer many whole grain products and foods with plant based protein and fiber. All the packaging for Dr. McDougall's Right Foods® products is free of Bisphenol A concerns and is made from paper sourced exclusively from Forest Stewardship Council (FSC) certified sustainably managed forests.

Dr. McDougall's Right Foods® Debuts Ready-to-Serve Chunky Soups

“What’s for dinner?” just got a whole lot easier to decide with the introduction of Dr. McDougall's Right Foods® new Ready-to-Serve Chunky Soups. The seven great-tasting varieties include Lentil, Vegetable, Black Bean, Chunky Tomato, Split Pea, Minestrone and Roasted Pepper Tomato. All Ready-to-Serve Chunky Soups are easily accessible as no can opener is needed. They have 25 percent more soup than most natural canned soup brands for a full two servings. Consumers can enjoy the soups by themselves or serve them with artisan bread and a salad for a quick, nourishing family meal. The soups never contain animal products or genetically modified ingredients and are gluten free with the exception of Minestrone and Split Pea. They are delicious, nourishing, heart healthy meals that are wonderfully filling yet low in calories.

Dr. McDougall's Right Foods® is pleased to announce that their Ready-to-Serve Chunky Soups feature innovative new packaging from Tetra Recart. Until now, carton soups have only been possible in broths and purees. With Dr. McDougall's Right Foods® new Ready-to-Serve Chunky Soups, consumers can enjoy the whole vegetable, bean, and pasta pieces they love in soup with the better packaging natural consumers prefer. Dr. McDougall's Right Foods® packaging has a lower carbon footprint than cans. It is made from paper, a renewable resource, sourced exclusively from FSC sustainably managed forests and is free of Bisphenol A concerns.

<u>FLAVOR</u>	<u>CALORIES</u>	<u>FIBER</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CHOLESTEROL</u>	<u>SODIUM</u>
Lentil Soup	115	8g	7g	0.5g	0mg	480mg
Black Bean Soup	120	5g	6g	1g	0mg	460mg
Vegetable Soup	75	4g	3g	0.5g	0mg	440mg
Split Pea Soup	100	7g	7g	0g	0mg	420mg
Minestrone Soup	70	4g	3g	0.5g	0mg	480mg
Chunky Tomato	90	3g	2g	0g	0mg	440mg
Roasted Pepper Tomato	80	2g	2g	0g	0mg	440mg

Dr. McDougall's Right Foods® Soup Cups

The Big Cup Soups product line of Dr. McDougall's Right Foods® is nutritious and tastes great. Consumers can choose among low-calorie and filling varieties including Pad Thai Noodle, Black Bean & Lime and Tortilla Soup. The top selling Vegan Miso Soup with Organic Baked Ramen Noodles is a smart and low fat alternative to the popular Asian dish. Dieters also can enjoy the smaller, light sodium line of soup cups featuring great flavors like gluten free Split Pea and Whole Grain Couscous with Lentils.

Dr. McDougall's Right Foods® Organic Oatmeal

Nutritious and tasty solutions to the breakfast rush are Dr. McDougall's Right Foods® Organic Multigrain Oatmeal Cups. The goodness of whole grains and oats are a satisfying start to any morning. Their fast and easy preparation is perfect for people who like to take their breakfasts with them. Dr. McDougall's Right Foods® also offers delicious light sugar organic oatmeal packets in boxes. These are a great alternative to the candy-sweet oatmeal sold by most brands.

Where to Find Them

Dr. McDougall's Right Foods® are sold at finer natural retailers nationwide including Whole Foods, Wegman's, Stop & Shop, Giant, Tops, Shaw's, Foodtown, Raley's, Nob Hill, Henry's, Meijer, Giant Eagle, Publix, Safeway, Albertsons, Central Market, New Seasons, PCC, Vitamin Cottage, and thousands of other retailers. Online they are available at www.rightfoods.com and Amazon.com.