



PRODUCT CATALOG

2019



made to **nourish**™





OUR PROMISE

Chosen Foods is committed to promoting optimal nutrition by providing healthy, nutrient dense and low-sugar products.

We will never use genetically modified ingredients, artificial colors, flavors or preservatives and we certify organic whenever possible.

We are passionate about introducing people to the life-changing benefits of healthy cooking and clean eating.



OILS



DRESSINGS & MARINADES



SEEDS

MAYOS

OILS

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100% PURE AVOCADO OIL

Naturally refined and expeller pressed
Smoke point of 500 °F



Nutrition Facts
About 33 servings per container
Serving size 1 tbsp (14g)





Amount Per Serving	
Calories	130
% Daily Value	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsat. Fat 2g	
Monounsat. Fat 10g	
Sodium 0mg	0%
Total Carb. 0g	0%
Protein 0g	

Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

INGREDIENTS:
100% Pure Avocado Oil



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Avocado Oil 250 ML 30013	1.75 in L X 1.75 in W X 8.5 in H 1.08 LB	6 UNITS / 6.5L X 4.25W X 9H 6.5 LB	62 TI / 4 HI 248 Total	18 mo.	 8 15074 02073 7
Avocado Oil 500 ML 30018	2.125 in L x 2 in W x 10.75 in H 1.85 lb	6 UNITS / 7 in L x 5 in W x 11 in H 11.2 lb	45 TI / 3 HI 135 Total	18 mo.	 8 53807 00515 6
Avocado Oil 750 ML 30020	2.75 in L x 2.75 in W x 11.25 in H 2.6 lb	6 UNITS / 6 in L x 9 in W x 12 in H 15.7 lb	32 TI / 4 HI 128 Total	18 mo.	 8 53807 00582 8
Avocado Oil 1 LT 30203	3 in L x 3 in W x 12.5 in H 3.35 lb	12 UNITS / 13 in L x 9.75 in W x 13 in H 40.25 lb	15 TI / 3 HI 45 Total	18 mo.	 6 96859 02739 0

ORGANIC CHOSEN BLEND™ OIL

Blend of organic high oleic safflower oil, organic avocado oil, and organic coconut oil
Naturally refined and expeller pressed
Smoke point of 490 °F



Nutrition Facts
About 33 servings per container
Serving size 1 tbsp (14g)

Amount Per Serving	
Calories	130
% Daily Value	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsat. Fat 2g	
Monounsat. Fat 10g	
Sodium 0mg	0%
Total Carb. 0g	0%
Protein 0g	

Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

INGREDIENTS:
Organic High Oleic Safflower Oil,
Organic Avocado Oil, Organic
Coconut Oil



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Organic Chosen Blend™ Oil 500 ML 30083	2.125 in L X 2 in W X 10.75 in H 1.9 lb	6 UNITS / 7 in L x 5 in W x 11 in H 11.5 lb	45 TI / 3 HI 135 Total	18 mo.	8 53807 00520 0
Organic Chosen Blend™ Oil 750 ML 30084	2.75 in L X 2.75 in W X 11.25 in H 2.6 lb	4 UNITS / 5.5 in L X 5.5 in W X 9 in H 10.5 lb	42 TI / 3 HI 126 Total	18 mo.	8 53807 00585 9
Organic Chosen Blend™ Oil 1 LT 30043	3 in L X 3 in W X 12.5 in H 3.45 lb	12 UNITS / 13 in L X 9.75 in W X 13 in H 41.5 lb	15 TI / 3 HI 45 Total	18 mo.	8 53807 00517 0

TOASTED SESAME OIL

100% pure sesame oil
Made with toasted sesame seeds
Expeller pressed



Nutrition Facts	
About 33 servings per container	
Serving size	1 tbsp (14g)
Amount Per Serving	
Calories	130
% Daily Value	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsat. Fat 6g	
Monounsat. Fat 6g	
Sodium 0mg	0%
Total Carb. 0g	0%
Protein 0g	
Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.	

INGREDIENTS:
Sesame Oil



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Toasted Sesame Oil 250 ML 30105	1.75 in L X 1.75 in W X 8.5 in H 1.09 lb	6 UNITS / 6.5 in L X 4.25 in W X 9 in H 6.55 lb	62 TI / 4 HI 248 Total	18 mo.	8 53807 00525 5
Toasted Sesame Oil 500 ML 30114	2.125 in L X 2 in W X 10.75 in H 1.85 lb	6 UNITS / 7 in L X 5 in W X 11 in H 11.2 lb	45 TI / 3 HI 135 Total	18 mo.	8 15074 02072 0
Toasted Sesame Oil 750 ML 30107	2.75 in L X 2.75 in W X 11.25 in H 2.6 lb	6 UNITS / 6 in L X 9 in W X 12 in H 15.7 lb	32 TI / 4 HI 128 Total	18 mo.	8 15074 02028 7
Organic Toasted Sesame Oil 1 L 30112	3 in L X 3 in W X 12.5 in H 3.45 lb	12 UNITS / 13 in L X 9.75 in W X 13 in H 41.5 lb	15 TI / 3 HI 45 Total	18 mo.	8 53807 00579 8

100% PURE VIRGIN SESAME OIL

100% pure sesame oil
Naturally refined and expeller pressed



Nutrition Facts
About 16 servings per container
Serving size 1 tbsp (14g)


Amount Per Serving	
Calories	130
% Daily Value	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsat. Fat 6g	
Monounsatur. Fat 6g	
Sodium 0mg	0%
Total Carb. 0g	0%
Protein 0g	

Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

INGREDIENTS:
100% Pure Sesame Oil



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Virgin Sesame Oil 250ml 30065	1.75 in L X 1.75 in W X 8.5 in H 1.09 lb	6 UNITS / 6.5 in L X 4.25 in W X 9 in H 6.5 lb	62 TI / 4 HI 248 Total	18 mo.	

SPICY SESAME OIL

Blend of sesame oil, chilis and garlic
Naturally refined and expeller pressed



Nutrition Facts
About 16 servings per container
Serving size 1 tbsp (14g)

Amount Per Serving	
Calories	130
% Daily Value	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsat. Fat 6g	
Monounsat. Fat 6g	
Sodium 0mg	0%
Total Carb. 0g	0%
Protein 0g	

Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.

INGREDIENTS:
Sesame Oil, Chile de Arbol
(Tree Chili), Garlic



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Spicy Sesame Oil 250ml 30109	1.75 in L X 1.75 in W X 8.5 in H 1.09 lb	6 UNITS / 6.5 in L X 4.25 in W X 9 in H 6.5 lb	62 TI / 4 HI 248 Total	18 mo.	8 53807 00526 2

100% PURE AVOCADO OIL SPRAY

100% pure avocado oil
Naturally refined and expeller pressed



Nutrition Facts

536 servings per container
Serving size about 1/4 second spray (0.25g)

Amount Per Serving

Calories 0

% Daily Value*

Total Fat 0g

0%

Sodium 0mg

0%

Total Carbohydrate 0g

0%


Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, added sugars, vitamin D, calcium, iron, and potassium.

INGREDIENTS:
100% Pure Avocado Oil



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Avocado Oil Spray 4.7 fl. oz 30030	2 in Diameter x 8.5 in H 6.5 oz	6 UNITS / 6.5 in L X 4.5 in W X 9 in H 3.5 lb	63 TI / 7 HI 441 Total	18 mo.	 3

ORGANIC CHOSEN BLEND OIL SPRAY

Blend of organic high oleic safflower oil, organic coconut oil, and organic avocado oil

Naturally refined and expeller pressed



Nutrition Facts

536 servings per container
Serving size about 1/4 second spray (0.25g)

Amount Per Serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, added sugars, vitamin D, calcium, iron, and potassium.

INGREDIENTS:
Organic High Oleic Safflower Oil,
Avocado Oil, Coconut Oil



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Organic Chosen Blend™ Oil Spray 4.7 fl. oz 30047	2 in Diameter x 8.5 in H 6.7 oz	6 UNITS / 6.5 in L X 4.5 in W X 9 in H 3.5 lb	63 TI / 7 HI 441 Total	18 mo.	8 53807 00596 5

100% PURE COCONUT OIL SPRAY

100% pure coconut oil, yet no coconut flavor
Naturally refined and expeller pressed



Nutrition Facts

536 servings per container
Serving size about 1/4 second spray (0.25g)


Amount Per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, added sugars, vitamin D, calcium, iron, and potassium.

INGREDIENTS:
100% Pure Coconut Oil



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Coconut Oil Spray 4.7 fl. oz 30072	2 in Diameter x 8.5 in H 6.7 oz	6 UNITS / 6.5 in L X 4.5 in W X 9 in H 3.5 lb	63 TI / 7 HI 441 Total	18 mo.	 8 53807 00597 2

CHIPOTLE RANCH AVOCADO OIL DRESSING & MARINADE

Made with pure avocado oil

Soy and canola oil free

Low in sugar



Nutrition Facts	
12 servings per container	
Serving size 2 tbsp (30 mL)	
Amount Per Serving	
Calories	80
% Daily Value	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Sodium 410mg	18%
Total Carbohydrate 2g	1%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 0g	
Not a significant source of cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.	

INGREDIENTS:

Water, Avocado Oil, Distilled Vinegar, Salt, Chickpea Broth (Water, Chickpeas), Onion Powder, Garlic Powder, Corn Starch. Less than 1%: Smoked Paprika, Organic Mustard, Parsley, Chili Peppers, Chipotle Peppers, Organic Turmeric, Spices, Natural Flavor, Sunflower Lecithin, Xanthan Gum, Lactic Acid (Acidulant).



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Chipotle Ranch Dressing 12oz 30042	2.4 in Diameter x 7.75 in H 1.4 lb	6 UNITS / 8 in L X 5.5 in W X 8.25 in H 8.4 lb	42 TI / 5 HI 210 Total	12 mo.	8 15074 02034 8

ORANGE BALSAMIC AVOCADO OIL DRESSING & MARINADE

Made with pure avocado oil

Soy and canola oil free

Low in sugar




Nutrition Facts	
12 servings per container	
Serving size 2 tbsp (30 mL)	
Amount Per Serving	
Calories	80
% Daily Value	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Sodium 230mg	10%
Total Carbohydrate 2g	1%
Total Sugars 2g	
Incl. 1g Added Sugars	2%
Protein 0g	
Not a significant source of cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.	

INGREDIENTS:

Water, Avocado Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Concentrated Orange Juice, Molasses, Onions. Less than 2%: Salt, Lemon Juice, Garlic Powder, Onion Powder, Mustard, Distilled Vinegar, Spices, Xanthum Gum, Turmeric, Natural Flavor, Citric Acid (Acidulant).



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Orange Balsamic Dressing 12oz 30074	2.4 in Diameter x 7.75 in H 1.4 lb	6 UNITS / 8 in L X 5.5 in W X 8.25 in H 8.4 lb	42 TI / 5 HI 210 Total	12 mo.	 8 15074 02036 2

TAMARI GINGER AVOCADO OIL DRESSING & MARINADE

Made with pure avocado oil

Canola oil free

Low in sugar



Nutrition Facts	
11 servings per container	
Serving size 2 tbsp (30 mL)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Sodium 500mg	22%
Total Carbohydrate 6g	2%
Total Sugars 4g	
Incl. 4g Added Sugars	8%
Protein 0g	
Not a significant source of trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.	

INGREDIENTS:

Avocado Oil, Water, Rice Vinegar, Organic Cane Sugar, Soybeans, Distilled Vinegar, Ginger, Sesame Oil. Less than 1%: Sunflower Oil, Garlic, Garlic Powder, Spices, Salt, Lemon Juice Concentrate, Xanthan Gum.

Contains: Soy



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Tamari Ginger Dressing 12oz 30108	2.4 in Diameter x 7.75 in H 1.4 lb	6 UNITS / 8 in L X 5.5 in W X 8.25 in H 8.4 lb	42 TI / 5 HI 210 Total	12 mo.	8 15074 02035 5

LEMON GARLIC AVOCADO OIL DRESSING & MARINADE

Made with pure avocado oil

Soy and canola oil free

No added sugar



Nutrition Facts	
11 servings per container	
Serving size 2 tbsp (30 mL)	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2.5g	13%
Sodium 280mg	12%
Total Carbohydrate 1g	0%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 0g	
Not a significant source of trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.	

INGREDIENTS:

Avocado Oil, Water, Lemon Juice Concentrate, Garlic, Salt.
Less than 1%: Spices, Xanthan Gum, Citric Acid.



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Lemon Garlic Dressing 12oz 30071	2.4 in Diameter x 7.75 in H 1.4 lb	6 UNITS / 8 in L X 5.5 in W X 8.25 in H 8.4 lb	42 TI / 5 HI 210 Total	12 mo.	8 15074 02033 1

TRADITIONAL AVOCADO OIL MAYO

Made with pure avocado oil and cage-free eggs

Soy and canola oil free

Gluten-free and no added sugars



Nutrition Facts	
About 24 servings per container	
Serving size	1 tbsp (14g)
Amount Per Serving	
Calories	100
% Daily Value	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsat Fat 1.5g	
Monounsat Fat 7g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carb. 0g	0%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 0g	
Not a significant source of dietary fiber, vitamin D, calcium, iron, and potassium.	

INGREDIENTS:

Avocado Oil, Filtered Water, Egg Yolks, Organic Whole Eggs, Organic Distilled White Vinegar, Organic Mustard (Distilled Organic Vinegar, Water, Organic Mustard Seed, Salt, Organic Spices), Salt, Organic Rosemary Extract.

Contains: Egg



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Avocado Oil Mayo 12 oz 30027	2.8 in Diameter X 4.7 in H 20.2 OZ	6 UNITS / 9.1 in L X 6.25 in W X 5.1 in H 7.5 lb	29 TI / 8 HI 232 Total	12 mo.	8 15074 02000 3
Avocado Oil Mayo 24 oz 30004	3.3 in Diameter X 6.8 in H 35.8 OZ	12 UNITS / 16 in L X 9.5 in W X 7.5 in H 28 lb	12 TI / 6 HI 72 Total	12 mo.	8 15074 02009 6

BLACK GARLIC AVOCADO OIL MAYO

Made with pure avocado oil, cage-free eggs and savory black garlic puree

Soy and canola oil free

Gluten-free and no added sugars



Nutrition Facts	
About 24 servings per container	
Serving size 1 tbsp (14g)	
Amount Per Serving	
Calories	100
% Daily Value	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsat Fat 1.5g	
Monounsat Fat 7g	
Cholesterol 15mg	5%
Sodium 75mg	3%
Total Carb 0g	0%
Protein 0g	
Not a significant source of dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.	

INGREDIENTS:

Avocado Oil, Black Garlic Puree, Egg Yolks, Water, Organic Whole Eggs, Organic Distilled White Vinegar, Salt, Organic Mustard (Distilled Organic Vinegar, Water, Organic Mustard Seed, Salt, Organic Spices), Organic Rosemary Extract.

Contains: Egg



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Black Garlic Mayo 12 oz 30034	2.8 in Diameter X 4.7 in H 19.3 oz	6 UNITS / 9.1 in L X 6.25 in W X 5.1 in H 7.25 lb	29 TI / 8 HI 232 Total	12 mo.	8 15074 02039 3

HARISSA AVOCADO OIL MAYO

Made with pure avocado oil, cage-free eggs and spicy chili peppers

Soy and canola oil free

Gluten-free and no added sugars



Nutrition Facts	
About 24 servings per container	
Serving size	1 tbsp (14g)
Amount Per Serving	
Calories	90
% Daily Value	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsat Fat 1.5g	
Monounsat Fat 7g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carb. 0g	0%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 0g	
Not a significant source of dietary fiber, vitamin D, calcium, iron, and potassium.	


INGREDIENTS:

Avocado Oil, Egg Yolks, Water, Organic Whole Eggs, Organic Distilled White Vinegar, Chili Pepper (Chili Pepper, Vinegar), Red Bell Pepper, Salt, Organic Red Pepper, Organic Cumin, Organic Coriander, Garlic Puree, Organic Caraway, Organic Rosemary Extract, Mustard Oil.

Contains: Egg



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Harissa Mayo 12 oz 30069	2.8 in Diameter X 4.7 in H 19.35 oz	6 UNITS / 9.1 in L X 6.25 in W X 5.1 in H 7.26 lb	29 TI / 8 HI 232 Total	12 mo.	 8 15074 02032 4

WASABI AVOCADO OIL MAYO

Made with pure avocado oil, cage-free eggs and organic horseradish

Soy and canola oil free

Gluten-free and no added sugars



Nutrition Facts	
About 24 servings per container	
Serving size	1 tbsp (14g)
Amount Per Serving	
Calories	100
% Daily Value	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsat Fat 1.5g	
Monounsat Fat 7g	
Cholesterol 15mg	5%
Sodium 80mg	3%
Total Carb 0g	0%
Protein 0g	
Not a significant source of dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.	


INGREDIENTS:

Avocado Oil, Egg Yolks, Organic Whole Eggs, Filtered Water, Organic Horseradish (Organic Apple Cider Vinegar, Organic Horseradish Roots, Water, Salt), Organic Distilled White Vinegar, Organic Apple Cider Vinegar, Salt, Horseradish Mustard Powder Blend, Spinach Powder (For Color), Mustard Oil, Dried Wasabi, Organic Rosemary Extract.

Contains: Egg



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Wasabi Mayo 12 oz 30116	2.8 in Diameter X 4.7 in H 20.2 oz	6 UNITS / 9.1 in L X 6.25 in W X 5.1 in H 7.5 lb	29 TI / 8 HI 232 Total	12 mo.	

TRADITIONAL VEGAN AVOCADO OIL MAYO

Clean label vegan mayo
Made with pure avocado oil
Soy and canola oil free
Gluten-free



Nutrition Facts	
About 23 servings per container	
Serving size 1 tbsp (14g)	
Amount Per Serving	
Calories	90
% Daily Value	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 95mg	4%
Total Carb 1g	0%
Protein 0g	
Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.	

INGREDIENTS:
Avocado Oil, Organic Chickpea Broth, Distilled Vinegar, Organic Sugar, Water, Faba Bean Protein Powder, Salt. Less Than 1%: Organic Rosemary Extract, Mustard Flour, Modified Acacia Gum, Organic Guar Gum, Xanthan Gum, Organic Sunflower Lecithin, Citric Acid.



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Vegan Avocado Oil Mayo 12 oz 30139	2.8 in Diameter X 4.7 in H 20.2 oz	6 UNITS / 9.1 in L X 6.25 in W X 5.1 in H 7.5 lb	29 TI / 8 HI 232 Total	12 mo.	8 15074 02131 4

TRADITIONAL COCONUT OIL MAYO

Made with pure coconut oil, yet no coconut flavor

Soy and canola oil free

Gluten-free



Nutrition Facts	
24 servings per container	
Serving size 1Tbsp (14g)	
Amount Per Serving	
Calories	100
% Daily Value	
Total Fat 11g	14%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Protein 0g	
<small>Not a significant source of dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium.</small>	

INGREDIENTS:
 Coconut Oil, Organic Egg Yolks, Water, Organic Sugar, Salt, Distilled Vinegar, Less Than 1%: Mustard, Citric Acid, Organic Rosemary Extract.

Contains: Egg, Coconut



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Coconut Mayo 12 oz 30051	2.8 in Diameter X 4.7 in H 20.2 oz	6 UNITS / 9.1 in L X 6.25 in W X 5.1 in H 7.5 lb	29 TI / 8 HI 232 Total	12 mo.	8 15074 02040 9

ORGANIC CHIA SEEDS

Excellent source of fiber
Organic
Gluten-free



Nutrition Facts

About 38 servings per container

Serving size 1 tbsp (12g)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vit. D 0mcg 0% • Calcium 80mg 6%

Iron 1.1mg 6% • Potas. 0mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:
Organic Chia Seeds



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Organic Chia Seeds 1 lb 30102	6.5 in L X 2.25 in W X 8 in H 1 lb	12 UNITS / 12 in L X 10 in W X 6 in H 13 lb	12 TI / 8 HI 96 Total	24 mo.	8 53807 00504 0
Organic Chia Seeds 2 lb 30080	6 in L X 3.75 in W X 10 in H 2lb	9 UNITS / 12 in L X 17.3 in W X 7.5 in H 18 lb	9TI / 5 HI 45 Total	24 mo.	8 53807 00572 9

ORGANIC WHITE QUINOA

Excellent source of plant-based protein

Organic

Gluten-free



Nutrition Facts

About 11 servings per container

Serving size 1/4 cup (42g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 29g 10%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g

Vit. D 0mcg 0% • Calcium 0mg 0%

Iron 3.6mg 20% • Potas. 0mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:
Organic White Quinoa



Product Specifications

PRODUCTS	UNIT SIZE / WT.	CASE SIZE / QTY. / WT.	TI/HI PALLET CONFIG.	SHELF LIFE	UPC
Organic Quinoa 1 lb 30100	5.5 in L X 2.25 in W X 7.5 in H 1 lb	12 UNITS / 12 in L X 10 in W X 6 in H 13 lb	12 TI / 8 HI 96 Total	24 mo.	8 53807 00543 9



made to **nourish**[™]

PLEASE NOTE:

All products in this catalog are subject to change. This catalog was printed with the most updated information at time of print. If you have questions, please contact your sales rep, or contact us at sales@chosenfoods.com

*Based on government limit of detection protocols.

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