

# CURPUMCHI - Food & Beverages Dietary Compatibility Guide - 7070702305469\_43456577601725

## Details:

**## Introduction: Navigating Dietary Choices with Confidence** This comprehensive dietary compatibility guide provides you with the essential knowledge to determine whether this refrigerated meal product aligns with your specific nutritional philosophy and dietary restrictions. Whether you're committed to a vegan lifestyle, managing gluten sensitivities, following a ketogenic protocol, or embracing paleo principles, understanding how prepared meals fit into your eating pattern is crucial for maintaining dietary consistency while enjoying the convenience of ready-to-heat options. This guide examines the product through multiple dietary lenses, explores ingredient considerations, addresses cross-contamination concerns, and provides practical strategies for integrating this meal into various eating plans while maintaining your health goals and ethical commitments.

**## Understanding the Product's Dietary Framework** This refrigerated meal product represents a category of convenience foods designed for consumers seeking quick, portion-controlled meal solutions without extensive preparation. The product requires refrigerated storage and offers multiple reheating methods including microwave, air fryer, and conventional heating options, making it adaptable to various kitchen setups and preferences. The manufacturer emphasizes clear dietary claims clarity and origin and ingredient traceability, which are foundational elements for diet-conscious consumers who need reliable information to make informed purchasing decisions. The product's packaging includes comprehensive allergen cross-contact warnings, addressing a critical concern for individuals with severe food sensitivities. This transparency extends to detailed ingredient lists that support dietary claims clarity, allowing consumers to verify compatibility with their chosen eating patterns. The emphasis on traceability means you can potentially track ingredient sources, which matters significantly for those following organic, non-GMO, or locally-sourced dietary preferences.

**## Vegan Compatibility: Plant-Based Living Considerations**

**### Defining Vegan Standards for Prepared Meals** Vegan dietary adherence requires complete exclusion of all animal-derived ingredients, including meat, poultry, fish, dairy products, eggs, honey, and any additives derived from animal sources. For prepared meals, vegan compatibility extends beyond obvious animal products to include hidden ingredients such as whey, casein, gelatin, certain food colorings (like carmine), and processing aids that may involve animal derivatives. When evaluating this product for vegan suitability, the presence of vegan certification provides the highest level of assurance. Certified vegan products undergo third-party verification confirming that no animal ingredients or byproducts are used in formulation or processing. The manufacturer's commitment to dietary claims clarity means that vegan labeling, when present, reflects genuine compliance with vegan standards rather than marketing ambiguity.

**### Ingredient Scrutiny for Vegan Consumers** Beyond the primary ingredients, vegan consumers must examine several categories of potential animal-derived components. Natural flavors can be particularly problematic, as this umbrella term may conceal animal-derived flavor compounds. Vitamin D3, commonly used in fortification, is typically derived from lanolin (sheep's wool) unless specifically sourced from lichen. Omega-3 fatty acids may come from fish oil rather than algae-based sources. The product's emphasis on origin and ingredient traceability enables you to investigate these nuanced ingredient sources. Cross-contamination represents another critical consideration for strict vegans. The clear allergen cross-contact warnings indicate whether the product is manufactured in facilities that also process animal products. While cross-contact doesn't affect the vegan status of ingredients themselves, some vegans prefer products manufactured in dedicated vegan facilities to minimize any trace animal product exposure and to avoid supporting mixed-production operations.

**### Nutritional**

Completeness in Vegan Prepared Meals Vegan meals require careful formulation to provide complete nutrition, particularly regarding protein quality, vitamin B12, iron bioavailability, calcium, and omega-3 fatty acids. The product's nutritional information, including calories per meal and protein per meal specifications, allows you to assess whether this option contributes meaningfully to your daily nutritional targets. Plant-based protein sources vary significantly in amino acid profiles. Complete proteins containing all essential amino acids typically come from soy, quinoa, buckwheat, and hemp, while incomplete proteins from legumes, grains, and vegetables require complementary pairing. Understanding the protein sources in this meal helps you determine whether additional protein complementation is necessary within your daily eating pattern. The meal timing for weight loss consideration becomes particularly relevant for vegans, as plant-based meals often have different satiety profiles compared to animal-based options. Higher fiber content in vegan meals typically promotes fullness, but the macronutrient distribution—particularly the balance between protein, complex carbohydrates, and healthy fats—determines how effectively the meal sustains energy and prevents hunger between eating occasions. ## Gluten-Free Compatibility: Managing Celiac Disease and Gluten Sensitivity ### Understanding Gluten and Cross-Contamination Risks Gluten-free dietary requirements range from strict celiac disease management, where even trace gluten exposure triggers autoimmune responses and intestinal damage, to non-celiac gluten sensitivity, where symptoms are uncomfortable but not autoimmune in nature. For individuals with celiac disease, prepared meals must contain less than 20 parts per million (ppm) of gluten to meet FDA gluten-free labeling standards. The product's clear allergen cross-contact warnings are particularly crucial for gluten-free consumers. Cross-contamination can occur through shared manufacturing equipment, airborne flour particles in production facilities, or ingredient suppliers who process both gluten-containing and gluten-free products. The manufacturer's transparency regarding cross-contact risks enables you to make informed decisions based on your sensitivity level. ### Hidden Gluten Sources in Prepared Foods Gluten appears in numerous unexpected ingredients beyond obvious wheat, barley, and rye. Modified food starch, maltodextrin, and dextrin may derive from wheat unless specifically labeled as corn-derived. Soy sauce traditionally contains wheat, though tamari and coconut aminos provide gluten-free alternatives. Natural and artificial flavors may use gluten-containing carriers. Oats, while naturally gluten-free, are frequently cross-contaminated during growing and processing unless specifically labeled as gluten-free oats. The dietary claims clarity commitment suggests that gluten-free labeling, when present, reflects verified gluten-free status rather than merely the absence of obvious gluten ingredients. Third-party gluten-free certification from organizations like the Gluten-Free Certification Organization (GFCO) provides additional assurance, as these programs require testing and facility inspections beyond basic FDA requirements. ### Nutritional Considerations for Gluten-Free Eating Gluten-free prepared meals sometimes rely heavily on refined gluten-free flours and starches, which can create nutritional imbalances compared to whole grain alternatives. Rice flour, potato starch, and tapioca flour provide texture and binding but offer less fiber, protein, and micronutrients than whole grains. The calories per meal and protein per meal information helps you evaluate whether this product provides balanced nutrition or requires supplementation with additional vegetables, proteins, or whole grains. For individuals newly diagnosed with celiac disease, nutrient deficiencies in iron, calcium, vitamin D, vitamin B12, and folate are common due to previous intestinal damage. Selecting prepared meals fortified with these nutrients or ensuring your overall dietary pattern addresses these needs is essential during the healing process and beyond. ## Ketogenic Diet Compatibility: Low-Carb, High-Fat Requirements ### Ketogenic Macronutrient Targets and Meal Evaluation The ketogenic diet requires strict macronutrient ratios, typically 70-80% of calories from fat, 15-25% from protein, and 5-10% from carbohydrates, translating to approximately 20-50 grams of net carbohydrates daily for most individuals. Evaluating this prepared meal's compatibility requires detailed nutritional information including total carbohydrates, fiber content (to calculate net carbs), protein grams, and fat grams per serving. The calories per meal specification provides a foundation for calculating macronutrient percentages. For example, a 400-calorie meal would need approximately 280-320 calories from fat (31-36 grams), 60-100 calories from protein (15-25 grams), and 20-40 calories from carbohydrates (5-10 grams) to align with ketogenic ratios. The protein per meal information is particularly important, as excessive protein can convert to glucose through gluconeogenesis, potentially disrupting ketosis. ###

Ingredient Analysis for Ketogenic Compliance Ketogenic-friendly prepared meals emphasize non-starchy vegetables, high-quality fats from sources like olive oil, avocado oil, coconut oil, and grass-fed butter, and moderate amounts of complete proteins from meat, poultry, fish, or plant-based alternatives like tofu and tempeh. Ingredients to avoid include grains, legumes, starchy vegetables (potatoes, corn, peas), most fruits, and added sugars. The no added sugar commitment, if applicable to this product, significantly enhances ketogenic compatibility. However, "no added sugar" doesn't guarantee low carbohydrate content, as natural carbohydrates from vegetables and other ingredients still count toward daily limits. Understanding the specific carbohydrate sources—whether from nutrient-dense vegetables like broccoli and spinach or from higher-carb options like carrots, onions, or tomato-based sauces—helps you determine how this meal fits within your daily carbohydrate budget. Hidden carbohydrates in prepared meals often come from thickeners, sauces, and marinades. Cornstarch, flour-based thickeners, and sugar-containing sauces can add significant carbohydrates to otherwise keto-friendly base ingredients. The ingredient traceability feature allows you to investigate these components and make informed decisions about the meal's true carbohydrate content. ### Ketogenic Meal Timing and Satiety The meal timing for weight loss guidance intersects significantly with ketogenic eating patterns. Many keto practitioners use intermittent fasting, consuming meals within restricted eating windows to enhance ketone production and fat oxidation. Understanding the meal's satiety profile—influenced by its fat content, protein quality, and fiber—helps you determine optimal timing within your eating schedule. High-fat meals typically provide extended satiety, potentially allowing longer intervals between eating occasions. The paired sides and beverages recommendations can help you enhance the meal's ketogenic profile by adding complementary high-fat, low-carb options like avocado, olive oil-dressed salads, or keto-friendly vegetables sautéed in butter or ghee. ## Paleo Compatibility: Ancestral Eating Principles ### Defining Paleo Standards for Modern Foods The paleolithic dietary approach emphasizes foods presumed available to pre-agricultural humans, including meat, fish, eggs, vegetables, fruits, nuts, and seeds, while excluding grains, legumes, dairy, refined sugars, and processed foods. Paleo philosophy prioritizes food quality, emphasizing grass-fed meats, wild-caught fish, organic produce, and minimally processed ingredients. Evaluating this prepared meal's paleo compatibility requires examining both ingredient inclusion and processing methods. Strict paleo adherents avoid all grains (including gluten-free grains like rice and corn), legumes (including soy products, peanuts, and beans), dairy products, and refined seed oils. The organic and non-GMO certifications, when present, align with paleo preferences for food quality and minimal agricultural intervention. ### Processing Levels and Paleo Philosophy Paleo eating emphasizes whole, minimally processed foods, creating tension with the inherent processing involved in prepared meals. However, modern paleo interpretations often accept convenience foods that use paleo-compliant ingredients and avoid problematic additives. The ingredient traceability commitment allows you to assess processing methods and determine whether the meal aligns with your interpretation of paleo principles. Additives and preservatives present particular concerns for paleo consumers. While some preservation methods like freezing align with paleo philosophy, chemical preservatives, artificial colors, and synthetic additives contradict the whole-foods emphasis. Natural preservation methods using salt, vinegar, or citric acid are generally more acceptable within paleo frameworks. ### Paleo Macronutrient Balance and Meal Composition Unlike ketogenic eating, paleo doesn't prescribe specific macronutrient ratios, instead focusing on food quality and type. However, many paleo meals naturally trend toward higher protein and fat with moderate carbohydrates from vegetables and fruits. The calories per meal and protein per meal specifications help you evaluate whether this option provides sufficient protein to support satiety and muscle maintenance. Paleo meal composition typically emphasizes generous vegetable portions, moderate high-quality protein, and natural fats from whole food sources rather than extracted oils. The best serving and suggested pairings guidance can help you enhance the meal's paleo profile by adding compliant sides such as roasted vegetables, cauliflower rice, or spiralized vegetable noodles. ## Navigating Multiple Dietary Restrictions Simultaneously ### Combining Dietary Frameworks Many consumers navigate multiple dietary restrictions simultaneously—for example, vegan and gluten-free, or paleo and dairy-free. The product's comprehensive dietary claims clarity and multiple certifications (vegan, vegetarian, gluten-free, dairy-free, nut-free, low sodium, no added sugar, organic, non-GMO) enable you to quickly

assess compatibility with complex dietary requirements. The nut-free certification is particularly valuable for individuals managing tree nut or peanut allergies while following other dietary patterns. Cross-contamination with nuts can occur in facilities processing multiple product types, making dedicated nut-free manufacturing critical for severe allergy management. The clear allergen cross-contact warnings specify whether the product is manufactured in nut-free facilities or simply free from nut ingredients. ### Dairy-Free Considerations Across Dietary Patterns Dairy-free certification serves multiple dietary needs: vegan consumers avoiding all animal products, paleo adherents excluding dairy, individuals with lactose intolerance, and those managing milk protein allergies. The dairy-free designation should encompass all milk derivatives including whey, casein, lactose, and butter, though cross-contamination warnings indicate whether trace dairy exposure might occur through shared equipment. Dairy alternatives in prepared meals include coconut milk, almond milk, cashew milk, oat milk, and soy milk, each with distinct nutritional profiles and allergen considerations. Understanding which dairy alternatives appear in the product helps you assess compatibility with additional restrictions—for example, paleo consumers typically avoid soy and oat milk, while nut-allergic individuals must avoid almond and cashew milk. ### Low-Sodium Requirements and Health Conditions The low-sodium designation addresses cardiovascular health, kidney disease management, and blood pressure control. The FDA defines "low sodium" as 140 milligrams or less per serving, though optimal sodium intake varies based on individual health conditions. Understanding the exact sodium content per meal allows you to calculate daily sodium intake and ensure compliance with medical recommendations. Prepared meals often derive sodium from multiple sources beyond table salt, including soy sauce, broth, cured meats, cheese, and seasoning blends. Low-sodium formulations require creative seasoning approaches using herbs, spices, citrus, and vinegars to maintain flavor without excessive salt. The tips for dietary restrictions guidance may provide strategies for enhancing flavor if you find the low-sodium preparation less satisfying than higher-sodium alternatives. ## Practical Storage and Preparation for Dietary Compliance ### Maintaining Ingredient Integrity Through Proper Storage The store refrigerated requirement ensures ingredient stability and food safety, particularly important for products without synthetic preservatives. Refrigeration at 40°F (4°C) or below inhibits bacterial growth and maintains nutritional quality. The storage avoid sun guidance prevents light-induced nutrient degradation, particularly relevant for vitamins A, D, E, and K, as well as certain antioxidants. The freeze for longer option extends shelf life significantly, though freezing and thawing can affect texture in some ingredients. Vegetables with high water content may become softer after freezing, while protein sources generally maintain quality well. Understanding optimal freezing practices—including proper packaging to prevent freezer burn and gradual thawing in the refrigerator—helps maintain the meal's quality and dietary integrity. ### Reheating Methods and Nutrient Preservation The defrost microwave and reheat microwave instructions provide convenient preparation, though microwave heating can affect nutrient retention differently than other methods. Water-soluble vitamins like vitamin C and B vitamins are particularly vulnerable to heat and water exposure. The appliance-specific heating guidance, including air fryer options, allows you to select preparation methods that balance convenience with nutrient preservation and texture preferences. The air fryer option deserves particular attention from health-conscious consumers, as this method can achieve crispy textures without added oil, potentially enhancing palatability while maintaining dietary compliance. The define reheating times by meal size guidance ensures proper internal temperatures for food safety while avoiding overheating that degrades nutrients and affects texture. ### Single Reheat Warning and Food Safety The single reheat warning addresses food safety concerns related to bacterial growth during repeated temperature cycling. Each heating and cooling cycle creates opportunities for bacterial proliferation, particularly in the temperature "danger zone" between 40°F and 140°F (4°C and 60°C). This warning is particularly important for immunocompromised individuals or those with conditions requiring strict food safety protocols. Understanding proper portion management helps you comply with the single reheat recommendation. If the meal size exceeds your needs, consider dividing the portion before initial heating, storing the unused portion separately in the refrigerator, and treating each portion as a single-use serving. The open pack storage time guidance specifies how long the product remains safe after opening, typically 3-5 days when properly refrigerated. ## Optimizing Meals for Specific Dietary Programs ### Weight Loss Program Integration

The fits specific programs designation indicates that the meal's nutritional profile aligns with structured weight loss or wellness programs, which typically emphasize portion control, specific macronutrient distributions, and caloric targets. The calories per meal specification enables precise caloric tracking, essential for programs using caloric restriction or specific energy targets. The protein per meal information is particularly relevant for weight loss, as adequate protein intake (typically 0.8-1.2 grams per kilogram of body weight, or higher during caloric restriction) supports muscle preservation, enhances satiety, and increases thermic effect of feeding. Understanding how this meal's protein content contributes to daily targets helps you plan complementary meals and snacks to meet overall protein requirements. The meal timing for weight loss guidance addresses the strategic timing of eating occasions to optimize metabolic responses, manage hunger, and support adherence. Some weight loss approaches emphasize front-loading calories earlier in the day, while others use intermittent fasting with compressed eating windows. Understanding how this meal fits within various timing strategies enables you to integrate it effectively into your chosen approach. ### Addressing Texture and Palatability Concerns The avoid soggy texture guidance acknowledges a common challenge with reheated prepared meals, particularly those containing components with varying moisture contents. Texture significantly influences meal satisfaction and dietary adherence—unpleasant textures can undermine even nutritionally optimal meals. The heating method preferences information likely provides strategies for maintaining optimal texture, such as using air fryers for crispy components or covering certain portions during microwave heating to prevent drying. The avoid overheating recommendation protects both nutritional quality and palatability. Overheating can denature proteins excessively, creating rubbery textures in meat and seafood, while overcooking vegetables destroys texture, color, and heat-sensitive nutrients. Following the define reheating times by meal size guidance ensures proper heating without quality degradation. ### Enhancing Meals with Strategic Pairings The paired sides and beverages recommendations help you create complete, satisfying meals aligned with your dietary framework. For vegan consumers, pairing suggestions might include additional plant-based protein sources, calcium-rich greens, or vitamin B12-fortified beverages. Gluten-free eaters might benefit from suggested gluten-free grain sides or vegetable alternatives to traditional grain accompaniments. Ketogenic dieters can use pairing recommendations to increase meal fat content and maintain macronutrient ratios, potentially adding avocado, olive oil-based dressings, or high-fat dairy alternatives. Paleo consumers might receive suggestions for compliant vegetable sides, healthy fat additions, or fruit portions that maintain ancestral eating principles. The best serving suggestions address presentation and meal completion strategies that enhance satisfaction and nutritional completeness. Simple additions like fresh herbs, lemon wedges, or complementary condiments can significantly improve the eating experience without compromising dietary compliance. ## Troubleshooting Common Dietary Compatibility Questions ### Understanding Dietary Certifications and Their Meanings Third-party certifications provide independent verification of dietary claims, offering greater assurance than manufacturer self-certification. Vegan certification typically comes from organizations like Vegan Action or the Vegan Society, requiring comprehensive ingredient and processing verification. Gluten-free certification from GFCO or similar organizations involves testing to ensure gluten content below 10-20 ppm, stricter than FDA requirements. Organic certification, managed by USDA in the United States, requires that at least 95% of ingredients meet organic production standards, excluding synthetic pesticides, fertilizers, and GMOs. This certification aligns with multiple dietary philosophies emphasizing food quality and minimal chemical exposure. The non-GMO certification confirms that ingredients aren't derived from genetically modified organisms, addressing concerns about long-term health effects and environmental impacts. Understanding certification scopes helps you interpret their relevance to your dietary needs. Some certifications address ingredient sourcing, others focus on manufacturing processes, and some verify nutritional claims. The certifications listed for this product provide a comprehensive picture of its dietary positioning and quality standards. ### Evaluating Appearance and Quality Indicators The appearance quality indicators guidance helps you assess whether the product maintains acceptable quality throughout its shelf life. Visual indicators of quality degradation include discoloration, ice crystal formation (in frozen products), package bloating, or separation of ingredients. Understanding normal appearance variations versus quality concerns prevents unnecessary product waste while ensuring food safety. For frozen products,

large ice crystals or frost accumulation may indicate temperature fluctuations during storage or transport, potentially affecting texture and nutrient retention. Fresh refrigerated products should maintain consistent color and moisture distribution without excessive liquid accumulation or dried edges. The thawing instructions by product type address proper defrosting methods that maintain quality while ensuring food safety. ### Managing Dietary Transitions and Adaptation The tips for dietary restrictions likely address common challenges when adopting new eating patterns or managing existing restrictions. Dietary transitions often involve adjustment periods where taste preferences, satiety patterns, and meal satisfaction evolve. Understanding that adaptation typically requires 2-4 weeks helps maintain realistic expectations and supports adherence during challenging initial phases. Practical strategies might include gradual transition approaches, where you slowly increase the proportion of compliant meals rather than attempting immediate complete dietary overhaul. This approach reduces overwhelm and allows your palate and digestive system to adapt gradually. For restrictive diets like ketogenic eating, gradual carbohydrate reduction can minimize adaptation symptoms like fatigue, headaches, and irritability commonly called "keto flu." ## Environmental and Ethical Considerations Across Dietary Patterns ### Sustainable Packaging and Environmental Impact The recyclable packaging commitment addresses environmental concerns increasingly important to diet-conscious consumers, particularly those following plant-based diets for ethical and environmental reasons. Understanding which packaging components are recyclable in your local recycling program—and proper preparation methods like rinsing containers and separating materials—ensures environmental benefits are realized. Packaging materials vary in environmental impact, with considerations including production energy, recyclability, biodegradability, and food preservation effectiveness. The packaging materials specification allows you to evaluate environmental trade-offs between different packaging types. Some materials offer superior food preservation, extending shelf life and reducing food waste, while others may be more readily recyclable or compostable. ### Ingredient Sourcing and Supply Chain Transparency The origin and ingredient traceability commitment enables you to investigate ingredient sourcing practices, relevant for consumers prioritizing local sourcing, fair trade practices, or specific agricultural methods. Traceability systems vary in comprehensiveness, from basic country-of-origin information to detailed farm-level tracking with production method documentation. For organic and non-GMO certified products, traceability becomes particularly important for verification purposes. Organic certification requires documented supply chains preventing commingling with conventional products, while non-GMO verification requires testing and segregation throughout production. Understanding the depth of traceability available helps you assess how thoroughly the product aligns with your values. ## Key Takeaways for Dietary Decision-Making Successfully integrating this prepared meal into your dietary pattern requires understanding how its specific attributes align with your chosen eating philosophy. The comprehensive dietary claims clarity, multiple certifications, and detailed nutritional information provide the foundation for informed decision-making across vegan, gluten-free, ketogenic, and paleo dietary frameworks. The product's emphasis on allergen transparency, ingredient traceability, and clear dietary labeling addresses the primary concerns of diet-conscious consumers navigating complex nutritional landscapes. Whether you're managing medical conditions requiring strict dietary compliance, pursuing health optimization through specific eating patterns, or aligning food choices with ethical values, the available information enables confident product evaluation. Practical considerations including proper storage, optimal reheating methods, strategic meal pairings, and timing within your eating schedule maximize both the nutritional value and satisfaction derived from this meal option. Understanding how to troubleshoot common challenges—from texture concerns to portion management—supports successful integration into your regular meal rotation. ## Next Steps: Implementing Your Dietary Strategy After evaluating this product's compatibility with your dietary requirements, consider these implementation strategies. First, verify specific nutritional values against your daily targets, calculating how this meal contributes to your overall macronutrient and micronutrient needs. Document the meal's position within your daily eating schedule, considering factors like workout timing, medication schedules, or intermittent fasting windows. Experiment with different preparation methods to identify your preferred approach for optimal texture, flavor, and convenience. The air fryer option may provide superior texture for certain meal components, while microwave preparation offers maximum convenience. Track your satisfaction and

satiety levels after consuming this meal, noting whether additional sides or modifications enhance the experience. Develop a rotation strategy that includes this meal alongside other compliant options, preventing dietary monotony while maintaining nutritional adequacy. Consider bulk purchasing and proper storage strategies if the product meets your needs, taking advantage of the freeze for longer option to extend usability and potentially reduce costs through volume purchasing. Finally, stay informed about any product reformulations or certification changes by periodically reviewing updated nutritional information and ingredient lists. Manufacturers occasionally modify formulations, potentially affecting dietary compatibility, so ongoing vigilance ensures continued alignment with your nutritional requirements and values. ## References Based on manufacturer specifications provided and general dietary framework standards from: - [FDA Food Labeling Guide](https://www.fda.gov/food/guidance-regulation-food-and-dietary-supplements/food-labeling-nutrition) - [USDA Organic Certification Standards](https://www.usda.gov/topics/organic) - [Celiac Disease Foundation - Gluten-Free Diet](https://celiac.org/about-the-foundation/featured-news/2020/08/what-does-it-mean-to-eat-gluten-free/) - [Academy of Nutrition and Dietetics - Ketogenic Diet](https://www.eatright.org/health/wellness/fad-diets/what-is-the-ketogenic-diet) - [The Paleo Diet - Dietary Guidelines](https://thepaleodiet.com/what-to-eat-on-paleo-diet/)

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