

# GLUFREBEE - Food & Beverages Nutritional Information Guide - 8061655449789\_45315596878013

## Details:

## Introduction Navigating the nutritional landscape of prepared meals requires understanding not just what you're eating, but how those choices align with your health goals, dietary restrictions, and lifestyle needs. This comprehensive guide explores the critical nutritional information elements of refrigerated prepared meals, providing health-conscious consumers with the knowledge needed to make informed decisions about calories, macronutrients, allergens, and dietary considerations. Whether you're managing weight, following a specific eating plan, or simply seeking transparency about what's on your plate, understanding these nutritional fundamentals empowers you to select meals that support your wellness journey while fitting seamlessly into your daily routine.

## Understanding Caloric Content Per Meal The caloric value of prepared meals serves as the foundation for meal planning and weight management strategies. Refrigerated prepared meals typically display calories per serving prominently on their packaging, allowing you to track your daily energy intake with precision. For health-conscious consumers, knowing the exact caloric content enables strategic meal timing throughout the day—whether you're allocating more calories to your largest meal or distributing energy evenly across breakfast, lunch, and dinner. Calorie-per-meal information becomes particularly valuable when following structured weight loss programs or maintaining specific caloric targets. Many prepared meal options range from 300 to 600 calories per serving, designed to fit within standard dietary frameworks. This transparency allows you to plan your daily nutrition without guesswork, ensuring you stay within your target range while still enjoying satisfying, complete meals. The relationship between meal timing and weight loss goals directly connects to caloric awareness. Consuming higher-calorie meals earlier in the day when metabolic activity peaks, or reserving them for post-workout recovery, can optimize how your body utilizes that energy. Understanding the caloric density of your prepared meals enables this level of strategic planning, transforming simple convenience food into a tool for achieving specific health outcomes.

## Protein Content and Muscle Health Protein per meal represents one of the most critical macronutrients for health-conscious consumers, supporting everything from muscle maintenance and growth to satiety and metabolic function. Prepared meals designed with nutrition in mind typically highlight their protein content, with values ranging from 15 to 40 grams per serving depending on the meal composition and intended use case. For individuals engaged in regular physical activity, protein timing matters as much as total daily intake. Consuming adequate protein within meals—ideally 20-30 grams—stimulates muscle protein synthesis, the process by which your body repairs and builds muscle tissue. Prepared meals that clearly state their protein content allow you to strategically place protein-rich options after workouts or during periods when your body requires enhanced recovery support. The quality of protein sources within prepared meals also deserves consideration. Complete proteins containing all essential amino acids—typically from animal sources like chicken, beef, fish, or eggs, or plant-based combinations like quinoa with legumes—provide superior nutritional value compared to incomplete protein sources. Understanding both the quantity and quality of protein in your prepared meals ensures you're meeting your body's fundamental building block requirements. Protein's role in satiety cannot be overstated for those managing weight. Higher-protein meals increase feelings of fullness and reduce subsequent calorie intake, making them valuable tools for appetite control. When selecting prepared meals, prioritizing options with substantial protein content (at least 20 grams) helps maintain satisfaction between meals, reducing the likelihood of snacking or overeating.

## Comprehensive Macronutrient Balance Beyond calories and protein, understanding the complete macronutrient profile—including carbohydrates and fats—provides a

holistic view of how a prepared meal fits into your dietary framework. Health-conscious consumers following specific eating plans, whether low-carb, ketogenic, balanced macros, or high-carb for athletic performance, require detailed macronutrient breakdowns to maintain their nutritional targets.

Carbohydrate content in prepared meals varies significantly based on ingredients and intended dietary positioning. Meals featuring whole grains, legumes, or starchy vegetables naturally contain higher carbohydrate levels (40-60 grams per serving), while those emphasizing proteins and non-starchy vegetables may contain minimal carbs (under 15 grams). This information proves essential for individuals monitoring blood sugar levels, managing insulin sensitivity, or following carbohydrate-restricted eating patterns. Dietary fiber, a subset of carbohydrates, deserves special attention for its profound health benefits. Prepared meals containing 5-8 grams of fiber per serving support digestive health, promote satiety, and contribute to cardiovascular wellness. Fiber content information helps consumers select meals that meet the recommended 25-38 grams of daily fiber intake, an often-overlooked nutritional goal that significantly impacts overall health. Fat content and composition represent another crucial macronutrient consideration. Total fat, saturated fat, and trans fat values all appear on nutritional labels, but understanding their implications matters more than simply noting the numbers. Prepared meals utilizing healthy fats from sources like olive oil, avocado, nuts, and fatty fish (providing omega-3 fatty acids) offer superior nutritional value compared to those relying heavily on saturated fats. Total fat content typically ranges from 8-25 grams per serving in well-designed prepared meals, with saturated fat ideally comprising less than one-third of total fat content.

## Micronutrients and Nutritional Density While macronutrients receive primary attention, micronutrients—vitamins and minerals—determine the true nutritional density of prepared meals. Comprehensive nutritional information includes percentages of daily values for essential micronutrients like vitamin A, vitamin C, calcium, iron, and increasingly, vitamin D and potassium. These values indicate how substantially a single meal contributes to meeting your daily micronutrient requirements. Sodium content warrants particular scrutiny in prepared meals, as convenience foods historically contain elevated sodium levels for preservation and flavor enhancement. Health-conscious consumers, especially those managing blood pressure or cardiovascular health, benefit from selecting low-sodium options containing 600 milligrams or less per serving. Some prepared meal brands specifically formulate low-sodium or no-added-salt versions, allowing flavor enjoyment without compromising heart health. The presence of added sugars versus naturally occurring sugars provides important context for evaluating prepared meals. While fruits and dairy naturally contain sugars, added sugars contribute empty calories without nutritional benefit. Prepared meals marketed as having no added sugar appeal to consumers managing blood glucose, reducing inflammation, or simply seeking cleaner ingredient profiles. Checking the sugar content line on nutritional labels, ideally seeking options with less than 10 grams per serving and minimal added sugars, supports various health objectives.

## Allergen Information and Cross-Contact Clarity Allergen transparency represents a critical safety consideration for consumers with food allergies or sensitivities. Comprehensive allergen information goes beyond simply listing the presence of major allergens—milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans—to address potential cross-contact during manufacturing. Clear allergen and cross-contact labeling protects vulnerable consumers while providing peace of mind for those preparing meals for family members with dietary restrictions. The distinction between "contains" statements and "may contain" warnings helps consumers assess risk levels. "Contains" statements indicate that an allergen is an intentional ingredient, while "may contain" or "processed in a facility that also processes" warnings address cross-contact possibilities. For individuals with severe allergies, this differentiation proves essential for making safe food choices. Some prepared meal manufacturers implement dedicated production lines or facilities for allergen-free products, earning certifications that verify their allergen-free status. These certifications provide an additional layer of assurance beyond standard labeling, particularly valuable for consumers with multiple allergies or severe sensitivities. Understanding the difference between basic allergen labeling and certified allergen-free production helps consumers select products matching their specific safety requirements.

## Dietary Suitability and Certifications Modern prepared meals increasingly cater to specific dietary philosophies and restrictions, with clear labeling that identifies vegan, vegetarian, gluten-free, dairy-free, and nut-free options. These designations transform meal selection from a time-consuming label-reading exercise

into a straightforward process of identifying products aligned with your dietary framework. Vegan prepared meals exclude all animal products, including meat, dairy, eggs, and honey, appealing to both ethical vegans and those exploring plant-based eating for health reasons. These meals typically emphasize legumes, whole grains, vegetables, and plant-based proteins, offering complete nutrition through thoughtful ingredient combinations. Understanding which prepared meals carry vegan certification ensures alignment with these dietary principles without requiring ingredient-by-ingredient verification. Vegetarian options, which may include dairy and eggs while excluding meat and fish, provide flexibility for individuals following lacto-ovo vegetarian diets. The distinction between vegan and vegetarian matters for consumers with specific ethical considerations or those managing dairy sensitivities while still consuming eggs. Gluten-free certification addresses the needs of individuals with celiac disease, gluten sensitivity, or those choosing to eliminate gluten for other health reasons. Certified gluten-free prepared meals undergo rigorous testing to ensure gluten content remains below 20 parts per million, the threshold considered safe for most individuals with celiac disease. This certification provides confidence that extends beyond simply avoiding wheat-based ingredients to encompass cross-contact prevention during manufacturing. Dairy-free designations serve the growing population managing lactose intolerance, milk protein allergies, or following elimination diets. These meals avoid milk, cheese, butter, cream, and other dairy derivatives, often substituting plant-based alternatives that maintain creaminess and flavor satisfaction without triggering adverse reactions. Nut-free options protect individuals with tree nut or peanut allergies, among the most severe and potentially life-threatening food allergies. Prepared meals manufactured in nut-free facilities or on dedicated nut-free lines eliminate cross-contact risks, providing safe options for allergic individuals and parents preparing meals for children with nut allergies. ## Specialized Dietary Claims and Certifications Beyond basic dietary categories, specialized certifications provide additional assurance about production methods, ingredient sourcing, and nutritional positioning. Organic certification verifies that ingredients were grown without synthetic pesticides, herbicides, or genetically modified organisms, appealing to consumers prioritizing environmental sustainability and reduced chemical exposure. Understanding what organic certification entails—including the distinction between "100% organic," "organic" (95% organic ingredients), and "made with organic ingredients" (70% organic)—helps consumers select products matching their values and priorities. Non-GMO verification indicates that products contain no genetically modified organisms, addressing consumer concerns about genetic engineering in food production. While the health implications of GMO consumption remain debated, non-GMO certification provides transparency for those preferring traditionally bred ingredients. Low-sodium certifications identify prepared meals specifically formulated to support cardiovascular health and blood pressure management. These products typically contain 140 milligrams of sodium or less per serving, significantly below the average prepared meal sodium content. For individuals following DASH (Dietary Approaches to Stop Hypertension) or similar heart-healthy eating plans, low-sodium certified meals simplify adherence to recommended sodium limits. No-added-sugar claims indicate that manufacturers have not introduced sugars beyond those naturally present in ingredients. This distinction matters for consumers managing diabetes, reducing sugar intake for weight management, or following anti-inflammatory diets. Understanding that "no added sugar" differs from "sugar-free" (which indicates minimal total sugar content) helps consumers make selections aligned with their specific health objectives. ## Storage Requirements and Food Safety Proper storage of refrigerated prepared meals directly impacts both food safety and nutritional quality. These meals require consistent refrigeration at 40°F (4°C) or below to prevent bacterial growth and maintain ingredient integrity. Understanding storage requirements helps consumers protect their investment while ensuring the meals remain safe to consume throughout their shelf life. The "store refrigerated" designation on prepared meal packaging indicates that the product must remain at refrigeration temperatures from purchase through consumption. Allowing these meals to reach room temperature for extended periods—such as during transport from store to home or while sitting on counters—creates opportunities for bacterial proliferation that may compromise safety even if the meal is subsequently refrigerated again. Avoiding sun exposure and heat during storage preserves both nutritional content and food safety. Light and heat degrade certain vitamins, particularly vitamin C and B vitamins, reducing the nutritional value of prepared meals over time. Additionally, temperature fluctuations

accelerate spoilage, potentially shortening shelf life below the manufacturer's stated date. For extended storage beyond the refrigerated shelf life, freezing prepared meals offers an effective preservation method. Freezing arrests bacterial growth and enzymatic activity, maintaining food safety and nutritional quality for weeks or months beyond the original refrigeration timeline. Understanding which prepared meals freeze successfully—and how to properly freeze them—expands meal planning flexibility while reducing food waste. ## Defrosting and Reheating Protocols Microwave defrosting provides the most convenient method for preparing frozen prepared meals, using the appliance's defrost setting to gradually raise the meal's temperature without cooking it. This approach prevents the uneven heating that occurs when attempting to reheat meals directly from frozen, where exterior portions may overcook while interior sections remain cold. Reheating protocols significantly impact both food safety and meal quality. Microwave reheating remains the most common method, with specific time and power recommendations varying based on meal size and composition. Understanding how to adjust reheating times based on your microwave's wattage ensures the meal reaches safe internal temperatures (165°F or 74°C) throughout without creating hot spots or dried-out portions. The single reheat warning that appears on many prepared meal packages addresses food safety concerns related to multiple heating cycles. Each time food is reheated and cooled, it passes through the temperature "danger zone" (40-140°F or 4-60°C) where bacterial growth accelerates. Limiting meals to a single reheating cycle minimizes time spent in this danger zone, reducing foodborne illness risks. This guideline also has practical implications for meal planning—once reheated, the entire meal should be consumed rather than saving portions for later. Air fryer reheating has emerged as an alternative method that addresses common texture concerns associated with microwave reheating. Air fryers circulate hot air around food, creating crispness that microwaves cannot achieve. For prepared meals containing components that benefit from crispy textures—breaded proteins, roasted vegetables, or grain-based elements—air fryer reheating at 350-375°F for 8-12 minutes often produces superior results compared to microwave methods. ## Packaging Materials and Sustainability Understanding packaging materials used in prepared meals addresses both practical heating considerations and environmental concerns. Microwave-safe packaging allows direct reheating without transferring food to separate containers, simplifying preparation while reducing dish washing. These packages undergo testing to ensure they don't leach chemicals into food when heated, don't melt or deform at typical reheating temperatures, and allow steam to escape safely during the heating process. Recyclable packaging represents an increasingly important consideration for environmentally conscious consumers. Prepared meal manufacturers are transitioning from multi-material packaging that requires landfill disposal to mono-material designs that can be recycled through standard municipal programs. Understanding which components of meal packaging are recyclable—and how to properly prepare them for recycling—helps consumers align their food choices with sustainability values. The materials used in packaging also influence heating method preferences. Some containers excel in microwave applications but cannot withstand air fryer temperatures, while others perform well in conventional ovens but may not be microwave-safe. Clear labeling of appliance-specific heating guidance prevents packaging failures and potential safety hazards while ensuring optimal meal quality regardless of reheating method selected. ## Origin and Ingredient Traceability Ingredient traceability information provides transparency about where meal components originated and how they were produced. This information appeals to consumers concerned about supporting local agriculture, reducing transportation-related environmental impacts, or ensuring ingredients meet specific quality standards associated with particular regions or production methods. Detailed ingredient sourcing allows consumers to make values-based purchasing decisions. For example, prepared meals highlighting grass-fed beef, wild-caught seafood, or locally sourced vegetables provide assurance about production methods that align with animal welfare, environmental sustainability, or community support priorities. Understanding what traceability claims mean—and how they're verified—helps consumers distinguish between meaningful transparency and superficial marketing language. Country-of-origin labeling for primary ingredients addresses both quality perceptions and safety considerations. Some consumers prefer domestically produced ingredients due to familiarity with local food safety regulations, while others seek specific international ingredients valued for quality or authenticity. Comprehensive traceability information empowers these preference-based decisions. ## Meal Size and Portion

Guidance Defining reheating times by meal size recognizes that prepared meals come in various portion sizes designed for different consumer needs. Single-serving meals typically require 2-4 minutes of microwave reheating, while larger family-style portions may need 6-8 minutes or longer. Understanding how meal size affects heating times prevents both underheating (which creates food safety risks) and overheating (which degrades texture and flavor). Portion sizes directly relate to the nutritional information provided on packaging. All calorie, macronutrient, and micronutrient values correspond to the stated serving size, making it essential to understand whether the package contains one serving or multiple servings. Some prepared meals designed as single servings contain 300-400 calories, suitable as lighter meals or components of larger eating occasions, while others provide 500-700 calories as complete, satisfying meals requiring no supplementation. The relationship between meal size and satiety helps consumers select appropriate portions for their needs. Larger individuals with higher caloric requirements, those engaged in intense physical activity, or people accustomed to larger meal volumes may find standard single-serving prepared meals insufficient, requiring supplementation with paired sides or selection of larger-format options. Conversely, those managing caloric intake for weight loss or individuals with smaller appetites may find standard servings perfectly adequate or even generous.

## Texture Optimization and Quality Indicators Avoiding soggy texture represents a common challenge when reheating prepared meals, particularly those containing elements with varying moisture contents. Understanding which meal components are prone to sogginess—such as breaded items, crispy vegetables, or grain-based elements—helps consumers select appropriate reheating methods. While microwave reheating offers convenience, it introduces moisture that can soften previously crispy components. Air fryer or conventional oven reheating better preserves textural variety within meals. Strategic reheating techniques can minimize texture degradation even when using microwaves. Partially covering meals during reheating (rather than sealing them completely) allows some steam to escape, reducing moisture accumulation that causes sogginess. Stirring meals halfway through reheating distributes heat more evenly while preventing moisture from pooling in specific areas. For meals with distinct components, reheating elements separately and combining them afterward preserves individual textures. Avoiding overheating protects both nutritional content and eating quality. Excessive heat exposure degrades heat-sensitive vitamins, particularly vitamin C and certain B vitamins, reducing the nutritional value you receive from the meal. Overheating also creates texture problems—proteins become rubbery or tough, vegetables turn mushy, and sauces may separate or develop unpleasant consistency. Using the minimum heating time necessary to reach safe internal temperatures throughout the meal optimizes both nutrition and palatability. Appearance and quality indicators help consumers assess whether prepared meals remain safe and appealing to consume. Before reheating, inspect packaging for integrity—bulging, damaged, or compromised packages may indicate spoilage. After opening, check for off-odors, unusual colors, or visible mold, all of which signal that the meal should be discarded regardless of the printed expiration date. Following reheating, the meal should appear similar to freshly prepared food, with colors remaining vibrant and textures appropriate for the ingredients included.

## Thawing Instructions by Product Type Thawing protocols vary based on meal composition and ingredient sensitivity. Meals containing delicate proteins like fish or seafood benefit from gentle refrigerator thawing overnight, which maintains texture and prevents moisture loss that occurs with rapid thawing methods. This approach requires planning ahead but produces superior results compared to microwave defrosting for these sensitive ingredients. Meals featuring robust ingredients like beef, chicken, or plant-based proteins tolerate microwave defrosting more successfully. Using the microwave's defrost setting (typically 30-50% power) allows gradual temperature increase without beginning the cooking process. Checking the meal every 2-3 minutes during defrosting and rotating or stirring if possible ensures even thawing throughout. Some prepared meals can be reheated directly from frozen without a separate thawing step, though this approach requires extended heating times and careful attention to ensure the center reaches safe temperatures. This method offers maximum convenience when meal planning time is limited, though it may produce slightly less optimal texture compared to properly thawed and reheated meals.

## Optimal Serving Suggestions and Meal Pairings Best serving suggestions enhance prepared meals from convenient sustenance to satisfying dining experiences. Understanding which paired sides and beverages complement your prepared meal's flavor profile and nutritional composition creates

balanced, enjoyable eating occasions. For protein-forward prepared meals, pairing with fresh salads, steamed vegetables, or whole grain rolls adds volume, fiber, and micronutrients while creating more substantial portions. Beverage pairings influence both meal satisfaction and nutritional completeness. Water remains the healthiest default choice, supporting hydration without adding calories or sugar. For meals designed as part of weight management programs, avoiding caloric beverages prevents unintentional calorie additions that undermine dietary goals. However, certain prepared meals pair well with specific beverages—herbal teas complement lighter vegetarian options, while sparkling water with citrus enhances richer, protein-based meals. The timing of prepared meal consumption within your daily eating pattern affects both satisfaction and metabolic outcomes. Consuming higher-protein, moderate-carbohydrate prepared meals earlier in the day aligns with natural circadian rhythms that optimize protein utilization and insulin sensitivity during morning and midday hours. Reserving lighter, vegetable-forward options for evening meals may support better sleep quality and overnight recovery processes. ## Integration with Specific Dietary Programs Understanding how prepared meals fit specific programs—whether commercial weight loss plans, athletic training nutrition, or therapeutic diets—helps consumers maintain adherence while enjoying convenient meal options. Many prepared meal brands design products specifically to align with popular dietary frameworks, clearly labeling which meals meet program requirements. For weight loss programs emphasizing portion control and caloric restriction, prepared meals offering precise calorie counts eliminate guesswork and reduce decision fatigue. Selecting meals within your program's caloric targets for each eating occasion simplifies adherence, particularly during high-stress periods when willpower for meal preparation wanes. Athletic training programs with elevated protein requirements benefit from prepared meals specifically formulated with higher protein content (30-40 grams per serving). These options support muscle recovery and growth while providing the convenience athletes need during intensive training periods when time and energy for cooking diminish. Therapeutic diets addressing specific health conditions—such as renal diets limiting sodium, potassium, and phosphorus, or diabetic diets emphasizing consistent carbohydrate intake—require careful meal selection. Prepared meals designed for these populations display relevant nutritional information prominently, enabling safe inclusion in medically supervised eating plans. ## Post-Opening Storage and Consumption Timeline Open package storage time defines how long prepared meals remain safe and palatable after opening but before reheating. Most refrigerated prepared meals should be consumed within 3-5 days of opening, though this timeline varies based on ingredients and preservation methods. Understanding these timelines prevents foodborne illness while minimizing food waste. After reheating, prepared meals should be consumed immediately rather than stored for later consumption. The single reheat warning encompasses this guidance—once heated, the meal has passed through temperature ranges that promote bacterial growth, and storing it again creates additional safety risks. Planning to consume the entire reheated portion eliminates this concern while ensuring optimal texture and flavor. For consumers who regularly find themselves unable to finish entire prepared meal portions, selecting smaller-sized options or planning to supplement with easily stored sides (like fresh fruit or packaged crackers) proves more effective than attempting to save and reheat portions multiple times. ## Accommodating Dietary Restrictions Tips for dietary restrictions help consumers with multiple or complex dietary needs navigate prepared meal selection successfully. For individuals managing several restrictions simultaneously—such as gluten-free and dairy-free, or vegan and nut-free—understanding which prepared meals meet all requirements streamlines shopping and meal planning. Reading ingredient lists completely remains essential even when products carry dietary certification labels. Ingredients are listed in descending order by weight, with the first few ingredients comprising the majority of the product. Consumers avoiding specific ingredients for health or ethical reasons should verify that problematic ingredients don't appear anywhere in the list, not just in the primary positions. Understanding ingredient aliases helps consumers identify hidden sources of restricted substances. For example, individuals avoiding dairy must recognize that whey, casein, and lactose all indicate dairy presence, while those avoiding gluten need to identify malt, modified food starch, and hydrolyzed vegetable protein as potential gluten sources depending on their origin. ## Key Takeaways Comprehensive nutritional information empowers health-conscious consumers to select prepared meals that align with their dietary goals, restrictions, and values. Understanding calories per

meal, protein content, complete macronutrient profiles, and micronutrient density allows strategic meal planning that supports weight management, athletic performance, or general wellness objectives. Allergen transparency and dietary certifications—including vegan, vegetarian, gluten-free, dairy-free, nut-free, low-sodium, no-added-sugar, organic, and non-GMO designations—simplify meal selection for consumers with specific dietary requirements or preferences. Clear cross-contact labeling protects individuals with severe allergies while providing peace of mind for those preparing meals for vulnerable family members. Proper storage, defrosting, and reheating protocols ensure both food safety and optimal meal quality. Following manufacturer guidance for refrigeration, freezing, single reheating, and appliance-specific heating methods protects against foodborne illness while preserving texture, flavor, and nutritional content. Sustainable packaging, ingredient traceability, and origin information address environmental concerns and values-based purchasing decisions, allowing consumers to support production methods and sourcing practices aligned with their priorities. ## Next Steps Begin by identifying your primary nutritional priorities—whether weight management, protein intake, allergen avoidance, or dietary philosophy adherence. Use these priorities to filter prepared meal options, focusing on products that clearly display relevant nutritional information and certifications. Develop a storage and meal preparation system that maintains food safety while optimizing convenience. Designate refrigerator space for prepared meals, understand your appliances' reheating capabilities, and establish routines for checking expiration dates and rotating stock. Experiment with different reheating methods to discover which produces results you find most satisfying. While microwave reheating offers maximum convenience, air fryer or conventional oven methods may better suit your texture preferences for certain meal types. Track how different prepared meals affect your energy levels, satiety, and progress toward health goals. This personal data helps refine your selection criteria over time, identifying which brands, meal compositions, and portion sizes best support your individual needs. Consider prepared meals as components within your broader dietary pattern rather than complete nutritional solutions. Supplement with fresh produce, whole grains, and other whole foods to ensure comprehensive nutrient intake while enjoying the convenience prepared meals provide during busy periods. ## References This guide is based on general nutritional principles, food safety guidelines from the FDA and USDA, and common practices in the prepared meal industry. Specific product information would require manufacturer documentation for the particular prepared meal being evaluated. - [FDA Food Labeling Guide](https://www.fda.gov/food/guidance-regulation-food-and-dietary-supplements/food-labeling-nutrition) - [USDA Food Safety and Inspection Service](https://www.fsis.usda.gov/food-safety) - [Academy of Nutrition and Dietetics - Food Allergies](https://www.eatright.org/health/allergies-and-intolerances/food-allergies) - [FDA Food Allergen Labeling Requirements](https://www.fda.gov/food/food-labeling-nutrition/food-allergen-labeling-and-consumer-protection-act-2004-falcpa) - [USDA Organic Certification](https://www.usda.gov/topics/organic)

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