

Who Says Restrictive Diets have to be Boring!



Ener-G Foods, Inc.

Manufacturer of Special Diet Foods for Over 49 Years!

LOW PROTEIN



WELCOME

Since 1962, when we first created low protein products for renal pre-dialysis patients we have striven to meet the challenging requirements for diet restricted consumers. We not only offer wheat-free, gluten-free, dairy-free, tree nut-free and peanut-free products, but also products that are low-protein, egg-free, soy-free, and yeast-free products. Our bakery is dedicated to wheat-free, gluten-free, dairy-free, and nut-free baking, guaranteeing that contamination from gluten will not occur. We are also certified Kosher under the KOF-K label. KOF-K Kosher certification assures the consumer that ingredients used in the products meet the highest Kosher as well as the strictest cleaning standards.

Our innovative packaging gives our products a 1-year shelf life without the need for refrigeration. We bake our products as orders are received to insure that the freshest product is available. Ener-G Foods unconditionally guarantees all of our products' freshness. If you are dissatisfied with any of our products, we will gladly replace or refund your purchase price.

Through the decades our commitment to purity, quality and innovative products has set the standard for others to follow.

WAYS TO ORDER...

PHONE:

Customer Service Representatives are ready to take your order or assist with any questions.

Open 8am to 5pm Monday to Fridays
(Pacific Time)

Toll Free: 1.800.331.5222

Local: 206-767-3928 (Seattle Area)

MAIL:

Ener-G Foods, Inc.

5960 1st Avenue South
Seattle, WA 98108

ONLINE:

Order Safely and Securely 24 hours / 7 days a week at

www.ener-g.com

Why Order Online?

- Access full line of Ener-G Products, including ingredients, nutritional information, photos, prices and specials.
- Phenylalanine, Leucine, Isoleucine, and Valine amounts available for Low Protein products.
- Search our Where to Buy section for local retailers who stock Ener-G products.
- Recipes - hundreds of recipes all FREE
- Multiple allergies? Use our Advanced Search method to narrow down the choices specific to your dietary needs
- **NEW SPECIALS EVERY MONTH!!**

VISIT US!

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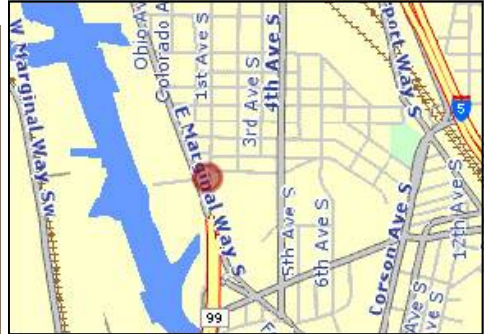
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MAIL ORDER COUPON!

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Ener-G Foods is kosher certified under the KOF-K label.



If you live in the Seattle, Washington area, come by and visit us. We are just 3 miles south of Safeco and Centurylink Field

Ener-G Foods, Inc.
5960 1st Avenue South
Seattle, Washington 98108

From North and South:

Take I-5

Use Michigan/Corson exit (Coming from the South, exit is on the left hand side).

Turn right on Michigan Street

Go to East Marginal Way and turn right.

Just go up to the next stop signal and take a right into the first driveway.

Look for the Ener-G logo mounted on

Potato Mix Low Protein Cookies:

Ingredients—

- 1 cup granulated sugar
- 1 cup margarine
- 1/4 cup lemon juice
- 3 tbsp vinegar
- 1 cup hot water
- 1/4 tsp Ener-G Xanthan Gum
- 2 cups Ener-G Potato Mix

Directions:

Preheat oven to 425 degrees F. Cream sugar and margarine together. Thoroughly beat in lemon juice, vinegar and Ener-G Xanthan Gum at high speed. Beat in Ener-G Potato Mix. Drop by half tablespoons onto cookie sheet. Bake for 5 minutes. (Do not over bake)

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TAPIOCA LOAF-THIN SLICED

Phenylalanine 88mg per 100g



Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Guar Gum, Orange Citrus Fiber, Salt, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

#4015 TAPIOCA LOAF-thin sliced

Loaf 16 slices (16oz/454g)...\$5.29

X _____ \$= _____

Case of 6 loaves...\$28.57

X _____ \$= _____

RICE STARCH LOAF

Phenylalanine 17.4mg per 100g



Filtered Water, Rice Starch, Tapioca Starch, Organic, Evaporated Cane Juice, Polydextrose, Bamboo Fiber, Hi Oleic Safflower oil, Yeast, Orange Citrus Fiber, Methylcellulose, Calcium Phosphate, Xanthan Gum, Enriched with thiamine, riboflavin, niacin, iron and folic acid.

#4040 RICE STARCH LOAF

Loaf 12 slices (17.28oz/490g)...\$5.59

X _____ \$= _____

Case of 6 loaves...\$30.19

X _____ \$= _____

CORN LOAF

Phenylalanine 32mg per 100g



Filtered Water, Resistant Corn Starch, Tapioca Flour, High Oleic Safflower oil, Pear Juice Concentrate, Sweet Rice Flour, Bamboo Fiber, Yeast, Methylcellulose, Guar Gum, Salt, Orange Citrus Fiber, Calcium Phosphate. Enriched with Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

#4026 CORN LOAF

Loaf 12 slices (8.04oz/228g)...\$4.59

X _____ \$= _____

Case of 6 loaves ...\$24.79

X _____ \$= _____

LIGHT TAPIOCA LOAF

Phenylalanine 135mg per 100g



Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Organic Palm Fruit Oil, Yeast, Methylcellulose, Guar Gum, Organic Tapioca Syrup, Salt, Orange Citrus Fiber, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

#4021 LIGHT TAPIOCA LOAF

Loaf 12 slices (8oz/228g)...\$3.69

X _____ \$= _____

Case of 6 loaves...\$19.93

X _____ \$= _____

LIGHT BROWN RICE LOAF

Phenylalanine 169mg per 100g

Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Methylcellulose, Organic Tapioca Syrup, Yeast, Salt, Orange Citrus Fiber, Sodium Carboxymethylcellulose, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate), Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.

#4028 LIGHT BROWN RICE LOAF

Loaf 12 slices (8oz/228g)...\$4.35

X _____ \$= _____

Case of 6 loaves...\$23.49

X _____ \$= _____

LIGHT WHITE RICE LOAF

Phenylalanine 182mg per 100g

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Yeast, Organic Tapioca Syrup, Methylcellulose, Orange Citrus Fiber, Salt, Sodium Carboxymethylcellulose, Calcium Phosphate, Baking Powder (Glucono Delta Lactone & Calcium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

#4024 LIGHT WHITE RICE LOAF

Loaf 12 slices (8oz/228g)...\$3.99

X _____ \$= _____

Case of 6 loaves...\$21.55

X _____ \$= _____

TAPIOCA HAMBURGER BUNS

Phenylalanine 88mg per 100g

Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.

#4115 TAPIOCA HAMBURGER BUNS

Pkg of 4(7.76oz/220g)...\$5.29

X _____ \$= _____

Case of 6 pkgs...\$28.57

X _____ \$= _____

TAPIOCA HOT DOG BUNS

Same as item #4115 – Tapioca Hamburger Buns

#4135 TAPIOCA HOT DOG BUN

Pkg of 4(7.76oz/220g)...\$5.89

X _____ \$= _____

Case of 6 pkgs...\$31.81

X _____ \$= _____

TAPIOCA DINNER ROLLS

Same as item #4115 – Tapioca Hamburger Buns

#4140 TAPIOCA DINNER ROLLS

Pkg of 6(9.88oz/280g)...\$5.89

X _____ \$= _____

Case of 6 pkgs...\$31.81

X _____ \$= _____

BUNS & DINNER ROLLS

5

WYLDE PRETZELS

Phenylalanine 85.9mg per 100g

Potato Flour, Corn Starch, Rice Flour, Organic Palm Fruit Oil, Hi Maize Corn Starch, Corn Glucose, Ener-G Baking Powder (Sodium Pyrophosphate, Sodium Bicarbonate, Potato Starch, Monocalcium Phosphate), Cellulose Gum, Bamboo Fiber, Salt, Yeast.



#4724 WYLDE PRETZELS-4 oz

Pkg (4oz/113g)...\$2.09 X ___ \$= _____

Case of 24 pkgs...\$45.14 X ___ \$= _____

#4725 WYLDE PRETZELS-8 oz

Pkg (8oz/227g)...\$4.00 X ___ \$= _____

Case of 12 pkgs...\$43.20 X ___ \$= _____

#4728 WYLDE PRETZELS-1 oz

Pkg (1oz/28g)...\$0.65 X ___ \$= _____

Case of 50 pkgs...\$29.25 X ___ \$= _____

ENER-G PRETZELS

Phenylalanine 139mg per 100g

Corn Starch, Potato Starch, Palm Oil, Soy Flour, Salt, Sugar, Baking Powder (Ammonium Bicarbonate, Sodium Bicarbonate, Sodium Acid Pyrophosphate) Sodium Carboxymethylcellulose, Yeast, Lecithin from Soy (Emulsifier). May contain sesame seeds.



#4720 CRISP PRETZELS (IMPORTED FROM ISRAEL)

Pkg (2.65oz/75g)...\$2.09 X ___ \$= _____

Case of 20 pkgs...\$37.62 X ___ \$= _____

ENER-G WHEAT-FREE CRACKERS

Phenylalanine 131mg per 100g

Corn Starch, Palm Oil, Soy Flour, Sugar, Salt, Baking Powder (ammonium bicarbonate, sodium carbonate, sodium acid pyrophosphate), Yeast, Soy Lecithin (emulsifier).



#4721 ENER-G GOURMET CRACKERS (IMPORTED FROM ISRAEL)

Pkg (7.05oz/200g)...\$4.65 X ___ \$= _____

Case of 24 pkgs...\$100.44 X ___ \$= _____

CINNAMON CRACKERS

Phenylalanine 60mg per 100g

Potato Starch, Filtered Water, Cinnamon Mix (Organic Evaporated Cane Juice & Cinnamon powder), High Oleic Safflower Oil, Organic Tapioca Syrup, Yellow Corn Flour, Methylcellulose, Cinnamon Powder, Xanthan Gum.



#4082 CINNAMON CRACKERS

Pkg (5.3oz/150g)...\$6.45 X ___ \$= _____

Case of 6 pkgs...\$34.83 X ___ \$= _____

COMMUNION WAFERS

Phenylalanine 206mg per 100g

Filtered Water, Sweet Rice Flour, Potato Flour, Organic Palm Fruit Oil, Potato Starch, Methylcellulose, Sunflower Lecithin.

#7058 COMMUNION WAFERS

Pkg of 50(1.41oz/40g)...\$8.35 X ___ \$= _____

Case of 6 pkgs...\$45.09 X ___ \$= _____

CHOCOLATE CHIP SNACK BARS

Phenylalanine 105mg per 100g

Organic Evaporated Cane Juice, Crisp Rice Cereal (rice flour, rice bran, honey, calcium carbonate), Corn Starch, Ener-G Chocolate Chips (evaporated cane juice, unsweetened chocolate, tapioca syrup), Organic Tapioca Syrup, Plum Puree (prune juice concentrate, dried plums), Organic Palm Fruit Oil, Filtered Water, Ener-G Egg Replacer (tapioca flour, potato starch, leavening [calcium lactate, calcium carbonate, glucono delta lactone], cellulose gum), Vanilla Powder (vanilla bean extractive & dextrose from corn), Orange Peel, Salt.

#4756 CHOCOLATE CHIP SNACK BARS

Pkg of 10 (14.81oz/390g)...\$6.69

X \$= _____

Case of 6 pkgs...\$36.13

X \$= _____

GINGER COOKIES

Phenylalanine 107mg per 100g

Organic Evaporated Cane Juice, Rice Flour, Potato Starch, Filtered Water, Organic Palm Fruit Oil, Unsulphured Molasses, Ener-G Egg Replacer [tapioca flour, potato starch, leavening (calcium lactate, calcium carbonate, glucono delta lactone), cellulose gum], Ginger Powder, Sodium Bicarbonate, Monocalcium Phosphate, Vanilla Powder [(vanilla bean extractives, dextrose (corn sugar)], Sodium Carboxymethylcellulose.

#4519 GINGER COOKIES

Pkg of 16 (7.76oz/220g)...\$5.85

X \$= _____

Case of 6 pkgs...\$31.59

X \$= _____

CINNAMON COOKIES

Phenylalanine 4mg per 100g

Potato Starch, Filtered Water, Cinnamon Mix (Organic Evaporated Cane Juice & Cinnamon powder), High Oleic Safflower Oil, Organic Tapioca Syrup, Yellow Corn Flour, Methylcellulose, Cinnamon Powder, Xanthan Gum, Salt.

#4451 CINNAMON COOKIES

Package of 16 (8.75oz/248g)...\$4.45

X \$= _____

Case of 6 pkgs...\$24.03

X \$= _____

COOKIES

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RICE PIZZA SHELLS

Phenylalanine 88mg per 100g



Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Salt, Guar Gum, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone & Calcium Carbonate). Enriched with Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid & Vitamin D.

#4220 RICE PIZZA SHELLS 10"

Pkg of 2(14.7oz/416g)...\$11.95

X _____ \$= _____

Case of 5 pkgs...\$53.78

X _____ \$= _____

#4222 RICE PIZZA SHELLS 6"

Pkg of 3(8.89oz/252g)...\$10.39

X _____ \$= _____

Case of 5 pkgs...\$46.76

X _____ \$= _____

FAQ

Q: What can you do or not do with the Egg Replacer?

Egg Replacer is used mainly in baking from scratch. Egg Replacer can be used with some commercial mixes but it is not recommended. Since there are no eggs or egg derivatives, it CANNOT be scrambled, hardboiled, etc.

Q: Can the Egg Replacer be whipped like egg whites?

The Ener-G Egg Replacer can be whipped into egg whites, although they will not be as stiff as standard eggs. Using cream of tartar will help but we have seen great results just whipping them per serving. Adding sweeteners then whipping again is possible

Mimics what eggs do in recipes, but it's completely egg-free. The Egg Replacer simplifies baking for people who cannot use eggs. It replaces egg whites as well as egg yolks. One 16 oz Package equals approximately 100 eggs.

EGG REPLACER

Phenylalanine 1.2mg per 100g

Potato Starch, tapioca starch flour, leavening (calcium lactate [not derived from dairy], calcium carbonate, citric acid), Sodium Carboxymethylcellulose, methylcellulose.

#1414 EGG REPLACER

Pkg (16.01oz/454g)...\$6.69

X _____ \$= _____

Case of 12 pkg...\$72.25

X _____ \$= _____

#9280 EGG REPLACER - BULK**

50lb bag...\$155.25

X _____ \$= _____

(**Actual Shipping Applies)

EGG REPLACER

Standard Measuring- Egg Substitutes.
Convert as Follows:

Egg Substitute (i.e. Egg Beaters®)	Actual Egg	Ener-G Egg Replacer
1/4 cup	1 egg	1-1/2 tsp dry & 2 tbsp water
1 cup	4 eggs	2 tbsp dry & 9 tbsp water
2 tbsp	1 egg white	1-1/2 tsp dry & 2 tbsp water
3 tbsp	1 egg yolk	1-1/2 tsp dry & 1 tbsp water


The above converts with Ener-G Egg Replacer on a per egg equivalent, using 1-1/2 tsp dry Ener-G Egg Replacer per egg, per egg white, and per egg yolk.

Q: How do you measure Egg Replacer if the recipe calls for eggs in measurements such as 1 cup?

If a recipe calls for eggs in measurements the following chart breaks down how many eggs equate to 1 cup or 8 oz. If a recipe calls for 1/2 cup of eggs divide the following in half and so on.

Measurements for 1 cup			
<u>Egg</u>	<u>Whole</u>	<u>Whites</u>	<u>Yolks</u>
Jumbo	4	5	11
X-Large	4	6	12
Large	5	7	14
Medium	5	8	16
Small	6	9	18

TAPIOCA (STARCH) FLOUR

Phenylalanine 0mg per 100g 

Pure tapioca flour

#1134 TAPIOCA FLOUR

Pkg (16oz/454g)...\$2.95

X \$= _____

Case of 12 pkgs...\$31.86


X \$= _____

#9530 TAPIOCA FLOUR-BULK

Pkg (5lbs/2.26kg)...\$10.35

X \$= _____

POTATO STARCH FLOUR

Phenylalanine 3.5mg per 100g 

Pure potato starch flour

#1144 POTATO STARCH FLOUR

Pkg (16oz/454g)...\$3.70

X \$= _____

Case of 12 pkgs...\$39.96


X \$= _____

#9465 POTATO STARCH FLOUR

Pkg (5lbs/2.26kg)...\$11.55

X \$= _____

POTATO MIX

Phenylalanine 3.4mg per 100g 

Potato starch, baking powder (sodium bicarbonate, Monocalcium phosphate)

#1084 POTATO MIX


Pkg (20oz/567g)...\$3.90

X \$= _____

Case of 12 pkgs...\$42.12

X \$= _____

XANTHAN GUM

Phenylalanine 0mg per 100g 

Xanthan Gum

#4605 XANTHAN GUM


Pkg (5.93oz/168g)...\$12.25

X \$= _____

Case of 12 pkgs...\$132.30

X \$= _____

BAKING POWDER

Phenylalanine 0mg per 100g 

Calcium Carbonate, Magnesium Carbonate, Glucono Delta Lactone, Citric Acid

#4610 BAKING POWDER


Pkg (7.05oz/340g)...\$6.35

X \$= _____

Case of 12 pkgs...\$68.58

X \$= _____

BAKING SODA SUBSTITUTE

Phenylalanine 0mg per 100g 

Calcium Carbonate, Magnesium Carbonate.

#4630 BAKING SODA SUBSTITUTE

Pkg (5.3oz/150g)...\$7.59

X \$= _____

Case of 12 pkgs...\$81.97

X \$= _____

LOW PROTEIN RESOURCES

Low Protein Cooking:

www.lowprotein.com—Information and recipes for low protein diets.

Med-Diet:

www.med-diet.com—Minneapolis, MN

Phone: 1-800-633-3438. Distributor of Low Protein and Special Diet Products.

NW Kidney Center:

www.nwkidney.org—Mission to promote optimum health for people with kidney disease.

PKU/MSUD RESOURCES

Mid-Atlantic Connection:

www.macpad.org—PKU and Allied Disorders

National Coalition for PKU and Allied Disorders:

www.pku-allieddisorders.org

PKU Life:

www.pkulife.com—good source for PKU management software, eCookbooks, foods, etc.

National PKU News Group:

www.pkunews.org

Children's PKU Network:

www.pkunetwork.org—founded to address the needs and concerns of individuals with PKU and their families. Great links with lots of information.

MSUD Family Support Group:

www.msud-support.org—Non-profit organization for those with MSUD and their families. Includes health-care professionals and others interested in MSUD.

Potato Mix Low Protein Pancakes:

Ingredients—

2 tsp Ener-G Egg Replacer
2 tbsp water
1 tbsp oil
4 tbsp lecithin
1 cup hot water
1/2 cup instant potato flakes
1 tbsp baking powder
1 cup Ener-G Potato Mix

Directions:

In a mixing bowl, beat Ener-G Egg Replacer and water until wet peaks start to form. Mix in the oil, lecithin, hot water, and instant potato flakes. Allow the mixture to sit for 3 to 4 minutes. Add in the baking powder and Ener-G Potato Mix, beat until the batter is smooth. Drop onto a greased 400° skillet. Cook until the top is full of tiny bubbles and the underside is brown. Flip and cook until underside is brown.

SHIPPING INFO

- All prices are quoted in US dollars. There are no minimum order requirements.
- **Please use your customer number; it will expedite your order.**
- **Unfortunately, we are no longer able to offer backorders on products that are out of stock, therefore, you must reorder these items.**
- Prices do not include shipping charges.
- Orders are shipped surface FEDEX whenever possible. Our baked products are vacuum-packed to enable us to ship surface FEDEX at approximately 60% saving over air rates. **We will ship via air upon request. Orders shipped to any P.O. Box address are sent via United States Postal Service (USPS).**
- You may request to have your order shipped with a different carrier other than FedEx. **USPS mail are charged at actual costs (calculated by weight and distance).**
- Please mark carefully the quantity of each product ordered (pkg, case, etc). Figure the extended amount for each item ordered. Total all products ordered and add the appropriate shipping fee from our schedule. Attach your check or money order (**do not send cash**) for the total amount of your order.
- Credit card customers may also order by telephone or online at www.ener-g.com. Dial toll-free 1-800-331-5222 8:00 am to 5:00 pm Monday thru Friday 8:00 am to 5:00 pm (Pacific Time). **Please have your credit card and order ready.** To order via mail please send your order form and payment to Ener-G Foods, P.O. Box 84487, Seattle, WA 98124-5787.
- **Sorry, we cannot ship C.O.D.**

SHIPPING FEES

- **MOST ORDERS ARE SHIPPED OUT FROM OUR FACILITY WITHIN 2 BUSINESS DAYS**
- **IF YOU HAVE YOUR ORDER SHIPPED TO A BUSINESS, YOU MAY SUBTRACT \$2.00 FROM THE APPROPRIATE FEE.**

(Note: Businesses operated out of a residential home do not qualify for the business address shipping rates.)

- FedEx Business Delivery Schedule: Mon-Fri.
 - FedEx Home Delivery Schedule: Tuesday to Saturday 9:00 am to 8:00 pm
 - Signature for FedEx ground home delivery is optional and costs an additional \$3.00 per package
- The above charges apply to retail customers in 48 contiguous states. Shipments to AK, HI, PR & APO addresses are charged at actual FedEx and USPS costs. Shipments to Canada and other countries are charged at actual shipping costs plus **any charges for customs clearance, taxes, brokerage, or duties are the responsibility of the customer (where applicable).**

<u>If Order Totals:</u>	<u>FedEx Home Delivery</u>
Up to \$36.00	\$6.00
\$36.01-\$60.00	\$9.50
\$60.01 & up	\$11.95

RETURN POLICY

In the event you received damaged or incorrect merchandise contact us no more than **15 days** after receiving the products. Spoilage contact us **within 6 months** of receiving your order. **Do not** return the merchandise to us. Call our toll-free number and we will arrange for replacement or credit. *No refund or credit will be given without an authorization code.* Contact us at **1-800-331-5222**. In the case of a non-damaged or non-spoiled product returns, the customer will pay the return shipping charges and a 15% re-stocking fee.

MAIL ORDERS ONLY



Ener-G Foods, Inc. **\$2.00 Off**

Attach this coupon with your next **Mail-In Order of \$40 or more (including shipping)** and receive **\$2** off your grand total.

5960 1st Ave. S., Seattle, WA 98108 || 1-800-331-5222 || www.ener-g.com

RECIPE SELECTION

1. Check all of the criteria that your recipes must adhere to and send the list either by mail, fax or email to the information listed below. At this time you do not need to send any payment.
2. Ener-G will then mail back to you our introductory letter and the listing of recipes that meet your selected requirements. Please complete the address form at the bottom to receive the recipe listing in the mail.
3. Select the recipes you are interested in receiving and contact Ener-G Foods by mail, phone, fax, or email to place your order. There is a minimal charge of 15¢* per recipe to cover paper, printing and postage.
*Due to our recipe software restrictions we can only mail you the results. The 15¢ charge is per recipe not per recipe category.

1. Mail

Ener-G Foods, Inc.
Attn: Recipe Request
5960 1st AVE South
Seattle, WA 98108

2. Fax

(Please be sure to include your
mailing address & phone number)
Attn: Recipe Request
206-764-3398

3. Email

(Please be sure to include your mailing
address & phone number)
Subject: Recipe Request
customerservice@ener-g.com

Search Tip: Selecting many categories will greatly narrow the search results, which may end with no matches found. Broaden your search results by selecting fewer categories.

Check all Boxes that apply to your Dietary Needs:

- | | | | |
|----------------|--------------------------|------------------------------|--------------------------|
| 1. Gluten-Free | <input type="checkbox"/> | 12. Appetizers & Side Dishes | <input type="checkbox"/> |
| 2. Wheat-Free | <input type="checkbox"/> | 13. Bread | <input type="checkbox"/> |
| 3. Casein-Free | <input type="checkbox"/> | 14. Breakfast | <input type="checkbox"/> |
| 4. Dairy-Free | <input type="checkbox"/> | 15. Desserts | <input type="checkbox"/> |
| 5. Yeast-Free | <input type="checkbox"/> | 16. Drinks & Beverages | <input type="checkbox"/> |
| 6. Egg-Free | <input type="checkbox"/> | 17. Egg Replacer | <input type="checkbox"/> |
| 7. Soy-Free | <input type="checkbox"/> | 18. Holiday | <input type="checkbox"/> |
| 8. Nut-Free | <input type="checkbox"/> | 19. Low Protein | <input type="checkbox"/> |
| 9. Potato-Free | <input type="checkbox"/> | 20. Main Dishes | <input type="checkbox"/> |
| 10. Sugar-Free | <input type="checkbox"/> | 21. Sauce | <input type="checkbox"/> |
| 11. Corn-Free | <input type="checkbox"/> | 22. Snacks | <input type="checkbox"/> |

*Note: Our computer can **only** sort on the above criteria

Your Name: _____ Phone: () _____

Address: _____

City: _____ State: _____ Zip: _____

**REMEMBER: All Ener-G recipes are posted
ONLINE at www.ener-g.com and they completely
FREE.**

THANK YOU!

DETAILED INFORMATION & DISCLAIMER

Ener-G Foods, Inc., a manufacturer of special diet foods for over 40 years, is pleased to offer a line of products suitable for use by persons on restricted diets. Detailed information concerning product ingredients and nutritional content is available from upon request by writing to us at:

5960 1st AVE S.
Seattle, Washington 98108
customerservice@ener-g.com
www.ener-g.com

BECAUSE WE ARE UNAWARE OF YOUR PERSONAL REQUIREMENTS AND CANNOT PROVIDE DIETARY COUNSELING OR MEDICAL ADVICE, ENER-G FOODS CANNOT BE RESPONSIBLE FOR THE IMPROPER SELECTION AND USE OF ITS PRODUCTS. CONSEQUENTLY, WE URGE YOU TO CONSULT WITH A PHYSICIAN AND/OR DIETITIAN FOR GUIDANCE CONCERNING YOUR DIETARY NEEDS.

Disclaimer: Ener-G Foods, Inc. continues to make changes to have the best possible products available to our customers, therefore the information listed on Ener-G's catalogs is at anytime subject to change without notice. Ener-G Foods, Inc. is not responsible for information provided in an old published catalog.

ENER-G'S HISTORY

Ener-G Foods, Inc. is a family owned business located in Seattle, Washington that has evolved to become one of the largest producers devoted to special diet foods in the United States. When Sam Wylde purchased Ener-G Foods, Inc. in 1962, we were little more than a two-person operation in which all packing was done by hand. Shortly after acquiring Ener-G Foods, Sam was approached by Dr. Scribner of the University of Washington to help work on a low protein bread suitable for those on kidney dialysis. Sam Wylde and Ener-G Foods worked on low protein bread for about a year before arriving at an acceptable result. Made with a base of wheat starch it was low in protein, sodium, potassium and phosphorus, therefore acceptable for a low protein diet. Low protein foods developed by Ener-G Foods also address several other dietary disorders including PKU, MSUD, glutaric Acidemia, Argininemia, Organic Acidemia, Homocystinuria, Argininemia, Tyrosinemia, Propionic Acidemia. Sometime later, Dr. Cyrus Rubin professor of Gastroenterology at the University of Washington sent his dietitian, Elaine Hartsook to us with a request for a gluten free bread with one restriction, 'I don't want any wheat starch'. At that time Sam Wylde, III, having completed his MBA in Oregon, moved back to Seattle to assist his father with Ener-G Foods. Sam Wylde, III began working nights on developing gluten-free breads and other products without the use of wheat starch.

A common complaint that we have heard over the years from the many physicians is, 'My patients won't stay on the gluten-free diet, they can't find anything they like to eat'. By 1978, Ener-G Foods had successfully developed and marketed one gluten-free bread and one low protein bread that were acceptable substitutes for the 'real thing'. Since our gluten-free bread eliminated wheat, rye, oats and barley, persons afflicted with allergies to any of those grains could utilize these breads in their diets. Unwittingly, we had joined the allergy foods market, which would generate considerable interest throughout the eighties and into the nineties.

Our commitment to the special diet market includes investments in environmentally friendly packaging equipment, state of the art computer equipment, HACCP Certification and most of all, our employees. We believe that if our customers are successful in management of their special diets, we too will be successful both commercially and in personal satisfaction. Our product line includes more than a dozen varieties of breads as well as buns, rolls, many types of cookies, pastas, desserts, and specialty flours all developed for persons on special diets. Our goal is to provide those items necessary to fill the void created by the diagnosis of a dietary disorder, thereby enhancing the quality of a person's life. If we achieve our goal, that is our success.



Ener-G Foods, Inc.

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for low protein and more allergy-free products!