Agricultural and Processed Food Products Export Authority (APEDA) has facilitated the export of the first consignment of plant-based meat products under the Vegan food category from Gujarat to the United States of America (USA).

## WHAT ARE PLANT BASED MEAT PRODUCTS?

Plant-based meat is basically meat derived from plants. It is manufactured to taste, look, and feel like traditional meat from animal products.

Plant-based meat is healthier than regular meat as it is lower in calories and saturated fats.