

# HMR® Product Restrictions for Special Medical Conditions

	Lactose Intolerant	Vegetarian	Gluten (Celiac Disease)	Tyramine (MAO Inhibitor)	Purine Restricted	Soy Protein
HMR 120 Vanilla	●					●
HMR 120 Chocolate	●			●		●
HMR 500 Vanilla	●					×
HMR 500 Chocolate	●			●		×
HMR 500 Chicken Soup	●	●	●	●	●	●
HMR 70 Plus Vanilla						×
HMR 70 Plus Chocolate				●		×
HMR 800 Vanilla	●					×
HMR 800 Chocolate	●			●		×
<hr/>						
Lasagna with Meat Sauce	■	●	●	●	●	
Beef & Bean Enchiladas		●	●	●	●	●
Vegetable Stew with Beef		●	●	●	●	●
Mushroom Risotto	■		●	●		●
Chicken w Barbeque Sauce		●		◆	●	
Chicken Creole		●		●		×
Savory Chicken		●		●		●
Chicken Pasta Parmesan	■	●	●	●		
Five Bean Casserole			●	●	●	●
Turkey Chili		●			●	●
Beef Pot Roast	■	●	●	●	●	●
Beef Stroganoff	■	●	●	●	●	●
Pasta Fagioli	■		●	●	●	●
Cheese and Basil Ravioli	■		●	●		×
<hr/>						
HMR Multigrain Cereal	●		●			
<hr/>						
Honey Graham Bar	■		●			●
Peanut Butter Bar	■		●	◆		●
Blueberry Bar	■		●			●
Chocolate-Chocolate Bar	●		●	◆		●

Key ● Avoid this product  
 ■ Contains small amount of lactose but OK for most people

◆ May be used in limited quantities (less than four times/week)  
 × Contains soybean oil or lecithin derived from soy