

Sporting slim and light-weight biodegradable boxes, the Quikeats Instant Meals are easily prepared by just adding hot water to rehydrate and warm the ingredients.

After ten minutes, the ingredients in pouches are mixed with the rehydrated and warm iron-fortified rice to give you your favorite instant meal on the go.

Instant Rice Meal Pork Adobo comes in a 75-gram single serving size box which packs 210 calories of energy, only 1.5 grams of total fat, 46 grams of total carbohydrates, 5 grams of total protein, 520 milligrams of sodium;

Six micrograms Retinol Equivalent (RE) of vitamin A or 1 percent of the recommended energy and nutrient intakes (RENI) for vitamin A, and 2 milligrams of iron, or 20 percent of the RENI for iron of a person 19 years old and above.

Aside from dehydrated iron-fortified rice, Instant Rice Meal Pork Adobo contains dehydrated meat, wheat protein, choice spices and condiments, modified starch, and vegetable oil.

Instant Rice Meal Pinoy Beef Steak also weighs a net 75 grams in a single serving size box which provides 220 calories of energy, 1.5 grams total fat, 46 grams total carbohydrates, 5 grams total protein, 630 milligrams sodium, 9 micrograms RE of vitamin A or 2 percent of the RENI for vitamin A, and 3 milligrams of iron, or 21 percent of the RENI for iron of a person 19 years old and above.

In addition to dehydrated iron-fortified rice, Instant Rice Meal Pinoy Beef Steak's ingredients include dehydrated meat, wheat protein, choice spices, condiments and vegetable oil.

Instant Rice Meal Seafood Superb weighs a bit lighter at a net 60 grams single serving size box but provides comparable nutrients than the other variants at 220 calories of energy, 3 grams total fat, 47 grams total carbohydrates, 4 grams total protein, 550 milligrams sodium, 1 microgram RE of vitamin A, and 2 milligrams of iron, or 17 percent of the RENI for iron of a

person 19 years old and above.

Similarly, Instant Rice Meal Seafood Superb uses dehydrated iron-fortified rice. Other ingredients include sesame oil, shrimp powder, dried seafood, dried vegetables, choice spices, condiments, and annatto powder as color enhancer.

Quikeats Instant Rice Meals are ideal for busy people who usually do not have time to prepare food or sneak out of the office or school to grab a bite to quickly satisfy that hunger in between deadlines. These are also perfect for people who travel a lot, health buffs and sports enthusiasts who go on camping, mountain climbing or any outdoor activity, and for those who simply want a quick meal to go.

Quikeats Instant Rice Meals are now available initially in selected convenience stores and supermarkets in Metro Manila, but the Five N and I Food Corporation plans to distribute to provincial outlets soon.

Suggested introductory retail price is P35.50, which is reasonable considering the nutritional value and convenient features of the product.

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