

Low Protein Foods Available at Grocery Stores or Online

Bread/Grains

*GF = Gluten Free

Brand	Item Name	Serving Size	Protein Content (g)
Canyon Bakehouse (GF)	Classic Breads (Mountain White, 7-Grain, Hawaiian Bread)	1 slice	2
Canyon Bakehouse (GF)	Hawaiian Sweet Rolls	1 roll	1
Canyon Bakehouse (GF)	Brioche-Style Sweet Rolls	1 roll	2
Canyon Bakehouse (GF)	Sub Rolls	1 roll	3
Whole Foods	GF White Sandwich Bread	1 slice	1
Siete	Cassava Flour Tortillas	2 tortillas	1
Guerrero	Corn Tortillas	2 tortillas	2
Jovial	Grain Free Cassava Pasta (Penne, Spaghetti, Fusilli, Elbows)	2 oz	1



Cereal

Brand	Item Name	Serving Size	Protein Content (g)
General Mills	Rice Chex	1 1/3 cup	3
General Mills	Corn Chex	1 1/4 cup	3
General Mills	Chocolate Chex	1 cup	2
General Mills	Peanut Butter Chex	1 cup	3
General Mills	Cinnamon Chex	1 cup	2
Nature's Path	Sunrise Crunchy Cereal (Honey & Maple)	1 cup	2
Cascadian Farm	Berry Vanilla Puffs	1 1/4 cup	2
Cascadian Farm	Cinnamon Crunch	1 cup	2
Cascadian Farm	Fruitful O's	1 cup	2



Dairy and Milk Product Substitutes

Brand	Item Name	Serving Size	Protein Content (g)
Violife	Shredded Cheese (Parmesan, Cheddar, Mexican Style, Colby Jack, Mozzarella)	¼ cup	0 to < 1
Violife	Sliced Cheese (American, Gouda, Cheddar, Smoked Provolone)	1 slice	0
Violife	Feta Block	1 oz	0
Violife	Sour Cream	2 tbsp	0
Violife	Plant Butter	1 tbsp	0
Violife	Cream Cheese (Strawberry, Chives, Plain)	2 tbsp	0
Violife	Dips (Spinach Artichoke, French Onion)	2 tbsp	0
Follow Your Heart	Sliced Cheese (Gouda, American, Provolone, Pepper Jack, Medium Cheddar, Mozzarella)	1 slice	0
Follow Your Heart	Shredded Cheese (Cheddar, Mozzarella)	1 oz	1
Follow Your Heart	Bleu Cheese Crumbles, Shredded Parmesean, Feta Crumbles	1 oz	0



Dairy and Milk Product Substitutes Continued...

Brand	Item Name	Serving Size	Protein Content (g)
SoDelicious	Coconut Milk (Any Flavor)	1 cup	0
SoDelicious	Coconut Yogurt (Any flavor)	¾ cup or 1 container	< 1 to 1
SoDelicious	Extra Creamy/Original Oatmilk	1 cup	1
SoDelicious	Cream Cheese (Plain/Chive)	1 tbsp	0
Kite Hill	Cream Cheese (Strawberry, Garden Veggie, Everything, Chive, Plain) - 2 tbsp = 2 g protein	2 tbsp	2
Kite Hill	Dips (Spinach & Artichoke, Queso, Tzatziki, French Onion)	2 tbsp	1
Kite Hill	Sour Cream	1 tbsp	1
Kite Hill	European Style Butter Alternative	1 tbsp	0
Kite Hill	Soft Spreadable Cheese (Caramelized Onion, Garlic & Herb)	2 tbsp	2



Dessert

Brand	Item Name	Serving Size	Protein Content (g)
SoDelicious	Mocha Almond Fudge Bars	1 bar	1
SoDelicious	Cashew Milk Peanut Butter Bar	1 bar	2
SoDelicious	Cashew Milk Dipped Salted Caramel Bar	1 bar	1
SoDelicious	Cashew Milk Dipped Double Chocolate Delight	1 bar	1
SoDelicious	Cashew Milk Very Vanilla Ice Cream	2/3 cup	2
SoDelicious	Coconut Milk Mint Fudge Swirl Bar	1 ¼ cup	2
SoDelicious	Coconut Milk Vanilla Bean Sandwiches	1 cup	2
SoDelicious	Coconut Milk Dipped Coconut Almond Bar	1 cup	2
SoDelicious	Coconut Milk Dipped Vanilla Bean Bar	1 bar	1
SoDelicious	Coconut Milk Fudge Bars	1 bar	2
SoDelicious	Coconut Milk Ice Cream (Vanilla Bean, Mint Chip, Chocolate, Mocha Almond Fudge, Cookie Dough)	2/3 cup	1 to 2
SoDelicious	CocoWhip (light/original)	2 tbsp	0
SoDelicious	Soymilk Creamy Vanilla Ice Cream	2/3 cup	2

