

Smart Grocery Shopping

Foods on this list are often low-protein, but total protein intake varies for each person. Please check the Nutrition Facts panel to verify actual protein content to avoid going over your set protein limit. For nutritional information about foods on this list, please visit the Canadian Nutrient File at <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>.

Vegetables

- Bell peppers
- Cauliflower
- Avocados
- Carrots
- Celery
- Cucumbers
- Onions
- Lettuce
- Spinach
- Zucchini
- Squash

Fruits

- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Grapes
- Oranges
- Peaches
- Lemons
- Dried fruit

Herbs (Dried or Fresh)

- Cilantro
- Basil
- Thyme
- Oregano

Dairy

- Rice milk
- Daiya® dairy-free cheese shreds
- Nondairy creamer
- Ener-G® egg replacer

Dry Packaged Foods

- Low-protein macaroni

Baking

- Vanilla extract
- Cornstarch

Bread and Baked Goods

- Toasted low-protein bread crumbs
- Rudi's® gluten-free tortilla wraps
- Unsweetened puffed rice cereal
- Panko crumbs

Condiments and Sauces

- Mustard
- Vinegar
- Peanut butter replacement (Walden Farms®)
- Tomato sauce
- Tomato paste
- Salsa
- Jelly
- Applesauce
- Soy sauce
- Honey
- Sesame oil

Snacks

- Fruit Roll-Ups®
- Applesauce cups
- Lemon pudding
- Rice cakes
- Veggie chips
- Fruit cocktail
- Low-protein cookies
- Mini marshmallows
- Hard candies

Additional Items

- _____
- _____
- _____
- _____
- _____
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