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1-2-3

Let's Eat!








**Low protein foods that you can find in the grocery store with
1, 2 or 3 grams of protein or less*!**





**per serving*











		protein/serving
	Van's GF Waffles	1 g / 1 waffle
	Trader Joe's GF Waffles	1 g / 2 waffles
	Morning Star Veggie Bacon Strips	1 g / 1 strip
	Hooray Foods Plant based Bacon	0 g / 1 strip
	Ore Ida Mini Tater Tots	2 g / 19 pieces
	O'Doughs GF Bagels	2 g / 1 bagel
	The Essential Baking Company GF Bagels	1 g / 1 bagel
	The Essential Baking Company GF Cinnamon Raisin Bread	1 g / 1 slice







		protein/serving
	The Essential Baking Company GF Deli Slice Classic White Bread	1 g / 1 slice
	Kroger Gluten Free White Bread	1 g / 1 slice
	Canyon Bakehouse Country White GF Bread	1 g / 1 slice
	Canyon Bakehouse Hawaiian Sweet GF Bread	2 g / 1 slice
	Schar GF Artisan Baker White Bread	2 g / 2 slices
	Schar GF Artisan Style Ciabatta Rolls	2 g / 1 roll
	Schar GF Pizza Crust	1 g / 1/3 of crust
	The Essential Baking Company GF Pizza Crust	1 g / 1 slice (39 g)

		protein/serving
	Caulipower Cauliflower Pizza Crust	2 g / 1/3 of crust
	Old El Paso Bold Nacho Cheese Flavored Taco Shells	1 g / 1 shell
	Old El Paso Bold Ranch Flavored Taco Shells	1 g / 1 shell
	Siete Grain Free Taco Shells	1g / 2 shells
	Siete Cassava Flour Tortillas	1 g / 2 tortillas
	Mission Grain Free Tortillas	1 g / 1 tortilla
	365 by Whole Foods Market Grain Free Cassava Flour Tortillas	<1 g / 2 tortillas
	Jovial Grain Free Cassava Spaghetti	1 g / 57 g

		protein/serving
	Jovial Grain Free Cassava Elbows	1 g / 57 g
	Target GF Spaghetti Corn & Rice Pasta Blend	3 g / 56 g
	Dynasty Maifun Rice Sticks	0 g / 57 g
	The Jackfruit Company BBQ Jackfruit	2 g / 110 g
	Upton's Banana Blossom	2 g / 100 g
	Dr. Praeger's Sweet Potato Littles	2 g / 5 littles
	Dr. Praeger's GF California Veggie Burgers	3 g / 1 burger
	Birds Eye Shoestring Zucchini Fries	2 g / about 51 pieces

		protein/serving
	Alexia Sweet Potato Fries	1 g / 12 pieces
	Alexia Seasoned Waffle Cut Fries	2 g / 84 g
	Walden Farms Alfredo Sauce	0 g / 60 g
	Primal Kitchen No Dairy Alfredo Sauce	1 g / 61 g
	Primal Kitchen No Dairy Vodka Sauce	2 g / 125 g
	Forager Project Dairy Free Sour Cream	0 g / 2 Tbsp
	Follow Your Heart Dairy Free Sour Cream	0 g / 2 Tbsp
	Follow Your Heart Dairy Free Cream Cheese	0 g / 2 Tbsp

		protein/serving
	Follow Your Heart Dairy Free Feta Crumbles	0 g / 28 g
	Follow Your Heart Dairy Free Bleu Cheese Crumbles	0 g / 28 g
	Kernel Season's Nacho Cheddar Popcorn Seasoning	0 g / 1/4 tsp
	Rico's Nacho Cheese Sauce Single Serve Cups	1 g / 1 single serve cup
	Daiya Cheddar style cheese sticks	0 g / 1 stick
	That's Smart American Flavor Sandwich Slices	0 g / 1 slice
	So Delicious Coconutmilk Yougurt Alternative (vanilla)	0 g / 1 container
	Yoplait Oui Dairy Free Coconut Yogurt (all flavors)	1 g / 1 jar









		protein/serving
	Glutino's Gluten Free Pretzel Twists	1 g / ~16 pretzels
	Snyder's of Hanover GF Pretzel Sticks	0 g / 40 sticks
	Snyder's of Hanover GF Cinnamon Brown Sugar Pretzel Pieces	0 g / 28 g
	Siete Grain Free Churro Strips	1 g / 28 g (about 16 chips)
	Siete Grain Free Tortilla Dip Chip	1 g / 28 g (about 16 chips)
	Grainless Cassava & Coconut Tortilla chips - Trader Joe's	<1 g / 28 g (about 13 chips)
	Pringles Snack Stacks Cups (original flavor)	<1 g / 1 tub
	Ritz Crackers individual/lunch packs (6 crackers)	1 g / 1 pack

		protein/serving
	Veggie Straws - Sea Salt (Sensible Portions)	1 g / 1 single serve bag
	Skinny Pop Popcorn Individual Bag (original)	1 g / 1 single serve bag
	Boom Chicka Pop Sweet & Salty Kettle Corn Individual Bag	1 g / 1 single serve bag
	Absolutely GF Flatbread Crackers	0.3g / 2 pieces (14 g)
	Pan's Teriyaki Mushroom Jerky *as seen on Shark Tank	1 g / 28 g (3 g for whole pouch)
	Mott's Fruit Snacks	0 g / pouch
	Welch's Fruit N' Yogurt snacks	0 g / pouch
	Fruit by the Foot	0 g / 1 roll









		protein/serving
	Special K Brown Sugar Cinnamon Pastry Crisps	<1 g / pouch (2 crisps)
	Little Debbie Birthday Mini Muffins	1 g / pouch (4 mini muffins)
	Mini Chips Ahoy Munch Packs	1g /single serve pack
	Enjoy Life Chocolate Chip Mini Cookie Snack Bags	1g /single serve pack
	Annie's GF Bunny Grahams Snickerdoodle	2 g / 31 cookies
	Pamela's Honey Grahams	1 g / 2 pieces
	Enjoy Life Rice milk Crunch Chocolate Flavored Confectionary Bar	1 g / bar
	So Delicious Dairy Free Vanilla Bean Sandwiches	1 g / 1 sandwich

		protein/serving
	So Delicious Dairy Free Vanilla Bean Coconut Milk Frozen Dessert	<1 g / 103 g
	Oatly Vanilla Non-Dairy Frozen Dessert	1 g / 100 g
	Vegan Cookies & Cream Vanilla Bean Bon Bons - Trader Joe's	<1 g / 1 bon bon
	Let's Do GF Cake Style Ice Cream Cones	0 g / 1 cone
	Joy GF Icecream Cups	0 g / 1 cone
	Kraft Jet-Puffed Marshmallow Creme	0 g / 2 tbsp
	Snack Pack Banana Cream Pie Pudding	0 g / 1 pudding cup
	Keebler Mini Graham Cracker Pie Crusts	1 g / 1 mini crust

		protein/serving
	Wholly Veggie Plant-based Mozzarella-style Sticks	2 g / 5 pieces
	Wholly Veggie Plant-based Cheddar-style Jalapeño Sticks	2 g / 5 pieces
	Wholly Veggie Buffalo Cauliflower Wings	2 g / 6 pieces
	Wholly Veggie Ranch Cauliflower Wings	2 g / 6 pieces
	Walden Farms Whipped Peanut Spread	0 g / 2 tbsp
	Walden Farms Chocolate Peanut Spread	0 g / 2 tbsp
	Good & Gather Twisted Fruit Ropes (Target)	0 g / 1 rope
	Good & Gather Organic Fruit & Vegetable Strips (Target)	0 g / 1 strip









		protein/serving
	Wholly Guacamole Mini cups	1 g / cup
	Seneca Cinnamon Apple Chips	0 g / 28 g
	Bare Apple Chips	0 g / 30 g
	Good & Gather Freeze Dried Strawberry Multipack	1 g / 1 individual pack
	Imagine Creamy Butternut Squash Soup	1 g / 1 cup
	Trader Joe's Riced Hearts of Palm	<1 g / 85 g
	Trader Joe's Strawberries & Cream Gelato	1 g / 118 g
	Trader Joe's Organic Dried Mango	<1 g / 40 g (8 pieces)

		protein/serving
	Trader Joe's Seasoned Corn Ribs	2 g / 98 g
	Trader Joe's Organic Brown Rice Cake Thins	2 g / 5 pieces
	Trader Joe's Stir Fry Garlicky Cabbage	3 g / 126 g
	Trader Joe's Organic Spaghetti Squash Nests	1 g / 84 g cooked
	Trader Joe's Figo! Half Dipped Chocolate & Vanilla Sandwich Bars	3 g / 2 sandwich bars
	Trader Joe's Thai Banana Fritters	2 g / 95 g
	Trader Joe's Gone Bananas	<1 g / 4 pieces
	Trader Joe's Oat Chocolate Bars	<1 g / 1 bar








		protein/serving
	Trader Joe's Vegan Buffalo Dip	1 g / 2 Tbsp
	Trader Joe's Vegan Caramelized Onion Dip	0 g / 2 Tbsp
	Trader Joe's Vegan Tzatziki Dip	0 g / 2 Tbsp
	Trader Joe's Shredded Parmesan Cheese Alternative	0 g / 28 g
	Trader Joe's Feta Cheese Alternative	0 g / 28 g
	Trader Joe's Everything but the Bagel Seasoned Crackers	3g / 14 crackers
	Trader Joe's Organic Veggie Bites	2 g / 3 bites
	Trader Joe's Mexican-style Riced Cauliflower	2 g / 110 g

		protein/serving
	Trader Joe's Hashbrowns	1 g / 1 patty
	Trader Joe's Potato Pancakes/Latkes	3 g / 2 pancakes
	Trader Joe's Gluten Free Pumpkin Spice Bagels (Seasonal)	2 g / 1 bagel
	Trader Joe's Gluten Free White Sandwich Bread	1 g / 2 slices
	Trader Joe's Gluten Free Cinnamon Coffee Cake Muffins	3 g / 1 muffin
	Trader Joe's Chocolate Vanilla Creme Sandwich Cookies	<1 g / 2 cookies
	Trader Joe's Organic Cacio e Pepe Puffs	2 g / 30 g
	Trader Joe's Organic Yellow Corn Taco Shells	2 g / 2 shells

		protein/serving
	Trader Joe's Marinated Artichokes On the Go	<1 g / 1 bag
	Progresso Vegetable Soup	3 g / 1 cup
	Progresso Tomato Basil Soup	2 g / 1 cup
	Star Anise Vietnamese Pho Noodle Soup Bowl	2 g / 1/2 cup *4 g for whole container
	Good & Gather Gluten Free Rotini Pasta (Target)	3 g / 56 g (dry)
	Taste Republic Plant Based Cheese Tortelloni	2 g / 102 g
	That's it Apple + Mango Fruit Bar	0 g / 1 bar
	That's it Apple + Pineapple Fruit Bar	0 g / 1 bar

		protein/serving
	Oreo O's Cereal	1 g / 30 g
	Fruit Loops Cereal	2 g / 39 g
	Trix Cereal	2 g / 39 g
	Cocoa Puffs Cereal	2 g / 36 g
	Cookie Crisp Cereal	2 g / 36 g
	Golden Grahams Cereal	2 g / 40 g
	Apple Jacks Cereal	2 g / 39 g
	Cinnamon Toast Crunch Cereal	2 g / 41 g



		protein/serving
	Cap'n Crunch's Crunch Berries Cereal	2 g / 37 g
	Fruit Loops w/Marshmallows Jumbo Snax	<1 g / 1 pack
	Golden Grahams Smores Remix Snacking Mix	1 g / 1 pouch
	Golden Grahams Treat Bars	1 g / 1 bar
	Lucky Charms Treats Bars	1 g / 1 bar
	Nutri Grain Bites (Strawberry)	1 g / 1 pouch
	Nutri Grain Bars (Cherry)	1 g / 1 bar
	Smoes Granola Bars	1 g / 1 bar









		protein/serving
	Silk Oatmilk (Original or Extra Creamy)	1 g / 1 cup
	Rice Dream Ricemilk	1 g / 1 cup
	So Delicious Organic Coconut Milk	0 g / 1 cup
	Oreo Cups Frozen Dessert	<1 g / 1 individual cup
	Great Value Birthday Ice cream Cups	1 g / 1 individual cup
	Talenti Dairy-Free Sorbetto (Raspberry or Mango)	<1 g / 2/3 cup
	Favorite Day Rainbow Fat Free Sherbert (Target)	<1 g / 2/3 cup
	Blue Ribbon Rainbow Sherbert Individual Cups	0 g / 1 individual cup

		protein/serving
	Great Value Orange Sherbert Tubes	0 g / 1 tube
	365 (Whole Foods) Caribbean Mix Fruit Bars	0 g / 1 bar
	365 (Whole Foods) Lemon Fruit Bars	0 g / 1 bar
	365 (Whole Foods) Veggie Straws	<1 g / 28 g (about 36 straws)
	365 (Whole Foods) Cauliflower Gnocchi	2 g / 140 g (1 cup)
	365 (Whole Foods) Organic Extra Virgin Olive Oil Popcorn	2 g / 28 g (about 3 cups)
	Good & Gather Blueberry Muffins Made w/zucchini & blueberry	2 g / 1 muffin
	Good & Gather Gluten Free Homestyle Waffles	2 g / 2 waffles

		protein/serving
	Good & Gather Gluten Free Breadcrumbs	2 g / 30 g (1/4 cup)
	Good & Gather Gluten Free Multigrain Rice Crackers	2 g / 15 crackers
	Good & Gather Kettle Cooked Parmesan Garlic Potato Chips	2 g / 28 g (about 18 chips)
	Good & Gather Iced Oatmeal Cookie Whole Grain Baked Bars	2 g / 1 bar
	Good & Gather Strawberry Shortcake Whole Grain Baked Bars	2 g / 1 bar
	Good & Gather Cookies & Creme Whole Grain Baked Bars	2 g / 1 bar
	Good & Gather Sea Salt Plantain Chips	<1 g / 30 g (13 chips)
	Good & Gather Organic White Cheddar Baked Corn Puffs	1 g / 1 individual bag

		protein/serving
	Gluten Free Honey Stinger Waffle, Salted Caramel	1 g / 1 waffle
	Gluten Free Honey Stinger Waffle, Cookies & Cream	1 g / 1 waffle
	Gluten Free Honey Stinger Waffle, Vanilla	1 g / 1 waffle
	Miracle Noodle Gluten Free Ready to Eat Meal Vegan Pho	0 g / 108 g (1/2 package)
	Miracle Noodle Gluten Free Ready to Eat Meal Pad Thai	3g / 140 g (1/2 package)
	Nature's Bakery Gluten Free Fig Bar, Blueberry	2 g / 1 pack
	Quaker Caramel Corn Gluten Free Rice Cakes	<1 g / 1 cake
	Biscoff Cookie Butter	1 g / 2 tbsp (30 g)

		protein/serving
	Katz Strawberry Toaster Pastries	1 g / 1 pastry
	Katz Brown Sugar Cinnamon Toaster Pastries	1 g / 1 pastry
	Katz Gluten Free Glazed Donuts	1 g / 1 donut
	Katz Gluten Free Real Fruit Apple Fritters	0 g / 28 g
	Katz Gluten Free Cherry Mini Pies	1 g / 1 pie
	Katz Gluten Free Texas Toast	2 g / 1 slice
	FitJoy Grain Free Pretzels, Tangy Dijon Mustard	1 g / 16 pretzels
	Made Good Soft Baked Mini Cookies	1 g / 1 pouch

		protein/serving
	Made Good Granola Bars	2 g / 1 bar
	LaraBar Kids Gluten Free Chocolate Chip Cookie Bakes	1 g / 1 bar
	Kroger Instant Mashed Potatoes	0 g / 1/2 cup prepared
	Jolly Llama Dairy-free Gluten free Sandwiches	1 g / 1 sandwich
	Pipcorn Baked Heirloom Cheddar Cheese Balls	2 g / 28 g (114 pieces)
	Sensible Portions Apple Cinnamon Straws	1 g / 28 g
	Schar Gluten Free Italian Breadsticks	<1 g / 5 breadsticks
	Schar Gluten Free Entertainment Crackers	1 g / 10 crackers

		protein/serving
	Schar Gluten Free Table Crackers	1 g / 6 crackers
	Lance Gluten Free Crackers	1 g / 10 crackers
	Great Value Soup & Oyster Crackers	1 g / 37 crackers
	Nabisco Premium Soup & Oyster Crackers	1 g / 22 crackers
	Live G Free Gluten Free Wrap (Aldi)	2 g / 1 wrap
	Live G Free Gluten Free White Bread (Aldi)	1 g / 2 slices
	King Arthur Gluten Free Scone Mix	2 g / 34 g prepared (~ 1 scone)
	White House Apple Butter	0 g / 1 tbsp

		protein/serving
	Smucker's Pineapple Preserves	0 g / 1 tbsp
	Marzetti Caramel Dip Snack Packs	1 g / 1 tub
	Good & Gather Frozen Dragon Fruit Chunks	1 g / 140 g
	Good & Gather Frozen Antioxidant Fruit Blend	<1 g / 140 g
	Good & Gather Frozen Summer Fruit Blend	1 g / 140 g
	Good & Gather Frozen Diced Avocado w/Lime Juice	<1 g / 50 g
	Wyman's Just Fruit & Banana Bites	0 g / 65 g
	Sun-Maid Vanilla Yogurt Covered Raisins, Mini Snacks	0 g / 1 box

Did you know?

- Protein content on Nutrition labels in the US is **rounded**.
- This means that a package label that reads "1 g protein per serving" could have as little as .51g and as much as 1.49g protein!
- If a product is labeled '0 g protein per serving', that doesn't necessarily mean that it doesn't contain any protein. A good rule of thumb is to assume that it has 1/2 g of protein per serving, to be safe.
- Companies sometimes reformulate their products, which can result in a change in protein content. Always check the nutrition label for the most up to date information.

Tips & Tricks

- Share a copy of this resource with grandparents/close friends & family so that they can stock up on some good low-pro food options in their homes, too!
- For school aged children, send in a package of shelf stable treats at the beginning of the school year, to be kept in the classroom. This way, if there is a class celebration, or treats are given out, you're covered!
- Organize your pantry so that foods with 0 g of protein are the most accessible to your child. This helps them feel empowered about making their own food choices while staying on track.