

Low Protein Foods in Grocery Stores

	Serving	Protein	Phe
Most Grocery Stores			
Sandwich Mate Singles Swiss or American cheese	¼ c	1.0 g	46 mg
Shred Mate Imitation Mexican or Mozzarella	¼ c	1.0 g	46 mg
Ched-O-Mate Shredded Imitation Cheddar Cheese	¼ c	2.0 g	46 mg
Valu Time Sandwich Slices Imitation Cheese	1 slice	1.0 g	29 mg
King Arthur GF Cookie Mix	2 Tbsp	0.4 g	21 mg
Walmart: (may not be at all stores)			
Peanut spread – Walden Farms (on peanut butter aisle)	2 Tbsp	0.0 g	1 mg
Sensible Portion veggie chips & veggie straws	38 straws	0.7 g	32 mg
Energy-G Foods Tapioca bread	1 slice	0.5 g	26 mg
Seneca Apple chips – all flavors	12 chips	0.2 g	6 mg
LaTiara taco shells	1 shell	0.4 g	20 mg
Haagen Dazs Cranberry Blueberry or Zesty Lemon Sorbet	½ c	0.1 g	3 mg
Haagen Dazs Mango, Raspberry or Strawberry Sorbet	½ c	0.2 g	6 mg
Tastykake Mini Donut with Powdered Sugar	1 cake	0.5 g	22 mg
<i>Buddy Fruit (apple and banana blend)</i>	<i>1 pouch</i>	<i>0.5 g</i>	<i>15 mg</i>
<i>Nature's Harvest Banana Chips</i>	<i>¼ c</i>	<i>1.5 g</i>	<i>45 mg</i>
<i>Nature's Harvest Island Trio (dried fruit)</i>	<i>8 pieces</i>	<i>0.5 g</i>	<i>15 mg</i>
<i>Nature's Harvest Pineapple (dried fruit)</i>	<i>¼ c</i>	<i>0.5 g</i>	<i>15 mg</i>
<i>Nature's Harvest Plantains (dried fruit)</i>	<i>½ c</i>	<i>0.5 g</i>	<i>15 mg</i>
<i>Field Roast Chao Creamy Original</i>	<i>1 slice</i>	<i>0.1 g</i>	<i>8 mg</i>
<i>Great Value Strawberry Syrup</i>	<i>2 Tbsp</i>	<i>0.0 g</i>	<i>0 mg</i>
<i>Ovaltine Rich Chocolate drink mix</i>	<i>2 Tbsp</i>	<i>0.5 g</i>	<i>25 mg</i>
Great Value All Natural Dried Cranberries	1/3 c	0.3 g	8 mg
Great Value Tropical Dried Fruit Mix	1/3 c	1.0 g	30 mg
Craisins Greek Yogurt	2 Tbsp	1.0 g	50 mg
4C Gluten Free Plain Bread Crumbs	1/3 c	0.5 g	25 mg
Schar Gluten Free Classic White Bread	1 slice	1 g	50 mg
Glutino Gluten Free Vanilla Creme Cookies	2 cookies	1 g	50 mg
Great Value Gluten Free Pretzels	31 pretzels	0.5 g	25 mg
Glutino Gluten Free Toaster Pastry	1 pastry	1 g	50 mg
McCormick Sesame Chicken Stir-Fry Skillet Sauce	¼ c	1 g	50 mg
GoGo Squeeze Applesauce	1 pouch	0.5 g	15 mg
Mott's Applesauce & Mango Peach squeeze snacks	1 pouch	0.5 g	15 mg
Del Monte Diced Peaches fruit cups	1 cup	0.3 g	14 mg
Great Value Mandarin Oranges fruit cups	1 cup	0.7 g	17 mg
Yucatan Guacamole	2 Tbsp	1.0 g	28 mg
Imperial Vegetable Oil Spread	1 Tbsp	0.5 g	25 mg
Dynasty Maifun Rice Sticks (thin white Asian noodles)	2 oz	0.7 g	35 mg
Dynasty Saifun Bean Threads (Asian aisle)	1 bundle	0.2 g	9 mg
La Choy Stir Fry Vegetables (Asian aisle-canned)	1/2 c	1 g	38 mg
Sandwich Mate Singles Cheese, American or Swiss flavor	1 slice	0.7 g	24 mg

Dollar Tree

Wise Onion Rings	1 oz	0.6 g	26 mg
Sunny Acres American Cheese Slices	1 slice	1.0 g	28 mg
Sunny Acres Mexican Cheese Shreds	1/3 c	1.0 g	49 mg

Dollar General

Tastykake Mini Donut with Powdered Sugar	1 cake	0.5 g	22 mg
<i>Clover Valley Taco Sauce</i>	<i>1 Tbsp</i>	<i>0.4 g</i>	<i>16 mg</i>
<i>Clover Valley Thick & Chunky Salsa</i>	<i>2 Tbsp</i>	<i>0.4 g</i>	<i>14 mg</i>
<i>Southeastern Mills Country Gravy Mix</i>	<i>¼ c dry</i>	<i>0.5 g</i>	<i>25 mg</i>
TGI Potato Skins (Jalapeno or Cheddar & Bacon)	16 chips	0.9 g	40 mg
Hershey's Strawberry Syrup	2 Tbsp	0.0 g	0 mg
<i>Clover Valley Sandwich Slices</i>	<i>1 slice</i>	<i>0.5 g</i>	<i>25 mg</i>
<i>Imperial Margarine</i>	<i>1 Tbsp</i>	<i>0.5 g</i>	<i>25 mg</i>
<i>Smart & Simple Mayonnaise</i>	<i>1 Tbsp</i>	<i>0.5 g</i>	<i>25 mg</i>
<i>Sweet Baby Ray's BBQ Sauce</i>	<i>2 Tbsp</i>	<i>0.5 g</i>	<i>15 mg</i>
Ragu Classic Alfredo Sauce	¼ c	1.5 g	66 mg
<i>Smart & Simple Grated Topping with Parmesan</i>	<i>2 tsp</i>	<i>0.5 g</i>	<i>25 mg</i>
Hunt's Traditional or Garlic & Herb Pasta Sauces	½ c	2.1 g	61 mg
Fiber One 90 Calorie Lemon Bars	1 bar	1 g	50 mg
Little Debbie Caramel & Crisp Rice Star Crunch Cookies	1 cookie	0.9 g	44 mg

Family Dollar

Wise Onion Rings	1 oz	0.6 g	26 mg
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Whole Foods

Tapioca Loaf (freezer section \$5.00)	1 slice	0.5 g	26 mg
Follow Your Heart Veganaise (mayo substitute)	1 Tbsp	0.2 g	10 mg
No Oodle Shiratake noodles (in a refrigerated section)	1 serving	0.0 g	0 mg
Glutino Snack Pack Pretzels	24 pretzels	0.2 g	9 mg

Trader Joe's

<i>Cookie Butter</i>	<i>1 Tbsp</i>	<i>1.0 g</i>	<i>50 mg</i>
Vegetable Bird's Nest (freezer aisle)	1 nest	0.9 g	25 mg

Kroger (may not be in all stores)

Ener-G Foods Tapioca Bread	1 slice	0.5 g	26 mg
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So Delicious Coconut Yogurt (all flavors)	6 oz. cup	0.6 g	28 mg
So Delicious Purely Decadent Ice Cream (cherry amaretto, coconut, cookie dough, green tea, passion mango, pomegranate chip, turtle trails, vanilla, or vanilla bean flavors)	½ cup	1.0 g	40 mg
			1.0 g
Mozzarella Imitation Cheese			
Follow Your Heart Vegenaise (mayo substitute)	1 Tbsp	0.2 g	10 mg
<i>Magic Pop cracker cakes (miscellaneous bakery section)</i>	<i>1 piece</i>	<i>1.0 g</i>	<i>50 mg</i>
<i>Dried papaya chunks (trail mix section)</i>	<i>1/3 c</i>	<i>0.5 g</i>	<i>15 mg</i>
Dried Mango slices (trail mix section)	6 slices	1.0 g	34 mg
Dried pineapple chunks (trail mix section)	¼ c	0.8 g	25 mg
<i>Glutino Gluten Free Pretzel Twists</i>	<i>24 twists</i>	<i>0.2 g</i>	<i>9 mg</i>
Glutino Gluten Free Pretzel Sticks (refrigerated section of gluten free/health aisle)	33 sticks	0.2 g	9 mg
Namaste Foods Gluten Free Pizza Crust Mix (\$6.99) (makes 2 pizzas)	1/16 pkg	0.8 g	43 mg
<i>Chebe Gluten Free Pizza Crust Mix (\$4.59)</i>	<i>1.5 Tbsp dry</i>	<i>0.5 g</i>	<i>25 mg</i>
Ener-G Egg Replacer (gluten free aisle \$5.79)	1.5 tsp	0 g	
Ener-G Light Tapioca Loaf (gluten free aisle \$3.99)	1 slice	0.5 g	26 mg
Ener-G Brown Rice Loaf (\$3.99)	1 slice	0.5 g	32 mg
Imagine Creamy Butternut Squash Soup (gluten free aisle \$3.69)	1 cup	0.5 g	25 mg
<i>Pacific Tortilla Soup Base (gluten free aisle \$4.19)</i>	<i>1 cup</i>	<i>0.5 g</i>	<i>25 mg</i>
<i>Simple Truth Organic Vegetable Broth</i> (gluten free aisle \$2.99)	<i>1 cup</i>	<i>0.5 g</i>	<i>25 mg</i>
<i>Simple Truth Free Range Chicken Broth</i> (gluten free aisle \$2.99)	<i>1 cup</i>	<i>1.0 g</i>	<i>50 mg</i>
Rice Dream Rice Drink (original or vanilla \$2.19)	1 c	0.5 g	21 mg
Rice Dream (chocolate)	1 c	1.2 g	25 mg
<i>Dynasty Maifun Rice Sticks</i> (oriental aisle v)	<i>2 oz</i>	<i>0.7 g</i>	<i>35 mg</i>
Old El Paso Taco Shells	1 shell	0.8 g	38 mg
Breton Gluten Free Herb and Garlic Crackers	4 crackers	1 g	50 mg