

Low Protein Fruits and Vegetables
All contain between 0 and 25 mg methionine/100 g food

Fruits (listed by methionine content from low to high):

apples/applesauce
raspberries
strawberries
pears
papaya
cranberries
mango
honeydew
apricots
watermelon
figs
nectarines
grapefruit
plums
bananas
grapes
plantains
peaches
cherries
fruit cocktail
blueberries
cantaloupe
pineapple
prunes
dates
oranges
raisins

Vegetables (listed by methionine content from low to high):

chayote
celery
iceberg lettuce
carrots
tomatoes
bell peppers
spaghetti squash
jicama
tomato sauce
pumpkin
onions
zucchini
turnips
sauerkraut
eggplant
radish
butternut squash
cassava root
cabbage
cucumber
acorn squash
snap peas
romaine lettuce
green beans
beets
cauliflower (raw)
parsnips
brussel sprouts