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Aeglea BioTherapeutics.**









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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 GF 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

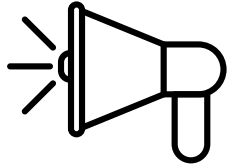
		protein/serving
	Yoplait Dairy Free GoGurt Strawberry Flavor	0 g / 1 tube
	Snyder's of Hanover GF Pretzel Sticks	0 g / 40 sticks
	Snyder's of Hanover GF Cinnamon Brown Sugar Pretzel Pieces	0 g / 28 g
	Siete Grain Free Churro Strips	0 g / 28 g
	Siete Grain Free Tortilla Dip Chip	0 g / 16 chips
	Grainless 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

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.

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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.