## This resource was made possible with funding from Aeglea BioTherapeutics.

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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
Vans gluten free ORIGINAL  See a September 1 App 2 App	Van's GF Waffles	1 g / 1 waffle
HASES PACE GLITTN TREE TO A S T E R Waffles  Ling Tree Co.  Ling Tree Co.  MIT VI. 11 Of U12 O	Trader Joe's GF Waffles	1 g / 2 waffles
Morning FARHS  BACON STRIPS  O 14-MM =	Morning Star Veggie Bacon Strips	1 g / 1 strip
hooray	Hooray Foods Plant based Bacon	0 g / 1 strip
Ore Ida  MINI TATER TOTS	Ore Ida Mini Tater Tots	2 g / 19 pieces
BAGEL	O'Doughs GF Bagels	2 g / 1 bagel
CANTON FREE BARELO PLAN  GARAGO SERVICIO SERVILIO SERVICIO SERVICIO SERVICIO SERVICIO SERVICIO SERVICIO SERVICI	The Essential Baking Company GF Bagels	1 g / 1 bagel
GLUTEN-FREE COLLING MATERIAL SHIPE  COLLING MATERIAL SHIP  COLLING MATERIAL SHIP  COLLING MATERIAL SHI	The Essential Baking Company GF Cinnamon Raisin Bread	1 g / 1 slice

		protein/serving
ESSENTIAL BAKISCO GLUTEN-FREE BUI SUIT CLASSE WHIT  FREE SENTIAL BAKISCO GRAND STATE OF THE CHIRAL MATERIAL SERVICE MATERIAL	The Essential Baking Company GF Deli Slice Classic White Bread	1 g / 1 slice
GLUTEN FREE WHITE	Kroger GF White Bread	1 g / 1 slice
GANCON GLUTEN FREE Country White	Canyon Bakehouse Country White GF Bread	1 g / 1 slice
GANYON BUTTEN FREE Hawaiian Swee	Canyon Bakehouse Hawaiian Sweet GF Bread	2 g / 1 slice
Schar  ARTISAN BAKER  THE PROPERTY OF THE PROP	Schar GF Artisan Baker White Bread	2 g / 2 slices
CARATTA  CARATTA  STORY  CARACTA  CARAC	Schar GF Artisan Style Ciabatta Rolls	2 g / 1 roll
Schar PIZZA CRUST	Schar GF Pizza Crust	1 g / 1/3 of crust
Chemo Pres	The Essential Baking Company GF Pizza Crust	1 g / 1 slice (39 g)

		protein/serving
CAULIPE WER  And A FLALL MOST OFF  ALL ABOUT  THE BASE  HERMIT AUGUST  TO CAUCHA CARCES  THE CAUCHA CARCE	Caulipower Cauliflower Pizza Crust	2 g / 1/3 of crust
OLDEPASO  BLD  NOTE: NOT	Old El Paso Bold Nacho Cheese Flavored Taco Shells	1 g /1 shell
OLDELPASO B LD RANCH ROO BILLE FROM BILL FROM BILLE FROM BILLE FROM BILLE FROM BILLE FROM BILLE FROM BILL FROM BILLE FROM BILL	Old El Paso Bold Ranch Flavored Taco Shells	1 g /1 shell
GRAIN FREE 12 TACO SHELLS	Siete Grain Free Taco Shells	1g / 2 shells
O O GISAVA FLOUD O	Siete Cassava Flour Tortillas	1 g / 2 tortillas
GRAIN S	Mission Grain Free Tortillas	1 g / 1 tortilla
Cassove Flour Tortillas	365 by Whole Foods Market Grain Free Cassava Flour Tortillas	<1 g / 2 tortillas
jovial grain free cassava spaghetti	Jovial Grain Free Cassava Spaghetti	1 g / 57 g

		protein/serving
grain free Cassava elbows	Jovial Grain Free Cassava Elbows	1 g / 57 g
Cluster Free Spaghett Conf. Co	Target GF Spaghetti Corn & Rice Pasta Blend	3 g / 56 g
MAIFUN NICE STICKS	Dynasty Maifun Rice Sticks	0 g / 57 g
JICK Fruit-	The Jackfruit Company BBQ Jackfruit	2 g / 110 g
BLOSSOM	Upton's Banana Blossom	2 g / 100 g
Pdr. 6 Pacers Pa	Dr.Praeger's Sweet Potato Littles	2 g / 5 littles
Princepers  Committee	Dr.Praeger's GF California Veggie Burgers	3 g / 1 burger
Shoesting Zucchini Fries	Birds Eye Shoestring Zucchini Fries	2 g / about 51 pieces

		protein/serving
ALEXIA.  SWEST POLATO  The state of the stat	Alexia Sweet Potato Fries	1 g / 12 pieces
ALEXIA. WAFFLE CUS	Alexia Seasoned Waffle Cut Fries	2g/84g
ALFREDO VI BILITATION	Walden Farms Alfredo Sauce	0 g / 60 g
ALTROPOL DE LA CONTRACTOR DE LA CONTRACT	Primal Kitchen No Dairy Alfredo Sauce	1 g / 61 g
VONA SALE	Primal Kitchen No Dairy Vodka Sauce	2 g / 125 g
Forager  Organic Dairy-free Sour Cream	Forager Project Dairy Free Sour Cream	0 g / 2 Tbsp
FOLLOW YOUR HEART THE RESTRICT TO THE REART THE REART TO THE REAR	Follow Your Heart Dairy Free Sour Cream	0 g / 2 Tbsp
CRAICING MANAGEMENT OF THE CRAIM CHEESE 2	Follow Your Heart Dairy Free Cream Cheese	0 g / 2 Tbsp

		protein/serving
POLOPY HEART FETA CRUMBLES	Follow Your Heart Dairy Free Feta Crumbles	0 g / 28 g
COLON PORT OF THE PROPERTY OF	Follow Your Heart Dairy Free Bleu Cheese Crumbles	0g/28g
de minima de la composition della composition de	Kernel Season's Nacho Cheddar Popcorn Seasoning	0 g / 1/4 tsp
NACHO OHEESE SAUCE STATE OF THE	Rico's Nacho Cheese Sauce Single Serve Cups	1 g / 1 single serve cup
Caiya Salaman Adaman Ad	Daiya Cheddar style cheeze sticks	0 g / 1 stick
TILITA come	That's Smart American Flavor Sandwich Slices	0 g / 1 slice
vanilla  Vanilla  Signature  Lamyrate  Coconutrilik  Pour olderality	So Delicious Coconutmilk Yougurt Alternative (vanilla)	0 g / 1 container
The state of the s	Yoplait Oui Dairy Free Coconut Yogurt (all flavors)	1 g / 1 jar

		protein/serving
PARE GURT	Yoplait Dairy Free GoGurt Strawberry Flavor	0 g / 1 tube
SNYDERS GULEN File	Snyder's of Hanover GF Pretzel Sticks	0 g / 40 sticks
SNYDERS  GLUTEN FIGE FIGES	Snyder's of Hanover GF Cinnamon Brown Sugar Pretzel Pieces	0 g / 28 g
CLUSTED CHARGE C	Siete Grain Free Churro Strips	0g/28g
ORAN PER DEN PER DE LA PER	Siete Grain Free Tortilla Dip Chip	0 g / 16 chips
CRAINTESS GRINTESS GROUNTESS GROUNTE	Grainless Cassava & Coconut Tortilla chips - Trader Joe's	<1 g / 28 g (about 13 chips)
SNACK STACKS ORIGINAL PROFIES 12	Pringles Snack Stacks Cups (original flavor)	<1 g / 1 tub
IS PACKS	Ritz Crackers individual/lunch packs (6 crackers)	1 g / 1 pack

		protein/serving
Veggle Veggle Strats	Veggie Straws - Sea Salt (Sensible Portions)	1 g / 1 single serve bag
SKINNY PACK	Skinny Pop Popcorn Individual Bag (original)	1 g / 1 single serve bag
BOOM WILL SHOW THE SH	Boom Chicka Pop Sweet & Salty Kettle Corn Individual Bag	1 g / 1 single serve bag
absolutely gluter free	Absolutely GF Flatbread Crackers	0.3g / 2 pieces (14 g)
MUSIROOM JERKY TERMAN	Pan's Teriyaki Mushroom Jerky *as seen on Shark Tank	1 g / 28 g (3 g for whole pouch)
MOTT S	Mott's Fruit Snacks	0 g / pouch
Welchs Fruit n	Welch's Fruit N' Yogurt snacks	0 g / pouch
12 200 12	Fruit by the Foot	0 g / 1 roll

		protein/serving
calories 100 pg and No.	Special K Brown Sugar Cinnamon Pastry Crisps	<1 g / pouch (2 crisps)
	Little Debbie Birthday Mini Muffins	1 g / pouch (4 mini muffins)
12 PACKS	Mini Chips Ahoy Munch Packs	1g /single serve pack
CRUNCHY MICHAEL STREET	Enjoy Life Chocolate Chip Mini Cookie Snack Bags	1g /single serve pack
Bunni Grahams Bunni Grahams	Annie's GF Bunny Grahams Snickerdoodle	2 g / 31 cookies
HONEY GRAHAMS Um an ann villan	Pamela's Honey Grahams	1 g / 2 pieces
CHOCOLATE BARS	Enjoy Life Rice milk Crunch Chocolate Flavored Confectionary Bar	1 g / bar
Canduiches  Vanilla bean COCOMUTMIK  8 23R 07E4	So Delicious Dairy Free Vanilla Bean Sandwiches	1 g / 1 sandwich

		protein/serving
SSO STATE OF THE PROPERTY OF T	So Delicious Dairy Free Vanilla Bean Coconut Milk Frozen Dessert	<1 g / 103 g
THE ORIGINAL  SING CONTROL OF THE ORIGINAL ORIGI	Oatly Vanilla Non-Dairy Frozen Dessert	1 g / 100 g
THAN JUNE TO COLOR TO THE TO T	Vegan Cookies & Cream Vanilla Bean Bon Bons - Trader Joe's	<1 g / 1 bon bon
CONESTYLL  GE	Let's Do GF Cake Style Ice Cream Cones	0 g / 1 cone
Gluten Free Free Free	Joy GF Icecream Cups	0 g / 1 cone
marshmallow creme 7	Kraft Jet-Puffed Marshmallow Creme	0 g / 2 tbsp
Snack   Bonard Gram Po-	Snack Pack Banana Cream Pie Pudding	0 g / 1 pudding cup
Ready Crust Graham	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!
  - serving', that doesn't necesarily 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.