



Listing of Very Low, Low, Moderate and High Protein Foods

Use this listing when protein per serving is not readily available for a food item. Foods are listed from the lowest protein content to the highest protein content within each category. Protein content is based on $\frac{1}{2}$ cup serving size unless otherwise noted.

Breads, Cereals, Starches, Grains & Snacks

Very Low

< 1 gm per serving

Sugar wafer cookie
Cellophane noodles, dry
Puffed rice cereal
Sandwich cookie (1 cookie)
Graham cracker (1 square)
Popcorn, microwave butter flavor
Rice cakes (1 cake, 9 g)
Puffed wheat cereal
Rice noodles, cooked
Taco shells (1 medium, 5" diameter)
Croutons, plain ($\frac{1}{4}$ c)
Corn flakes cereal
Veggie Sticks (1 oz)

Low

1-2 gm per serving

Animal crackers (5 each)
Ritz Crackers (5 each)
Rice krispies cereal
Trader Joe's veggie sticks
(50 sticks, 30 g)
Cream of rice cereal
Bread stick ($7\frac{5}{8} \times 5\frac{5}{8}$ ", 10 g)
Saltine crackers (5 crackers)
Corn grits
Corn tortilla (1 each, 24 g)
Bran flakes cereal
Cinnamon roll
(refrig dough with frosting, 30g)
Bread stuffing, prepared from
dry mix
Lucky Charms cereal
Cheerios cereal
Pearl barley, cooked
White rice instant
White bread (1 slice or 25 g)
Potato chips (1 oz)
Goldfish crackers (1 oz)
Granola bar (1 oz)
Donut, yeast glazed
(small, 3" diameter 31g)
Chow Mein noodles
Trader Joes wheat free waffles
(1 each)
Raisin bread (1 slice, 26 g)
White rice, cooked
Tortilla chips (12 chips, 28 g)
Biscuit (1 small, 2.5" dia 35 g)
Cream of wheat cereal
Malt-O-Meal farina cereal
Oatmeal bread (1 slice, 27 g)
Croissant roll, butter (1 mini, 28 g)
Pancake, plain from recipe
(4" diameter)
Waffle (4" diameter or square)
Pop tart (1 each)
Brown rice, cooked
Raisin bran cereal
Bread, wheat (1 slice, 25 g)
Rye bread (1 slice, 32 g)
Pretzels (5 twists, 30 g)
Bulgur, cooked
Japanese Soba noodles, cooked

Moderate

3-4 gm per serving

Dinner roll (1 roll, 28 g)
Couscous, cooked
Pillsbury pizza crust ($\frac{1}{8}$ crust)
Oatmeal squares cereal
Corn bread (1 piece, 60 g)
Fried rice, restaurant
Wild rice, cooked
Multigrain bread (1 slice, 26 g)
Blueberry muffin
(1 muffin $2\frac{3}{4} \times 2$ " 66 g)
Egg noodles, cooked
Italian or French bread
(small slice, 32 g)
Ice cream
Ritz Crackers, Real Cheese (1 oz)
Ritz Crackers, Peanut Butter (1 oz)
Macaroni elbow noodles, cooked
Spaghetti pasta cooked
Hamburger/hot dog bun
(1 roll, 43 g)
Oatmeal cereal instant,
dry (1 packet)
Flour tortillas
(1 medium, 7-8" diameter)
French toast
(1 slice / frozen ready to heat)
Ramen noodles ($\frac{1}{2}$ package)
Croissant (medium)

High

≥ 5 gm per serving

Granola, oats and honey
English muffin (1 each)
Soft pretzel (1 small, 62 g)
Pita bread white
(1 large, 6 $\frac{1}{2}$ " diameter, 60 g)
Kraft macaroni and cheese
Prepared bagels
(plain, 3" diameter, 69 g)
Power Bar
Luna Bar
Cliff Bar

Fruits & Fruit Juice

Very Low

< 0.5 gm per ½ cup serving

Cranberry juice
Fruit punch
Lemonade
Guava nectar
Apple juice
Cranberry sauce
Applesauce
Cranberries, raw
Fruit leather pieces
Crabapples, raw
Pears, canned
Apples, dried
Figs, raw (1 medium, 50 g)
Pineapple, canned
Dates, dried, pitted (1 date, 24 g)
Pineapple, juice
Pineapple, raw
Honeydew, raw
Plums (1 plum, 66 g)
Rhubarb, raw
Watermelon, raw
Apples (1 medium, 182 g)
Grape juice
Rhubarb, cooked
Fruit cocktail, canned
Apricots, raw (1 apricot, 35 g)

Low

0.5-1 gm per ½ cup serving

Grapes
Papayas, raw
Blueberries
Strawberries, raw
Apricots, canned
Banana chips
Cantaloupe, raw
Mango, raw
Guavas, raw
Mandarin oranges, canned
Tangerines (1 medium, 88 g)
Grapefruit juice
Boysenberries, frozen
Raspberries, raw
Cherries, canned
Currants, raw
Kiwi (1 kiwi, 69 g)
Cherries, raw
Gooseberries, canned
Orange juice
Pears, raw (1 medium)
Casaba Melons
Grapefruit (½ fruit)
Starfruit, raw (1 medium, 91 g)
Orange (1 medium, 141 g)
Blackberries

Moderate

1-1.5 gm per ½ cup serving

Raisins (¼ c)
Plantains, cooked or fried
Bananas (1 medium, 118 g)
Coconut, dried
Peaches (1 medium, 150 g)
Nectarines (1 medium, 142 g)

High

> 1.5 gm per ½ cup serving

Apricots, dried
Prunes, dried
Plantains, raw (1 medium, 179 g)
Pomegranate (½ fruit, 141 g)
Currants, dried

Vegetables

Very Low

< 0.5 gm per ½ cup serving

Basil, fresh (2 Tbsp)
Peppers, hot chili, canned (2 Tbsp)
Kelp (2 Tbsp)
Parsley, fresh
Arugula, raw
Celery, raw
Lettuce
Radicchio
Wakame seaweed (2 Tbsp)
Endive, raw
Onions, raw (¼ c)
Swiss chard, raw
Tomatillos, raw (1 medium, 34 g)
Cucumber, with peel, raw
Taro, cooked
Chives, fresh (¼ c)
Radish
Watercress, raw
Bell peppers, raw
Eggplant, raw or cooked
Spinach, raw
Collard greens, raw
Cabbage, raw
Jicama, raw
Cilantro, fresh (2 Tbsp)
Shallots, raw (2 Tbsp)

Low

0.5-1 gm per ½ cup serving

Chinese cabbage, raw
Chayote, cooked
Turnips, cooked
Winter squash, raw
Carrots, raw
Turnips, raw
Celery, cooked
Sauerkraut
Alfalfa sprouts
Summer squash, raw
Onions, cooked (¼ c)
Mustard greens, raw
Beets, canned
Parsnips, raw
Summer squash, cooked
Rutabagas, raw
Bell peppers, cooked
Green beans, canned
Snow peas, raw
Peppers, hot chili, raw
(1 pepper, 45 g)
Winter squash, cooked
Green beans, raw
Tomato juice

Moderate

1-2 gm per ½ cup serving

Cauliflower, raw
Parsnips, cooked
Ketchup (¼ c)
Tomato, raw (1 medium, 123 g)
Beets, raw
Kale, raw
Bamboo shoots, canned
Cabbage, cooked
Cauliflower, cooked
Tomato, cooked
Broccoli, raw
Kale, cooked
Sweet potato, canned
Leeks, raw (1 leek, 89 g)
Pumpkin, canned
Beets, cooked
Asparagus, raw
Mushrooms, raw
Okra, cooked
Rutabagas, cooked
Bean sprouts
Mustard greens, cooked
Chickory greens, raw
Tomato sauce
Swiss chard, cooked
Mushrooms, cooked
Broccoli, cooked
Bamboo shoots, raw
Brussel sprouts, cooked
Collard greens, cooked

High

> 2 gm per ½ cup serving

Mixed vegetables, canned
Asparagus, cooked
Corn, canned
Sweet potato, cooked, mashed
Sweet potato, baked with skin
(1 medium, 114 g)
Artichokes, cooked
Potato hash browns, cooked
Corn, frozen on cob
Mixed vegetables, frozen
Spinach, cooked (½ c)
Potatoes, boiled, no skin
(1 medium, 167 g)
Onion rings (10 medium, 60 g)
Potatoes, steak fries
(10 each, 153 g)
Peas, canned
Soy sauce, tamari (2 Tbsp)
Artichokes, raw (1 medium, 128 g)
Peas, cooked
Potatoes, baked with skin
(1 medium, 173 g)

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