

LOW PROTEIN Food

 Apples	1 gram (1 serving)	 Pasta	2.9 grams (2 oz)
 Bananas	1 gram (1 serving)	 Potato	3 grams (5.3 oz)
 Beetroot	1.7 grams (3.5 oz)	 Potato Chips	2 grams (1 oz)
 Bread	2.7 grams (1 slice)	 Pretzels	2.9 grams (1 oz)
 Cabbage	0.3 grams (1 leaf)	 Turnip	1.1 gram (1 medium)