




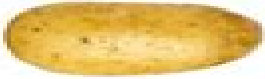
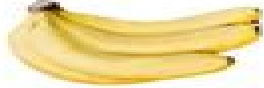





LOW PROTEIN FOOD

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

Low Protein Food Guide

Mike Jess

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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