

Where's the Protein?

Foods	Amount	Protein
<u>Meats & Meat Substitutes</u>		
Meats, Fish, Poultry	1oz	7g
Egg	1 egg=1oz.	7g
Peanut Butter (smooth)	2Tbsp	7g
Peas/Beans	4 oz	7g
Babyfood meat	1 oz	4g
Cottage cheese	4 oz	12g
<u>Fruits/Vegetables</u>		
Fruit	1 oz	0g
Vegetables	1 oz	0g
<u>Dairy</u>		
Milk (skim)	4 oz	4g
Yogurt (sugar-free)	4 oz	4 g
<u>Starches</u>		
Potatoes	4 oz	3g
Cereal (cooked)	4 oz	3g
<u>Supplements</u>		
Protein Powder	1 scoop	6g
Bariatric shake (Novartis)	4 oz	12g
Bariatric Bar	1 bar	7g
AdvantEDGE (EAS)	4 oz	7g