

Lower Protein Foods



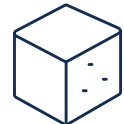
**Cow's or Soy milk,
unenriched**



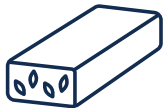
Cottage Cheese



Yogurt



Tofu



Tempeh



Soy Cheese



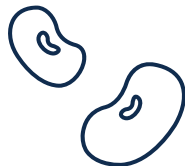
**Soy Nuts,
unsalted**



Nuts and Nut butters



**Peas
(chickpeas/ garbanzo
beans, split peas,
black eyed peas)**



Dry Beans



Quinoa



Eggs or Egg Whites