

LOW PROTEIN STAPLES



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This staples list may help you choose foods for your shopping list or handy products to stock in your pantry. It is not a complete list but is instead intended to be a starting point to help with planning for a low protein diet. Check with your healthcare professional to confirm that all foods are suitable for you.

PRODUCE

- Fresh vegetables (such as cauliflower, carrots, broccoli, onions, mushrooms, eggplant, bell peppers, spinach, sweet potato, zucchini)
- Fresh fruit (such as apples, avocado, banana, berries, citrus, grapes, peaches, pineapple, tomatoes)
- Fresh herbs (such as basil, dill, cilantro, mint, parsley, rosemary, ginger)
- _____
- _____

REFRIGERATED

- Low protein non-dairy beverages (such as soy, almond, coconut, or rice milk alternative)
- Low protein vegan "cheese" and "cheese shreds" (such as American style, parmesan style, Mexican blend, mozzarella style, and cheddar)
- Low protein cream cheese
- Margarine
- Coconut or almond milk yogurt alternative
- _____
- _____

FROZEN

- Non-starchy vegetables (such as carrots, green beans, cauliflower, and broccoli)
- Fruits (such as mango, pineapple, strawberries, mixed berries, and cherries)
- Non-dairy "ice cream" (such as coconut or rice milk alternatives)
- _____
- _____

SEASONINGS

- Salt & black pepper
- Red pepper flakes
- Ground spices (chili, curry, garlic, ginger, sweet paprika)
- Dried seasonings (oregano, parsley)
- Vegetarian seasoning packs (Stir fry, taco)
- _____
- _____

SHELF STABLE

- Active dry yeast
- Sugar (brown, white)
- Psyllium husk powder
- Extracts (such as vanilla extract)
- Canned coconut milk
- Canned fruits (such as fruit in fruit juice, applesauce)
- Canned vegetables (such as pumpkin, corn)
- Canned jackfruit in brine
- Condiments (Worcestershire sauce, mustard, hot sauce)
- Jam, honey, maple syrup or marmalades
- Low protein baking mixes or flour
- Low protein pasta (such as plant-based shirataki noodles or konjac noodles)
- Low protein powdered egg replacer
- Low protein rice (specialty food or cauliflower rice)
- Lemon or lime juice
- Salsa (vegetarian)
- Tomato sauce (vegetarian)
- Vegetable or tomato soup (vegetarian)
- Vegetable broth
- Vegetable oils (sesame oil and pepper or herb-infused olive oils can add a lot of flavor.)
- Vinegars (such as balsamic)
- _____
- _____

NOTES

Be sure to check with your healthcare professional before making changes to your diet.

Please be sure to follow the low protein diet that you and your healthcare professional have decided is right for you. Remember to count the amount of protein, phenylalanine, or other amino acids that might need to be limited in these foods when meal planning.

Recipes and product details available at VitaFloUSA.com

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