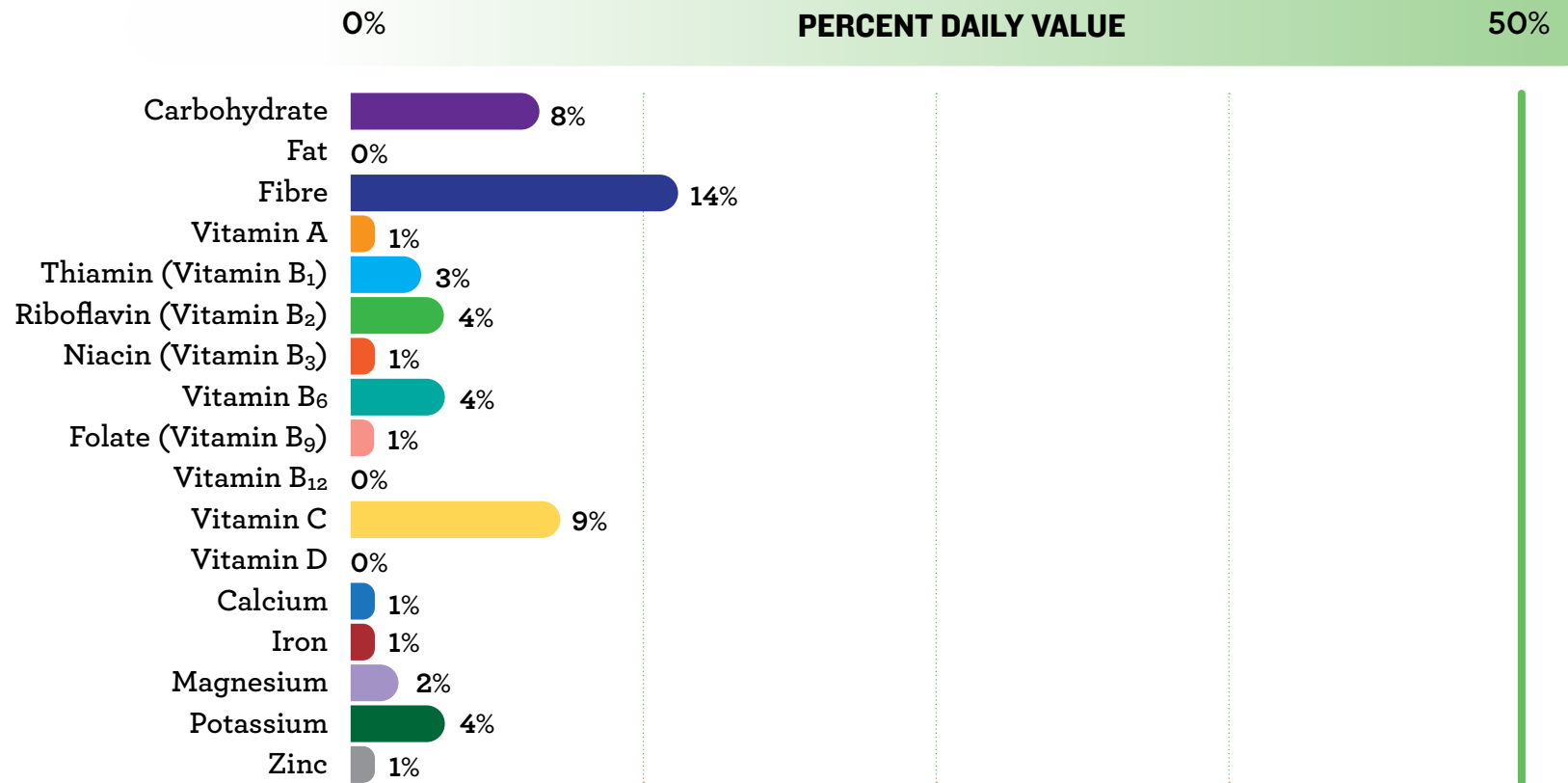




KEY NUTRIENTS IN:

APPLE

AMOUNT:
1 MEDIUM



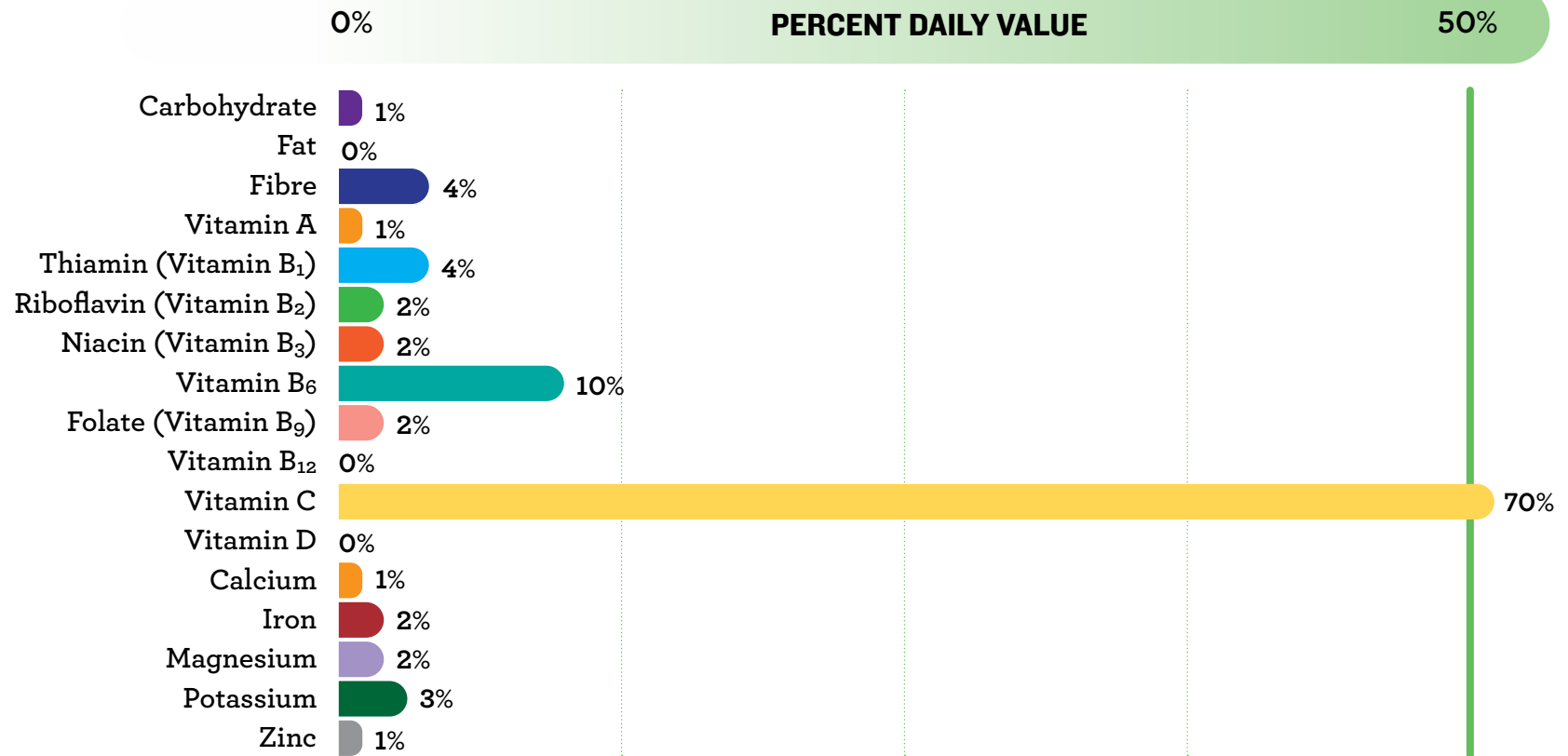
Low source of protein



KEY NUTRIENTS IN:

BELL PEPPER

AMOUNT:
125 ML
(½ CUP)



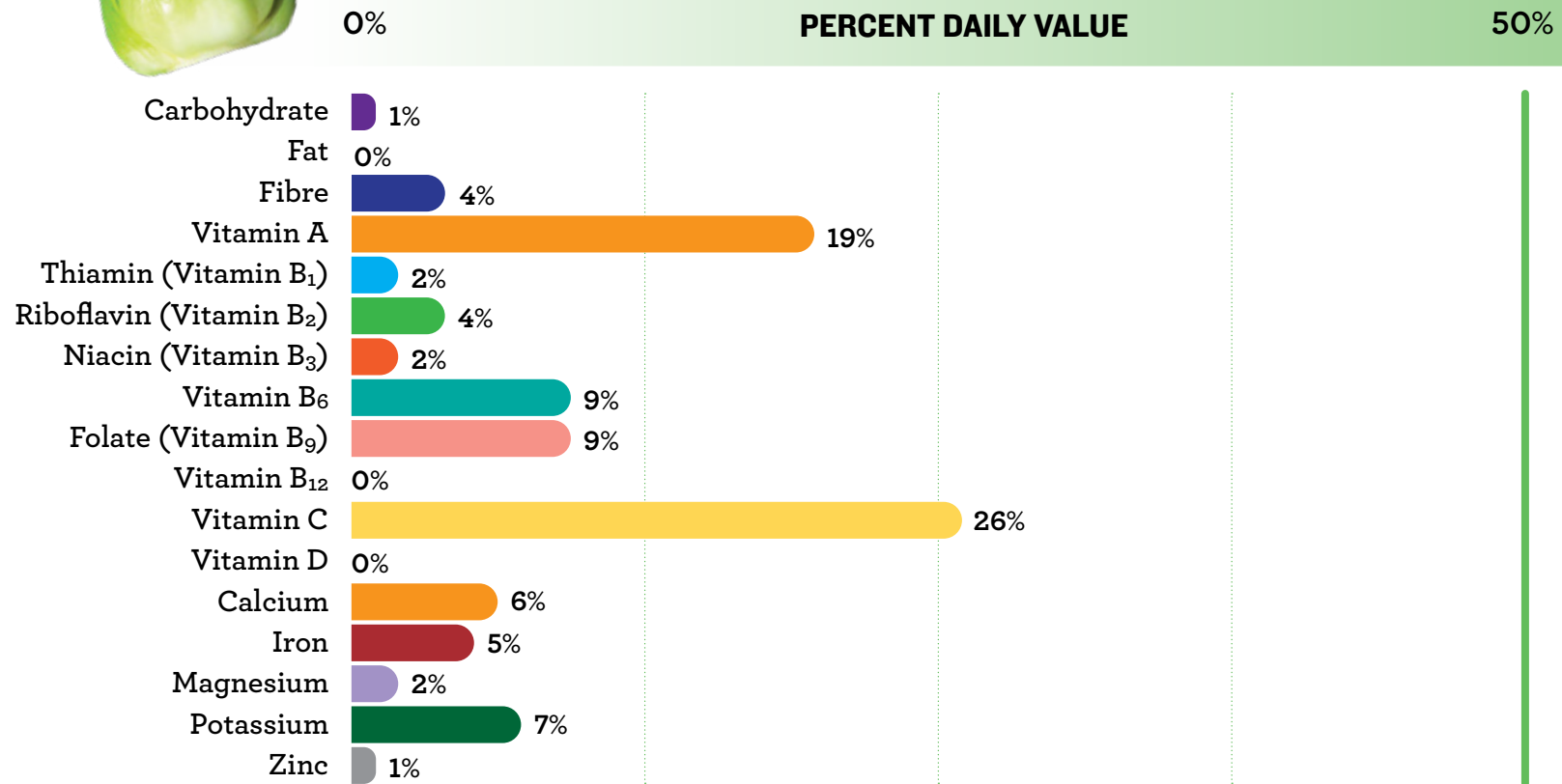
Low source of protein



KEY NUTRIENTS IN:

BOK CHOY, COOKED

AMOUNT:
125 ML
(1/2 CUP)



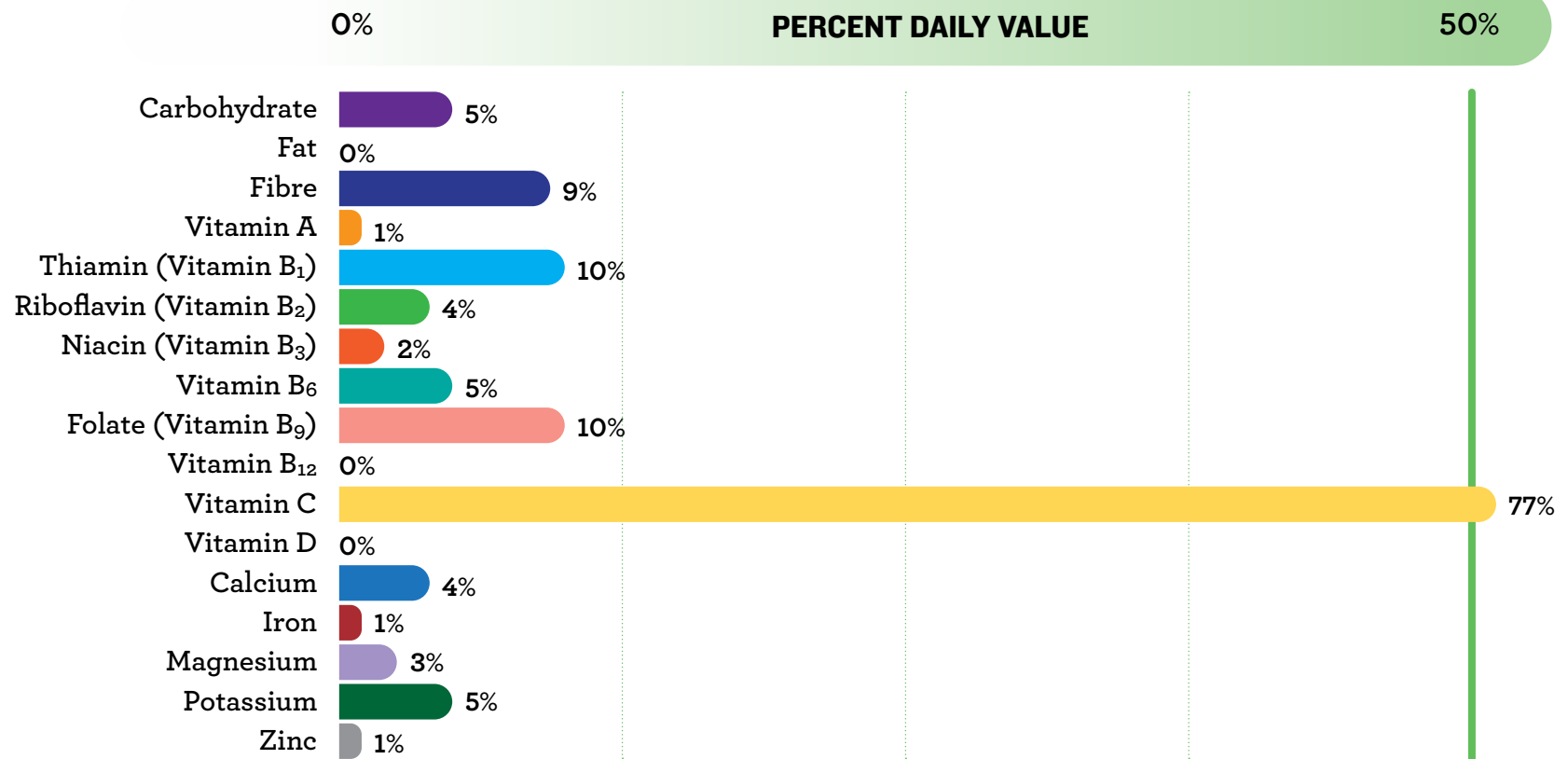
Low source of protein



KEY NUTRIENTS IN:

ORANGE

AMOUNT:
1 MEDIUM



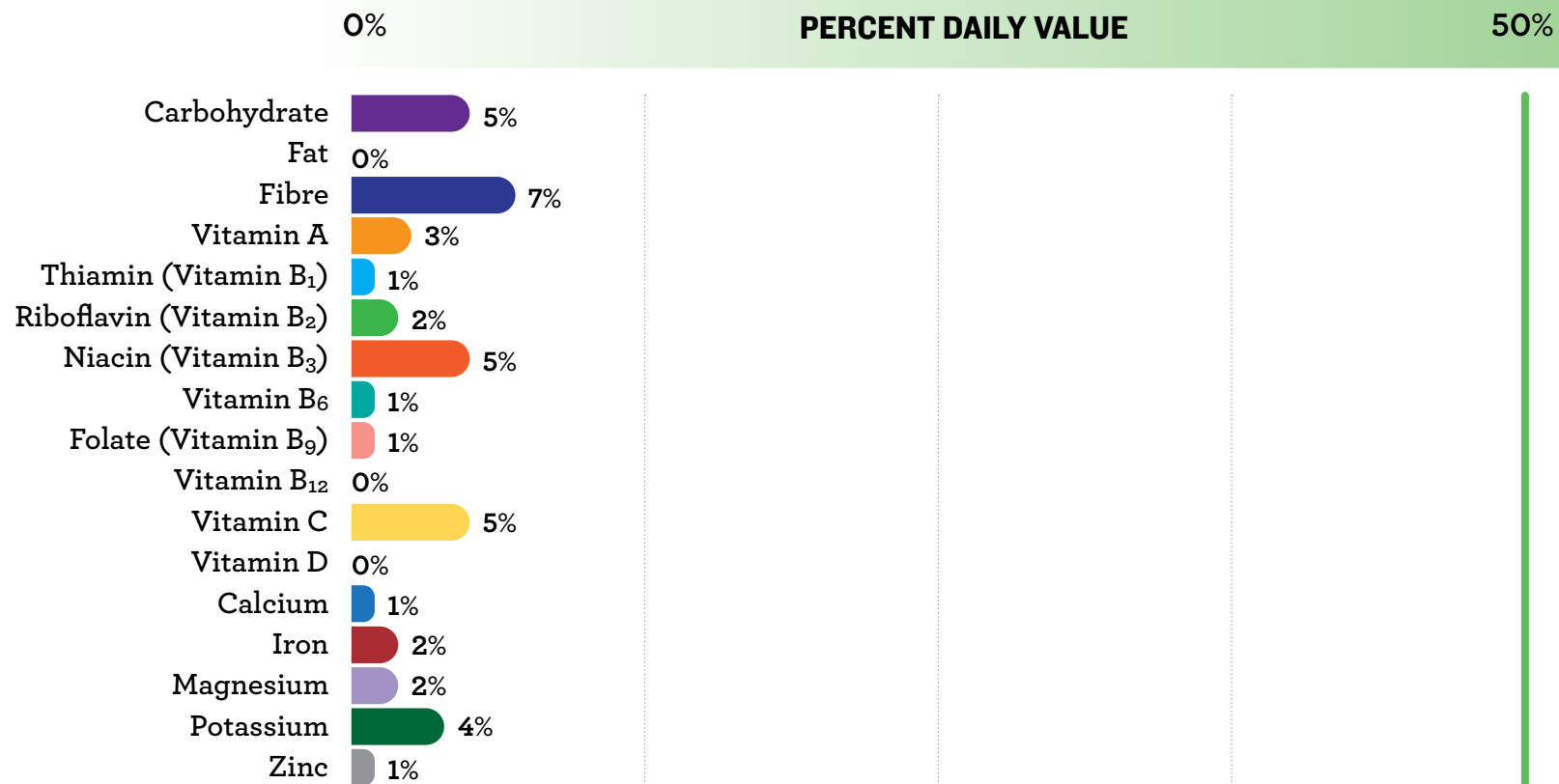
Low source of protein



KEY NUTRIENTS IN:

PEACHES, CANNED IN JUICE

AMOUNT:
125 ML
(½ CUP)



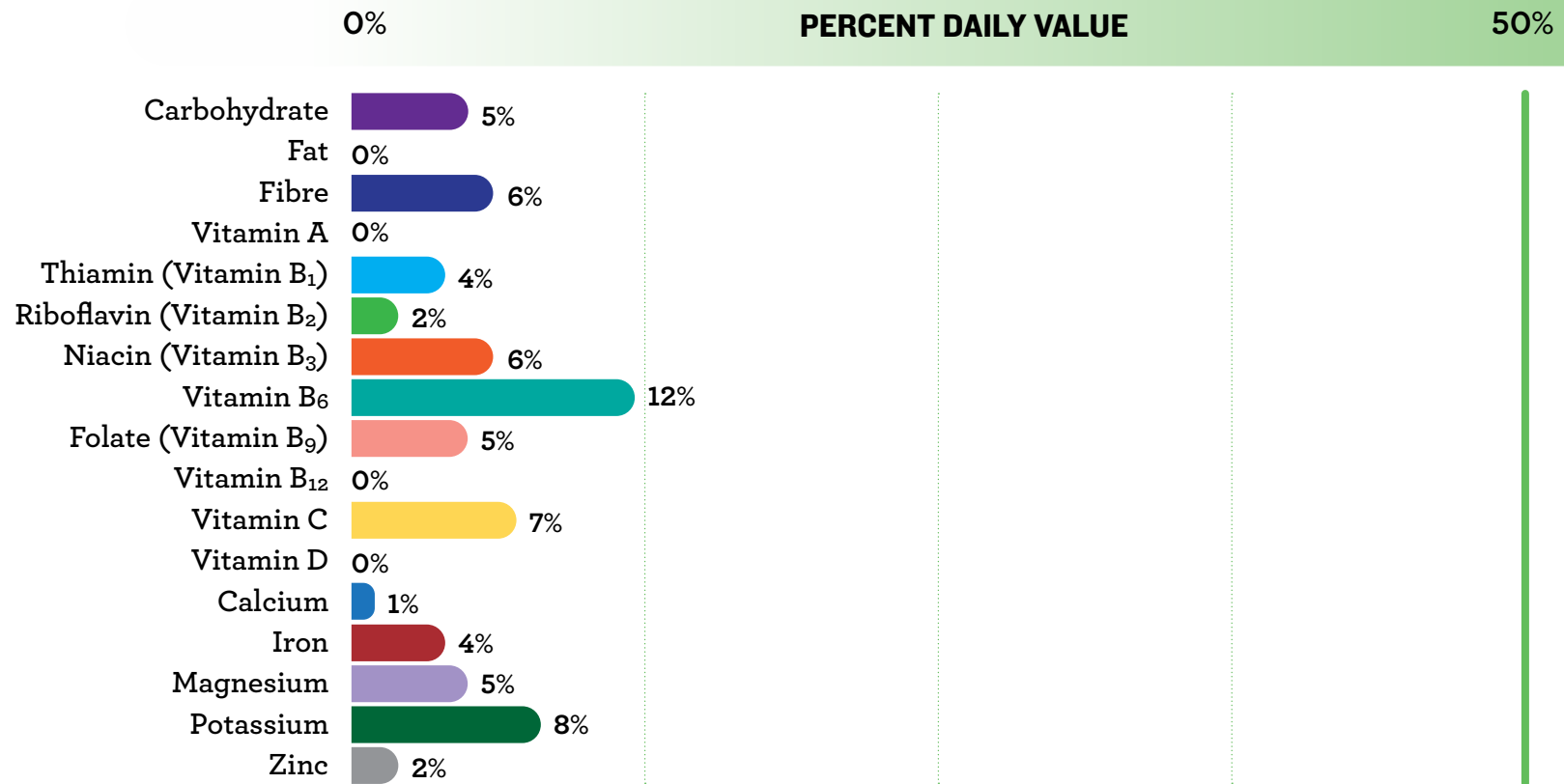
Low source of protein



KEY NUTRIENTS IN:

POTATO

AMOUNT:
125 ML
(1/2 CUP)



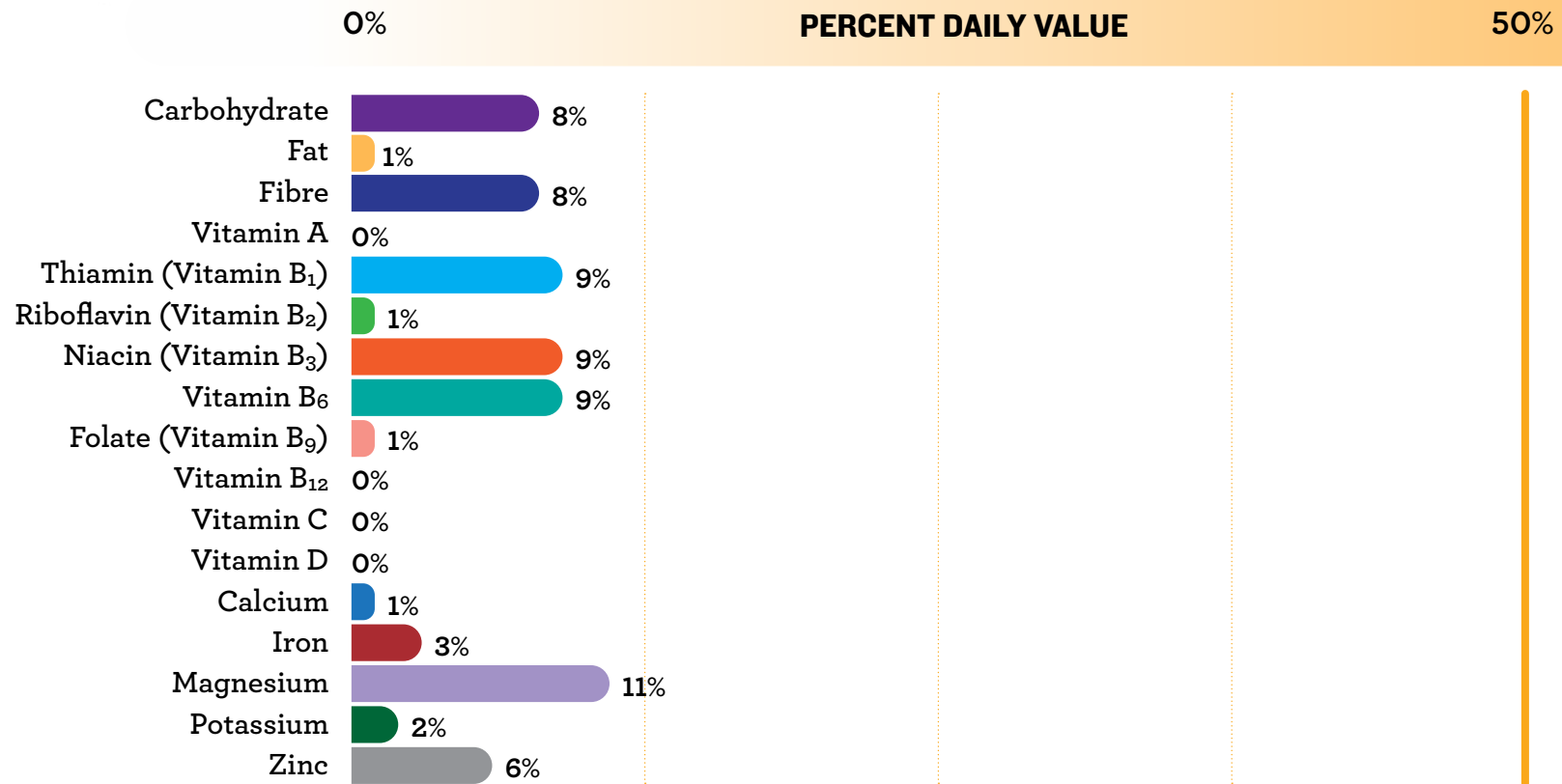
Low source of protein



KEY NUTRIENTS IN:

BROWN RICE

AMOUNT:
125 ML
(½ CUP)



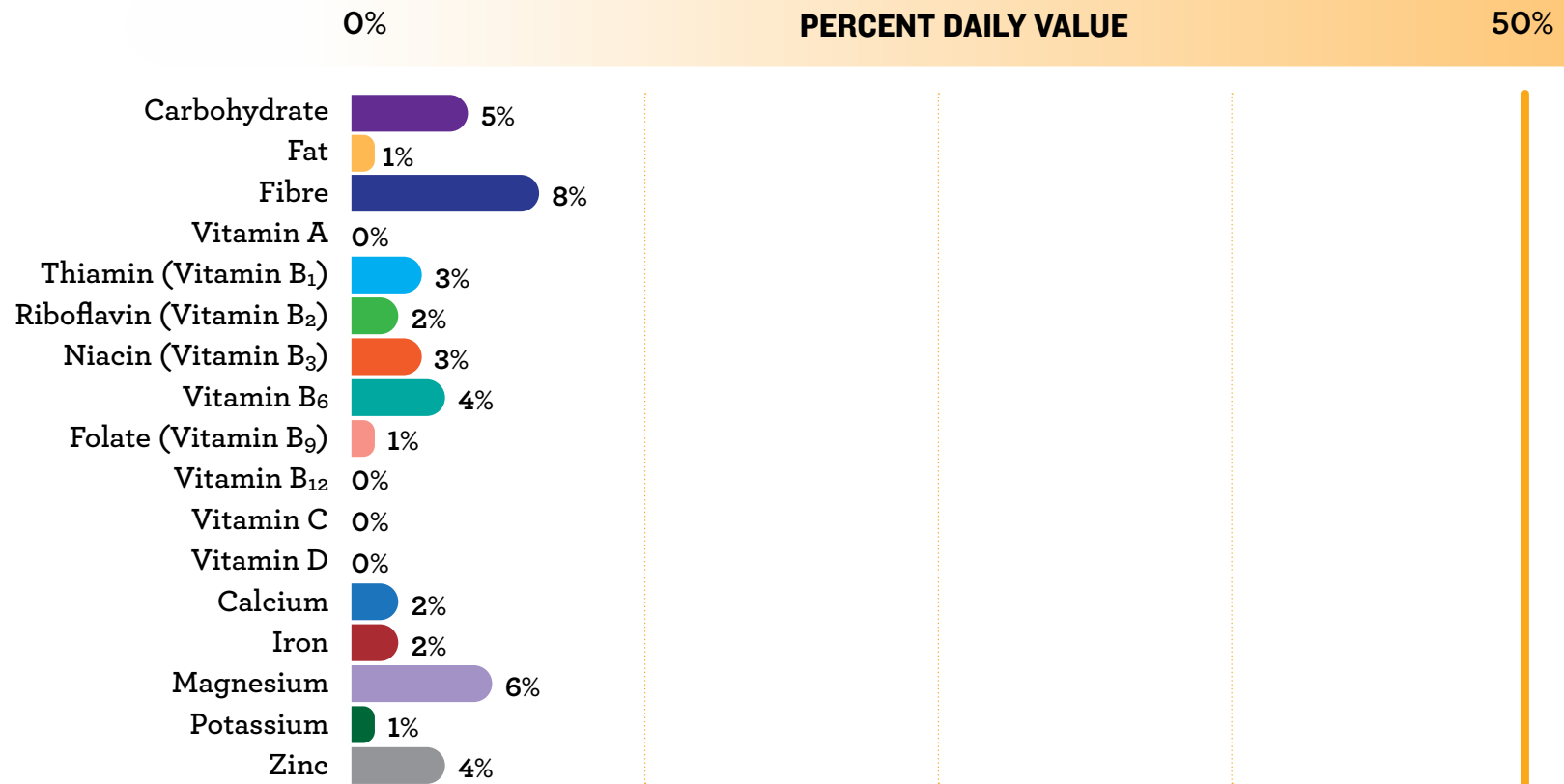
Low source of protein



KEY NUTRIENTS IN:

CORN TORTILLA

AMOUNT:
½ TORTILLA
(35 g)



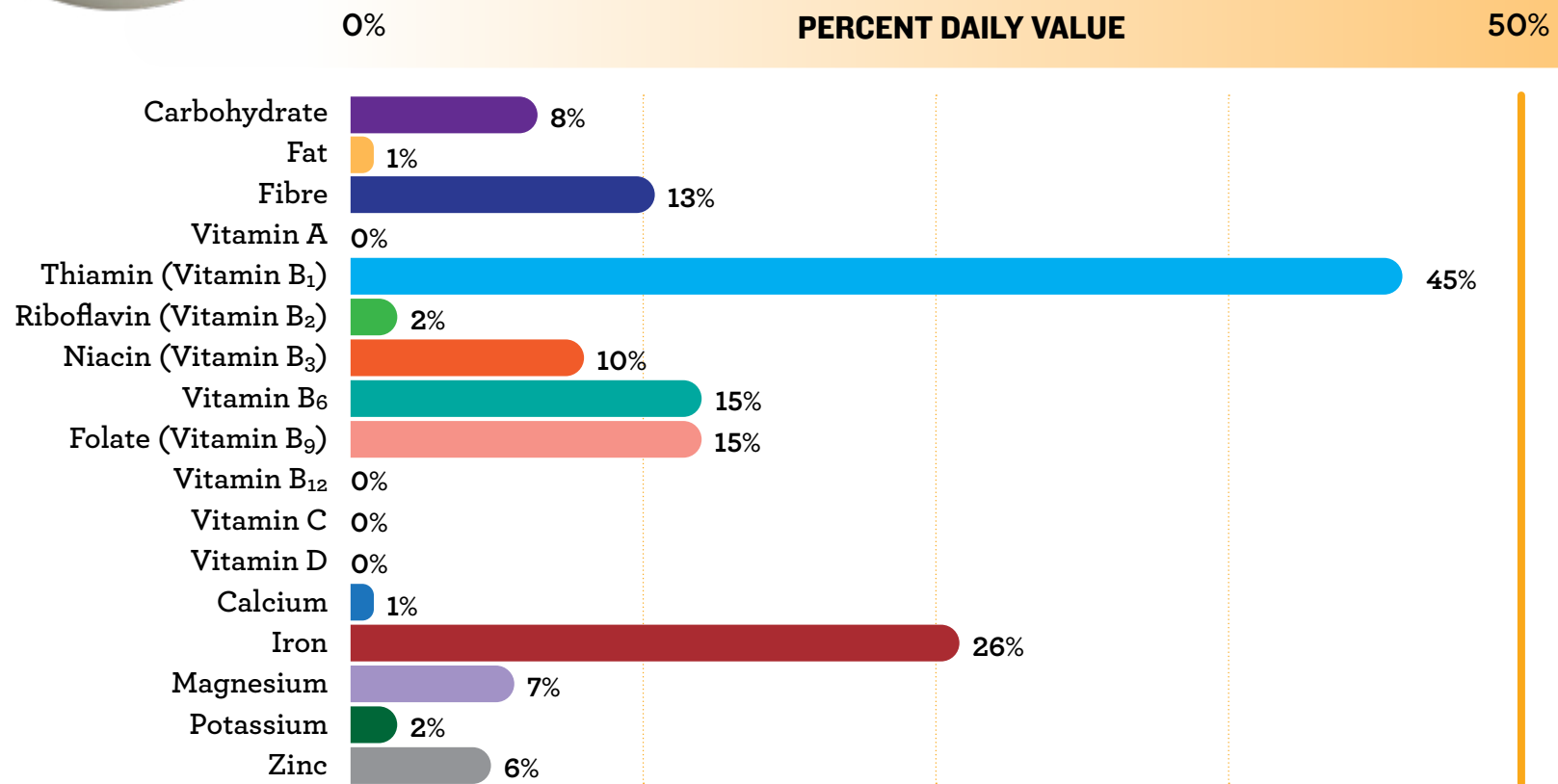
Low source of protein



KEY NUTRIENTS IN:

WHEAT SQUARES CEREAL

AMOUNT:
30 g



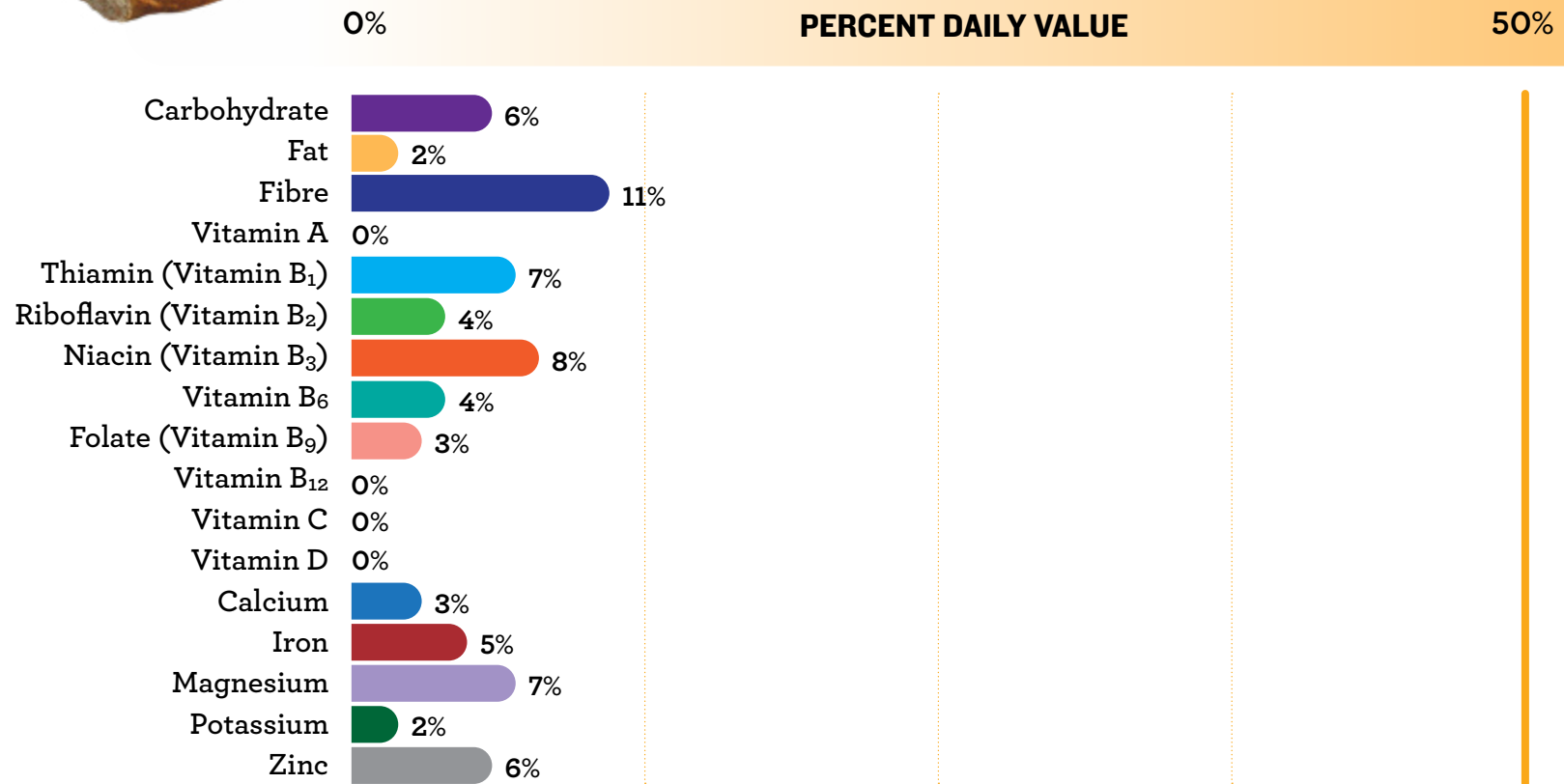
Low source of protein



KEY NUTRIENTS IN:

WHOLE GRAIN BUN

AMOUNT:
1 SMALL
(35 g)



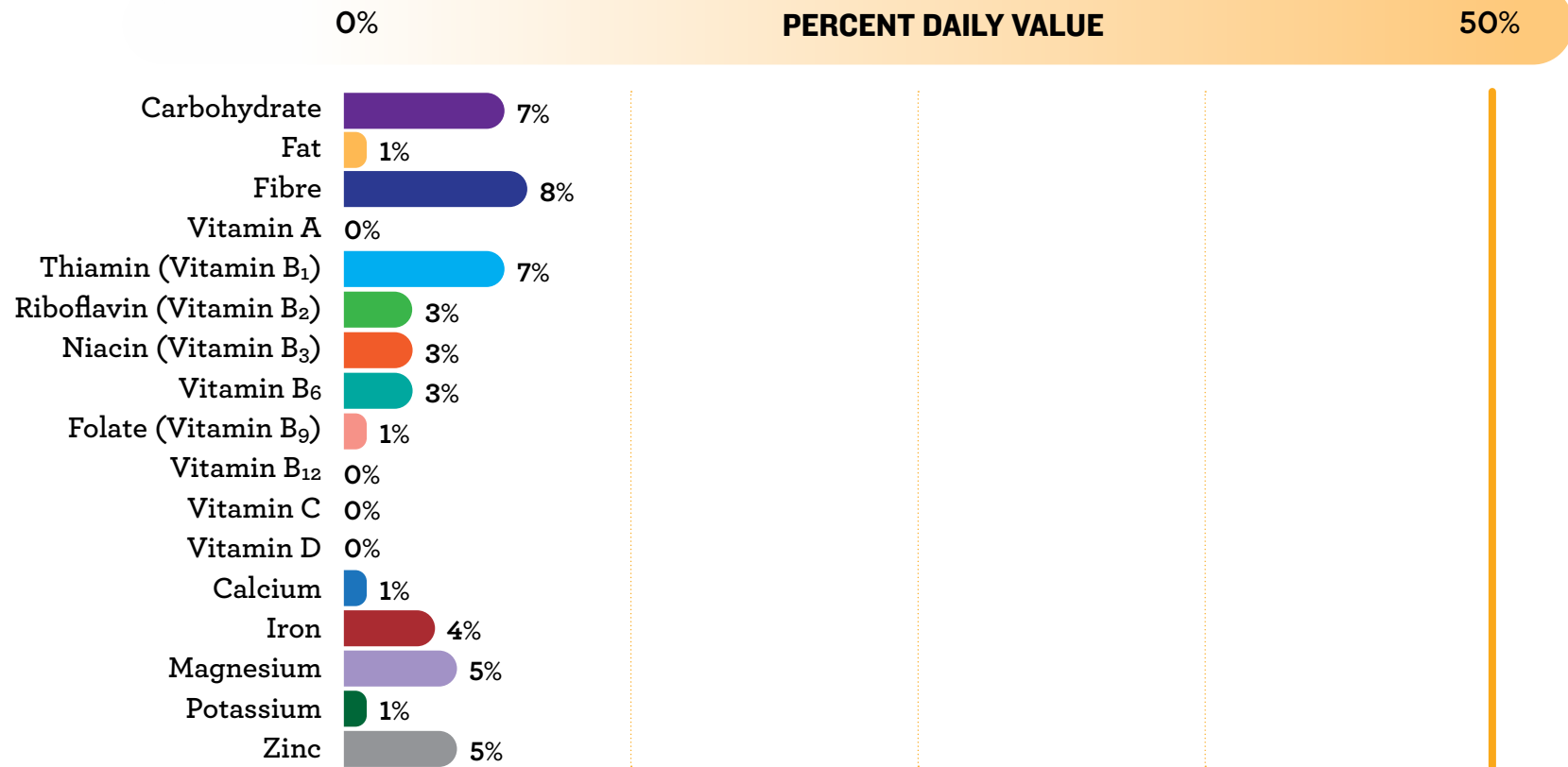
Low source of protein



KEY NUTRIENTS IN:

WHOLE GRAIN MACARONI

AMOUNT:
125 ML
(1/2 CUP)



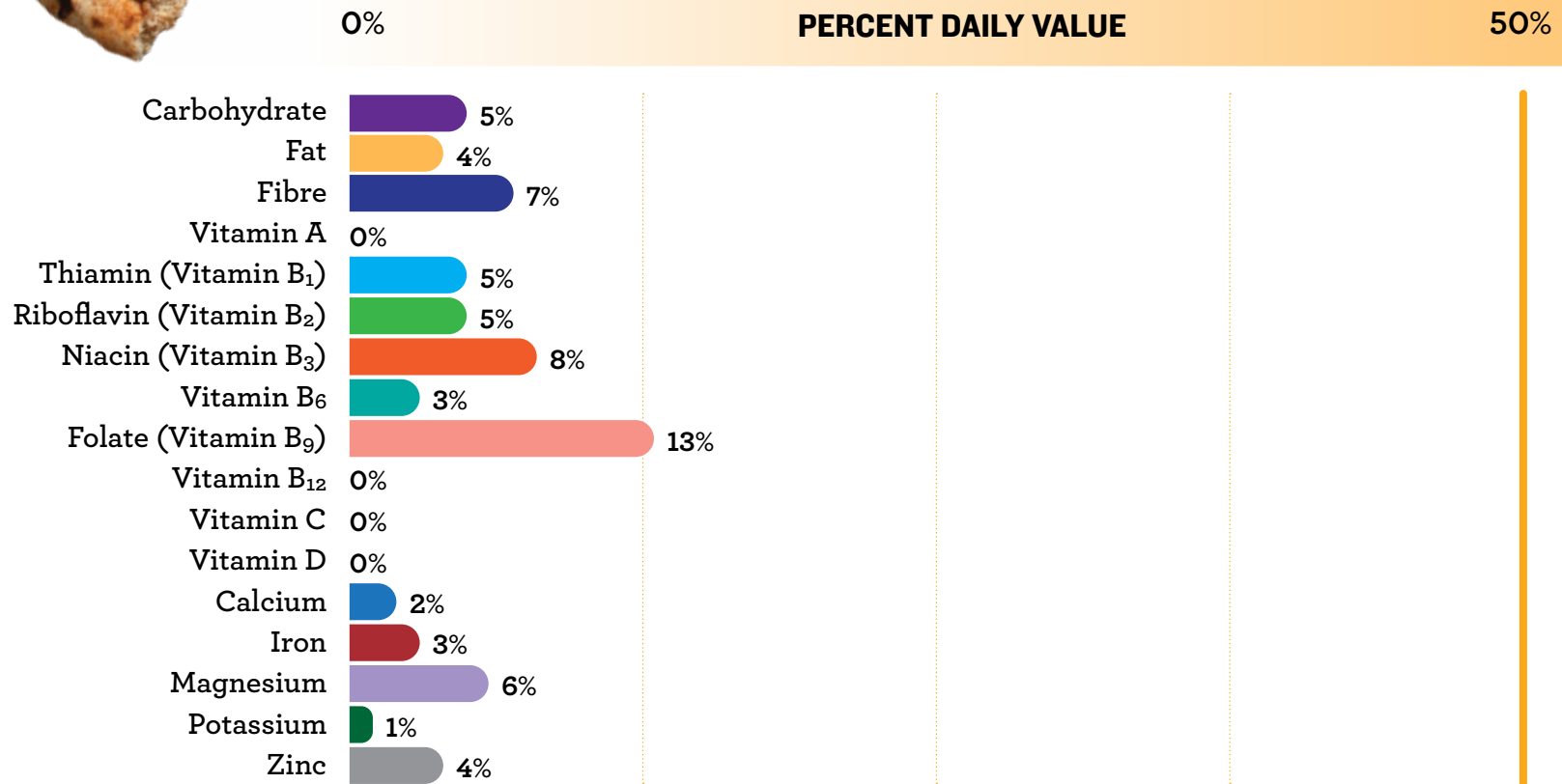
Low source of protein



KEY NUTRIENTS IN:

WHOLE WHEAT NAAN

AMOUNT:
1/2 NAAN
(35 g)



Low source of protein

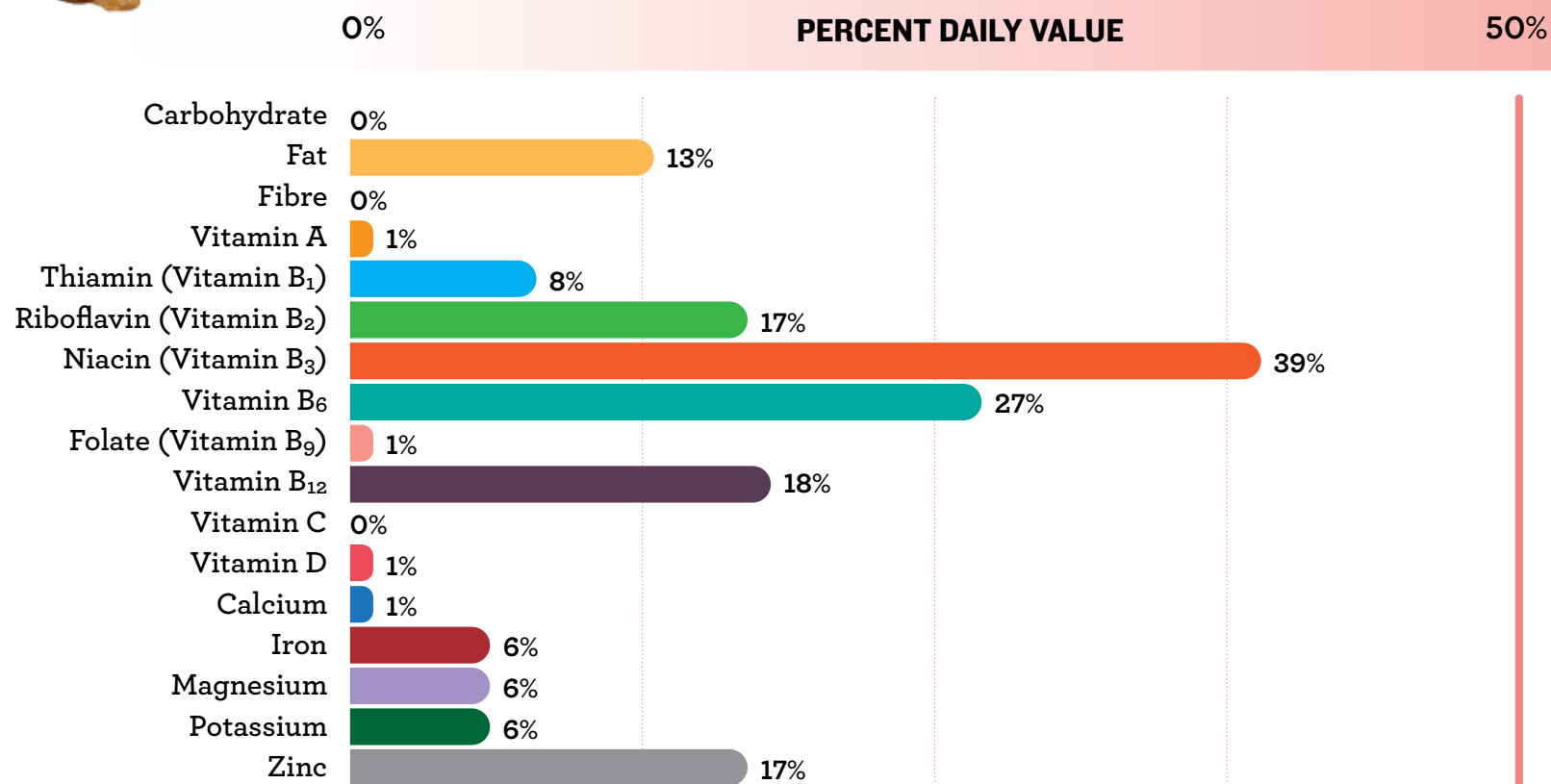


KEY NUTRIENTS IN:

CHICKEN

AMOUNT:

75 G
(2.5 oz)



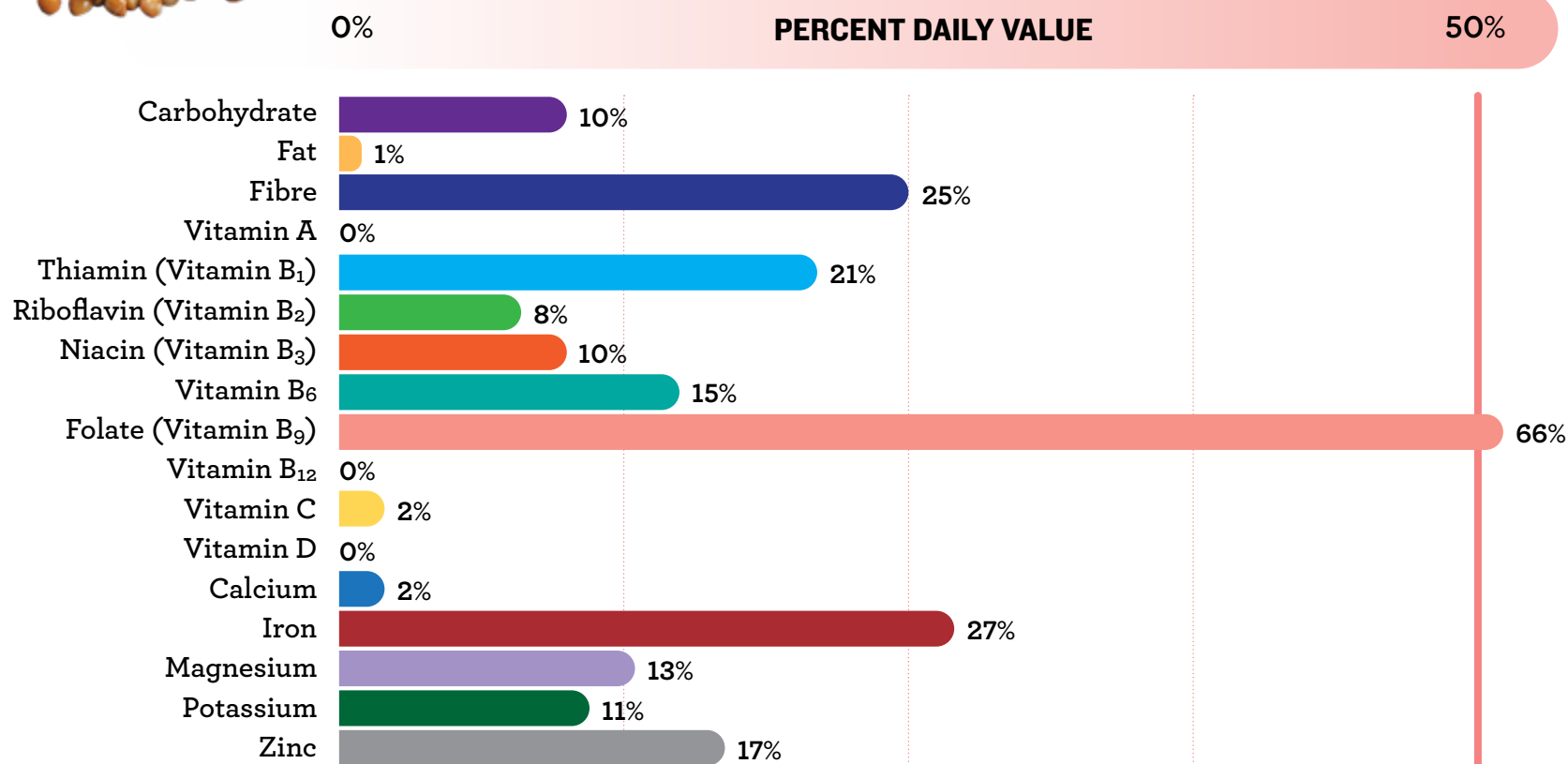
Excellent source of protein



KEY NUTRIENTS IN:

LENTILS

AMOUNT:
175 ML
(3/4 CUP)



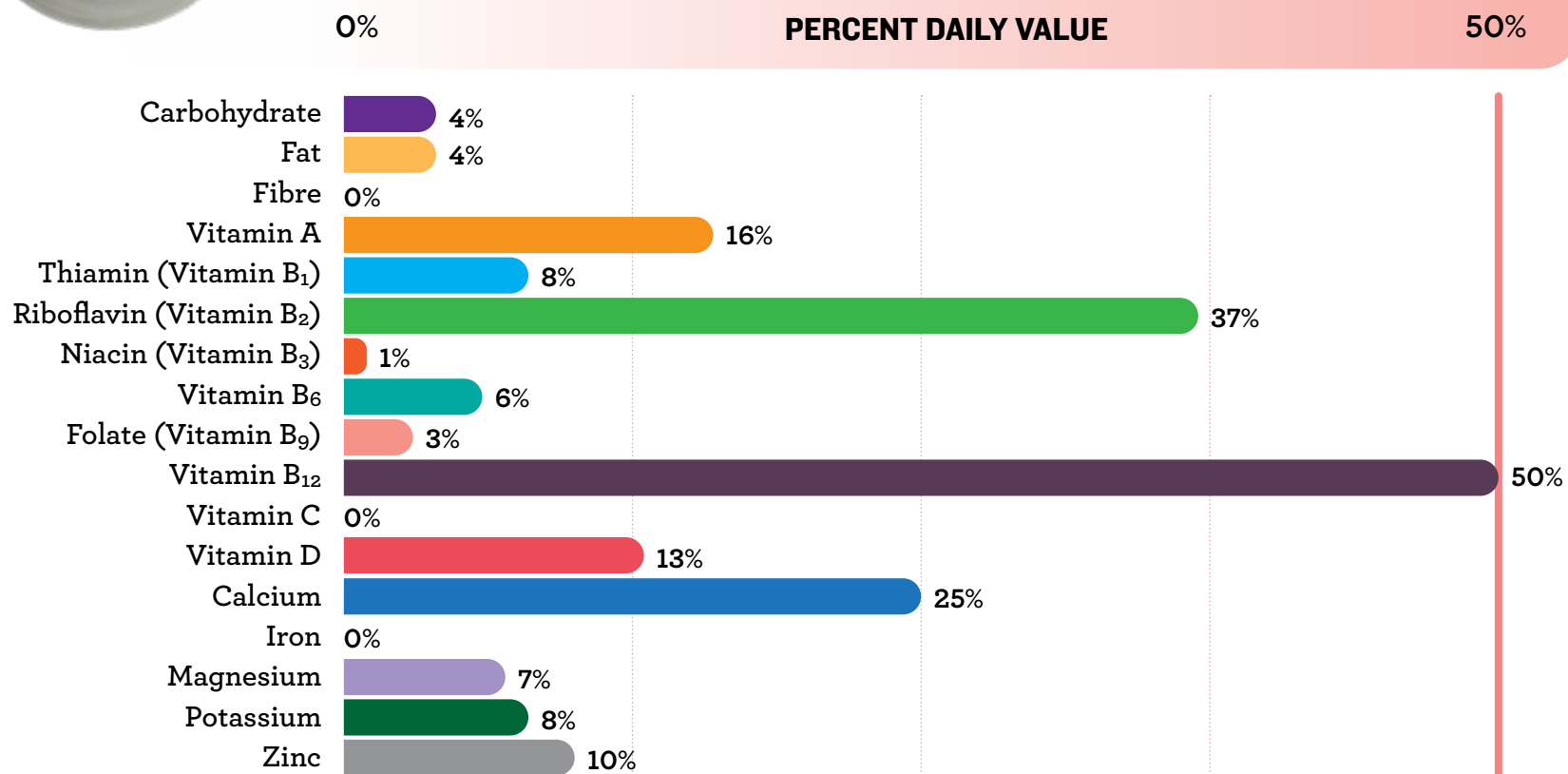
Low source of protein



KEY NUTRIENTS IN:

MILK, 1% M.F.

AMOUNT:
**250 ML
(1 CUP)**



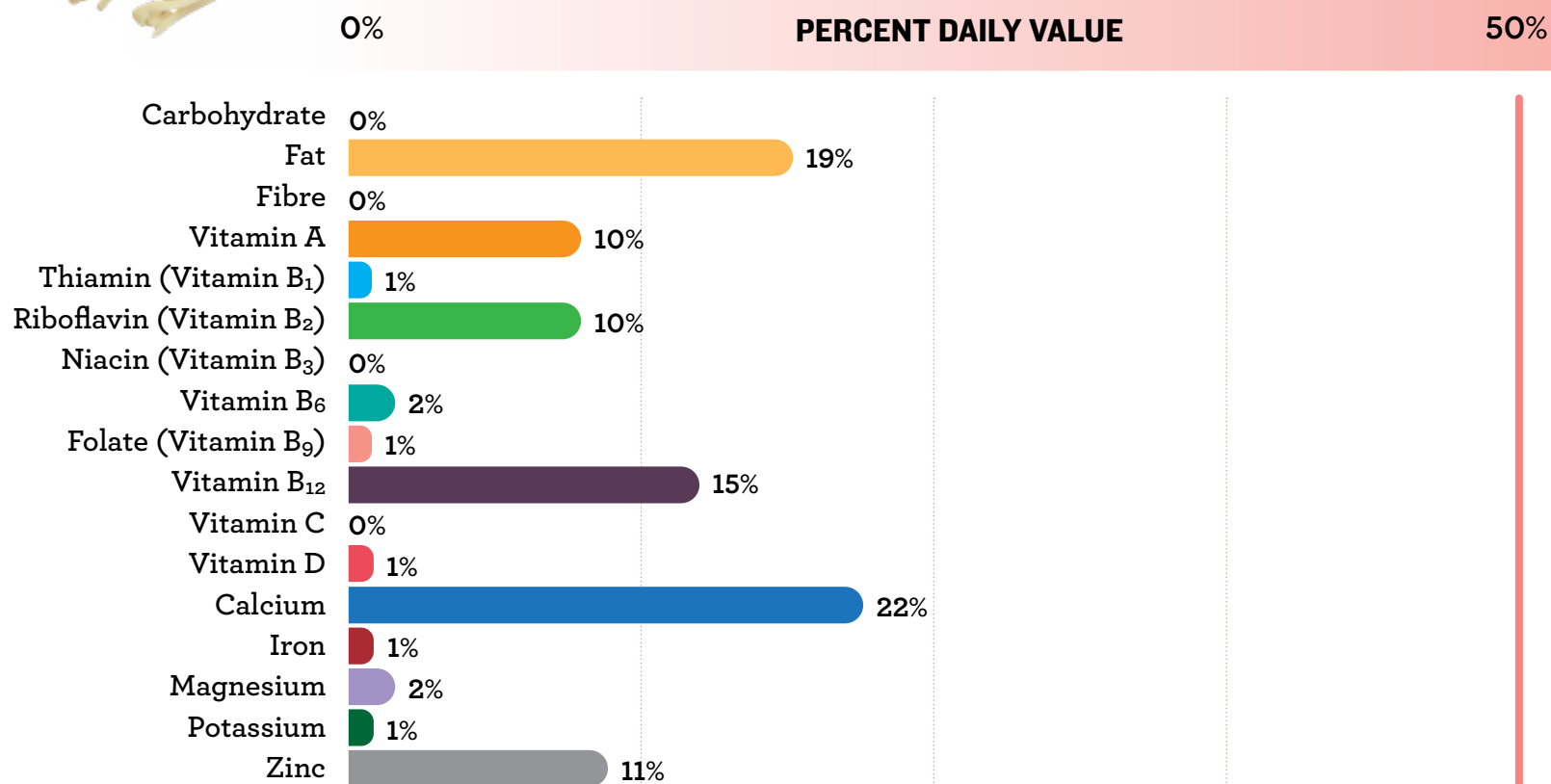
Excellent source of protein



KEY NUTRIENTS IN:

MOZZARELLA, 25% M.F.

AMOUNT:
50 G
(1.5 oz)



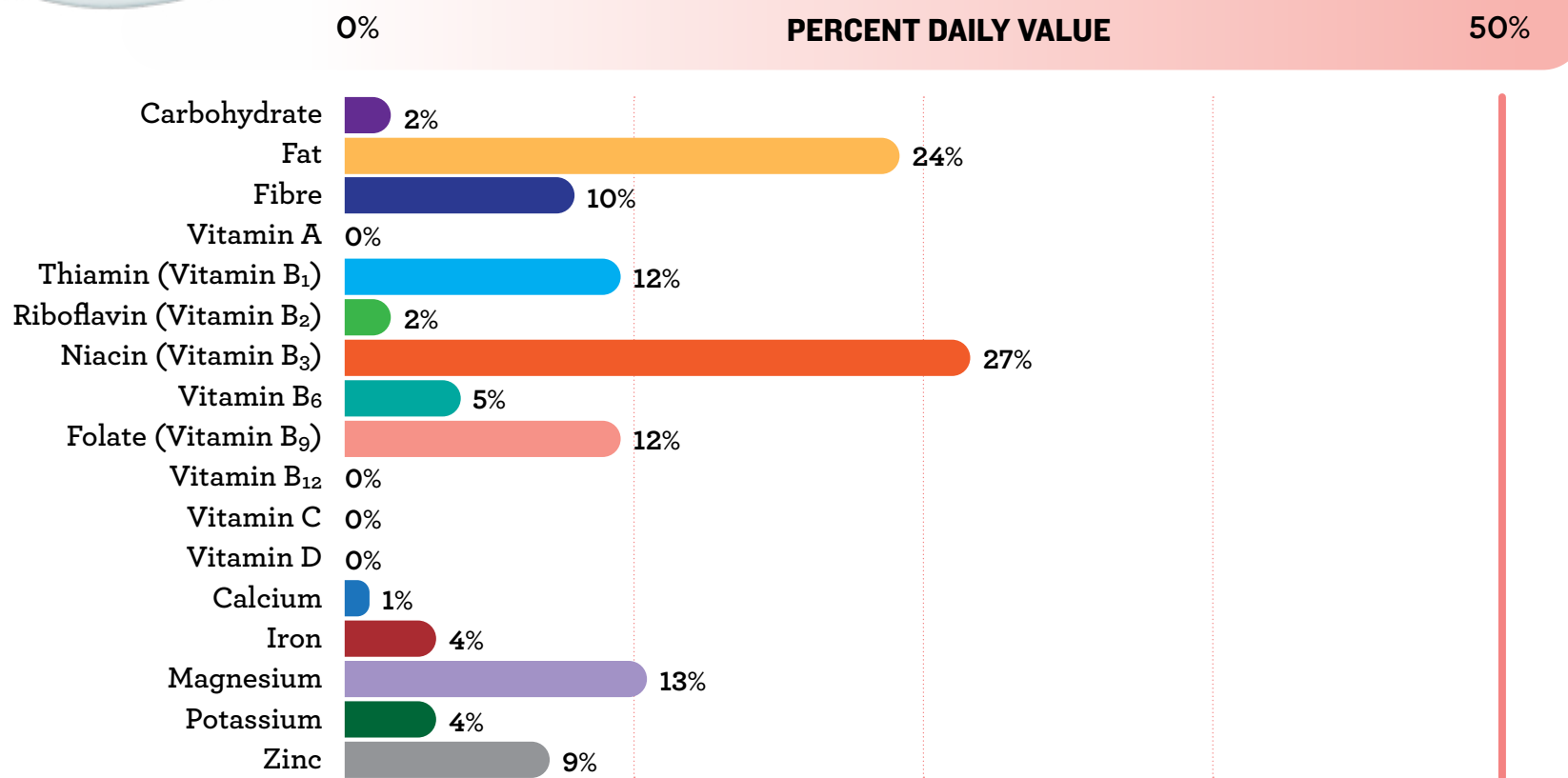
Good source of protein



KEY NUTRIENTS IN:

PEANUT BUTTER, NATURAL

AMOUNT:
30 ML
(2 Tbsp)



Low source of protein

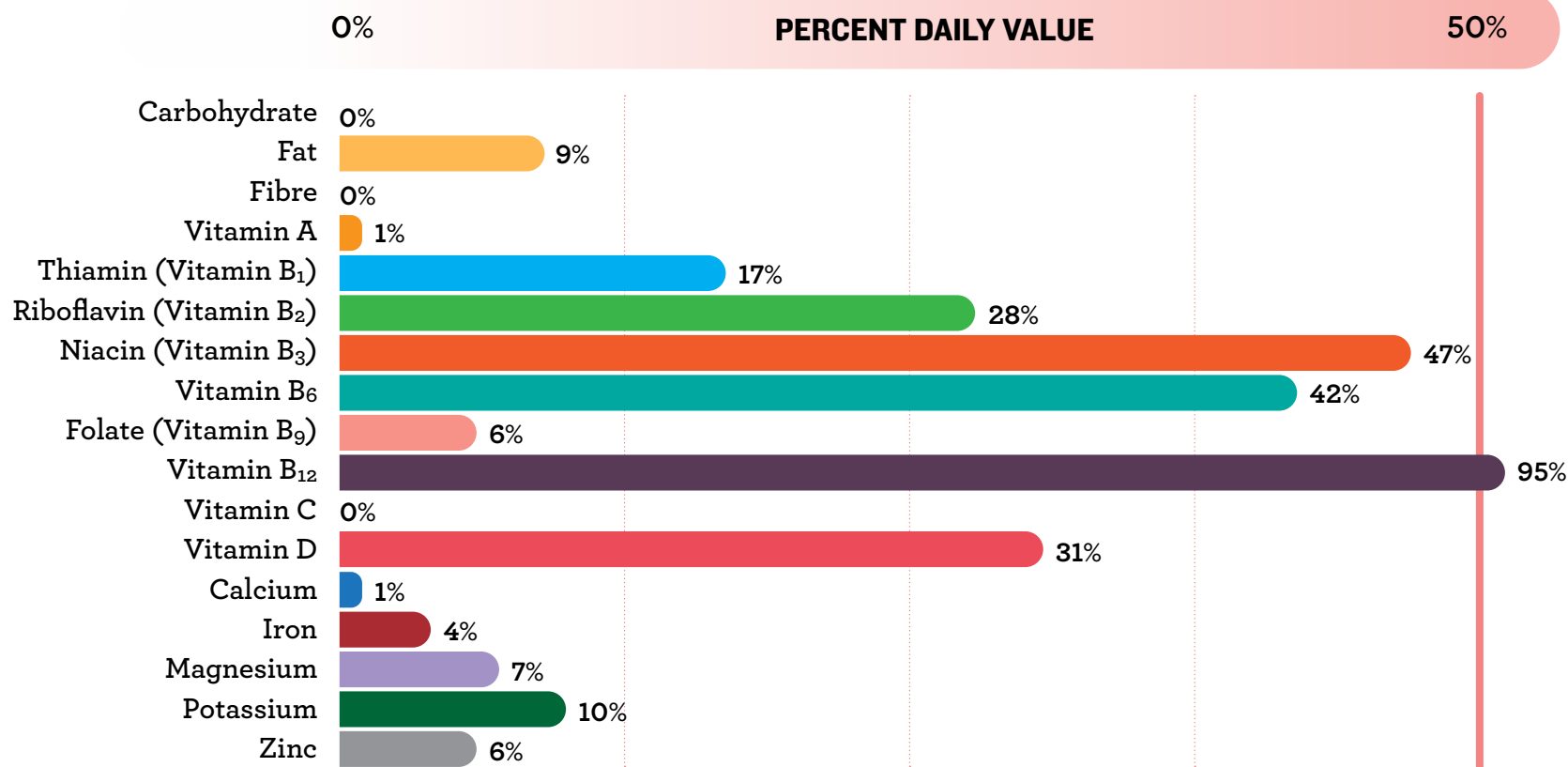


KEY NUTRIENTS IN:

SALMON

AMOUNT:

75 G
(2.5 oz)



Excellent source of protein