

Table A: Examples of Fat Free Protein Sources*

| Product | Serving Size | Protein (g) | CHO (g) |
|-------------------------------------------------------------|--------------|-------------|---------|
| High Protein Foods | | | |
| Egg Beaters® | ¼ c | 6 | ** |
| Better n' Eggs® | ¼ c | 5 | ** |
| Egg whites, separated, cooked | 2 | 7 | ** |
| Powdered egg whites | 1 tbsp | 11.5 | ** |
| Egg white (Bob's Red Mill®) | 2 tsp | 3 | ** |
| Just Whites® (Deb EL™) | 2 tsp | 3 | ** |
| Fat free luncheon meat | 1 oz | 6 | ** |
| Fat free milk | 8 oz | 8 | 12 |
| Non fat dry milk powder | 3 tbsp | 10 | 11 |
| Non fat cheese | 1 oz | 8 | ** |
| Evaporated skim milk | ½ cup | 9 | 15 |
| Non fat cottage cheese | ½ c | 13 | ** |
| Non fat yogurt (plain) | 8 oz | 12 | 15 |
| High protein broth (Hormel HealthLabs (800/866-7757)) | 6 oz | 10 | ** |
| High Protein gelatin (Hormel HealthLabs (800/866-7757)) | 4 oz | 12 | ** |
| Fat Free Oral Liquid Supplements | | | |
| Boost® Breeze™ | 1 can | 8 | 31 |
| Enlive!® Clear Liquid Beverage | 1 box | 10 | 65 |
| Resource® Fruit Beverage | 1 box | 9 | 54 |
| Nutritional Supplement Protein Powders | | | |
| Beneprotein® Instant Protein Powder (Novartis 800/622-2689) | 1 scoop | 6 | 0 |
| Casec® (MJ 800/247-7893) | 1 teaspoon | 5.6 | 0.5 |
| Promod® (Ross 800/986-8502) | 1 scoop | 6.6 | 0.74 |
| ProPass® (Hormel HealthLabs 800/866-7757) | 1 scoop | 6 | 4 |
| HI ProCal™ (Hormel HealthLabs 800/866-7757) | 1 packet | 8 | 4 |

*Carbohydrate calories may be present in some of these sources

**Not considered carbohydrate choices – amount of carbohydrate is minimal

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