

Protien Sources

Complete Protien Source

Whey
Casein
Milk
Eggs
Beef
Cheese
Chicken
Fish
Yogurt
Cottage Cheese
Turkey

Incomplete Protien Sources

Vegetables
Fruits
Rice
Grains
Oats
Pasta
Nuts (some)
Bread
Sunflower seeds

Food Portions that provide 10 Grams of Fiber

<u>Grains</u>	<u>Vegetables</u>	<u>Fruits</u>
½ cup All bran	½ cup mixed beans	3 pears
1 cup Rolled oats	½ cup peas, lentils	3 bananas
2 cobs sweet corn	1 cup peanuts	4 peaches
3 cups Puffed Wheat	2 cups soybeans	4oz. blackberries
4oz. bag of popcorn	3 cups steamed veg.	5 apples
1 cup whole grain Cereal	4 servings mixed salad	6 oranges
3 slices whole rye bread	4 large carrots	6 dried pear halves
4 slices whole wheat Bread	4 cups sunflower seeds	20 prunes
4 large pieces of Shredded Wheat	5 cups raw cauliflower	