

## 60 GRAM PROTEIN DIET

FOOD GROUPS	FOODS PERMITTED	FOODS TO AVOID
Beverages (4 grams Protein per ½ cup milk) Limit to 1 cup per day	Cereal beverages—limited to 1 cup daily Coffee, decaffeinated coffee Tea, decaffeinated tea Milk—limited to 1 cup daily Carbonated beverages	None
Breads, Cereals, and Substitutes (3 grams Protein per serving) Limit to 5 servings per day	Any bread, cereal, baked goods or substitutes Includes potatoes, rice, macaroni, noodles, spaghetti (1/2 cup equals 1 serving)	Bread, cereal, or substitute in excess of 3 servings (1/2 cup each)
Desserts (In moderation)	Baked goods (must count in bread allowance) Pudding, ice cream (must count in milk allowance) Popsicles, fruit ice as desired	Any other desserts
Eggs (7 grams Protein per egg) May be exchanged for 1 ounce meat	One daily-cooked any way	None
Fats (Unlimited)	Any butter, margarine, sour cream, oil, shortening, dressing Cream, non-dairy creamer—limit to 2 tablespoons daily	Blue cheese dressing
Fruits and Fruit Juices (Unlimited)	Any fruit or juice, include 1 citrus daily	None
Meat, Fish, Poultry, Cheese (7 grams Protein per ounce) Limit to 4 ounces per day	Any meat, fish, poultry or cheese Dried beans (1/3 cup equals 1 ounce serving) Peanut butter (1 tablespoon equals 1 ounce serving) An additional egg equals 1 ounce	Bacon, meat in excess of 4 ounces

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Soups	Broth, bouillon	Any other
Sweets	Plain candy Sugar, honey, syrup Jam, jelly, marmalade	Candy containing nuts or chocolate
Vegetables (2 grams Protein per ½ cup)	Limit vegetables to ½ cup serving daily The following may be eaten as desired: chicory, Chinese cabbage, endive, escarole, lettuce, parsley, radishes, watercress	None
Miscellaneous (As desired)	Salt Herbs, Spices Flavorings	None