

## PROTEIN-RICH FOODS:

You need 16 grams of low-fat protein at breakfast. Note: measures in grams.

Food	Protein (grams)	Fat content (grams)
Cottage Cheese (light) 1 cup	28.0	2.3
Salmon (3 oz.)	17.0	5.4
Yogurt (8 oz.)	12.0	4.0
Tofu (6 oz.)	10.0	5.9
2% Milk (8 oz. = 1 cup)	8.0	3.0
Soy Milk (8 oz. = 1 cup)	7.0	5.0
Egg Whites	6.8	0
Bagel	6.0	1.4

## PROTEIN DRINKS

Boost High Protein	15	6
Met-Rx in 2% Milk	46.0	5.5
Designer Protein Powder in 2% Milk	25.5	3.0
Carnation instant Breakfast in 2% Milk	12.0	3.0

## HIGHER FAT

Swiss Cheese (1oz.)	8.1	7.8
Lite “n’ Lively Cheese (1 oz.)	6.4	4.3
Hard Boiled Egg	6.1	5.6
Cream Cheese (Lite) (1 oz.)	2.9	4.7
Peanut Butter (1tbs)	3.5	4.0

## LOWER PROTEIN

Food	Protein (grams)	Fat content (grams)
Quaker Life	5.2	1.8
English Muffin	4.5	1.1
Oatmeal (1 pack)	4.4	1.7
Cheerios (1½ cups= 1oz.)	4.3	1.8
Shredded Wheat (2 biscuits)	5.0	1.0

Source: Dr Richard L. Bruno  
 Director, The Post Polio Institute  
 Englewood Hospital and Medical Centre, USA

## PROTEIN POWER BREAKFASTS:

Suggested Breakfasts	Grams of Protein
<b>12 Minute</b>	
2 hardboiled eggs	12.0
1 English Muffin	4.5
<b>8 Minute</b>	
3 scrambled egg whites	10.0
1 Bagel	6.0
<b>6 Minute</b>	
Toasted bagel	6.0
Lite cream cheese	3.0
1 glass 2% milk	8.0
<b>4 Minute</b>	
Yogurt	12.0
1 spoon of low-fat cheese	6.0
<b>2 Minute</b>	
1/2 cup low-fat cottage cheese	14.0

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