

Protein is found in meats, poultry, fish, eggs, milk, cheese, legumes, and nuts. The best sources are as follows.

<p>Beans black great northern kidney (I) lentils (I) limas navy (I) pink pinto (I) soy (I) split peas</p> <p><small>*beans are high in purine so avoid if you have gout</small></p>	<p>Cheeses cheddar cottage edam fontina</p> <p>gouda provolone ricotta (Z) swiss</p> <p><small>*cheeses may be high in fat and sodium, so look for low fat and low sodium cheeses if you are restricted in these</small></p>	<p>Fish & Shellfish sea bass pike eel (Z) sole</p> <p>trout mullet (I) cod snapper grouper (I) halibut carp (I) (Z) pompano flounder tilefish tuna-fresh (I) clams-steamed (I) (Z) crawfish (I) (Z) mussel (I) (Z) haddock mackerel-atlantic, (I) Spanish</p>	<p>Beef blade roast pot roast shank sirloin</p> <p>filet mignon liver brisket bottom round roast eyeround roast top round</p> <p>Pork tenderloin (I) (Z)</p>	<p>Poultry chicken breast (I) (Z) chicken leg (I) (Z) Turkey-dark and white (I) (Z) Turkey gizzards</p> <p>Other deer tofu (I) milk malted milk (Z) peanut butter eggs yogurt (Z)</p>
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Vitamin C is found in vegetables and fruits. Excellent sources are as follows.

<p>Citrus Fruits & Juices grapefruit lemon lime oranges tomato pineapple</p>	<p>Other Cranberry juice Cantaloupe Kiwi Strawberries Red bell peppers</p>
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Other good sources are as follows.

<p>Fruits carrot juice honeydew tangerine blackberries mango tomatoes blueberries pineapple watermelon grapes-green Thompson, red tokay raspberries</p>	<p>Vegetables asparagus cauliflower peppers-bell, chili broccoli kale (I) brussel sprouts parsley potatoes-sweet, white (I) cabbage-Chinese, green, red greens-beet, mustard, turnip</p>	<p>Legend I = Good source of iron Z = Good source of zinc</p>
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If you are on a special diet from your physician, please follow those instructions.

Patient-Last Name, First Name, Middle Initial M F _____
Age

Admission Number _____ _____
Date Birth Date

Patient/Patient Representative Signature

Physician Name

Patient Identification _____ _____ _____
Medical Record Number Witness Signature Date

11/29/05

NUTRITION FACTS