Low Protein Foods Available for Order through the OHSU Metabolic Food Room (Oct 2026)

- Item availability subject to change pending in-house stock levels and vendor inventory.
- All items are available for dropshipping directly from the vendor.
- All items are available for order as single items.
- Cambrooke items are also available by the case (10-15 individual boxes/bags per case).
- Please note it is more affordable to order by the case or pick up items in person from the food room instead of dropshipping single items.

* = Available for Pickup in OHSU Food Room

❄ = Arrives Frozen

❄❄ = Keep Frozen Until Use

Baking Mixes					
Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	*Mixquick	2/3 C	0.3	No	2 lb Bag
Cambrooke	*Wel-Made Baking Mix	1 C	0.3	No	2 lb Bag
Cambrooke	Wheat Starch	3/4 C	0.3	No	2 lb Bag
Cambrooke	All Purpose Baking Mix	1 C (100g)	0.3	No	2 lb Bag
Cambrooke	Chewy Fudge Brownie Mix	1 brownie	0.3	No	1.5 lb Bag
Cambrooke	Gingerbread Mix	1 square	0.1	No	1.5 lb Bag
Cambrooke	Chocolate Chip Cookie Mix	1 cookie	0.2	No	1.5 lb Bag
Cambrooke	*Sugar Cookie Mix	1 Cookie	0	No	1.5 lb Bag
Promin	All Purpose Baking Mix	1 C (100g)	0.1	No	2.2 lb Bag
Promin	*Classic Cake Mix	100 g Dry Mix	0.1	No	500 g Package
Promin	Chocolate Cake Mix	100 g Dry Mix	0.3	No	500 g Package
Promin	Cinnamon Muffin Mix	1 Muffin (75g)	0.1	No	347 g Package
Promin	Banana Muffin Mix	1 Muffin (75g)	0.1	No	347 g Package
Promin	Cranberry Muffin Mix	1 Muffin (75g)	0.1	No	347 g Package
Promin	*Chocolate Muffin Mix	1 Muffin (75g)	**0.8**	**Yes**	347 g Package
Promin	*Sweet Pancake Mix	25 g Dry Mix	0.1	No	300 g Package
PKU Perspectives	*Country Sunrise Blueberry Muffin Mix	1 Muffin	0	No	12 oz bag
PKU Perspectives	*Country Sunrise Apple Cinnamon Muffin Mix	1 Muffin	0	No	10.25 oz bag

Breads					
Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	*❄❄Bagel Bars - French Toast	1 bagel	0.4	No	8 Bars
Cambrooke	❄❄Bagels - Cinnamon Raisin	1 bagel	0.4	No	8 Bagels
Cambrooke	*❄❄Camburger Buns	1 bun	0.3	No	8 Buns

Cambrooke	*❄❄Cinnamon Raisin Swirl Bread	1 Slice	0.4	No	16 Slices
Cambrooke	❄❄Focaccia Sticks - Italian Style	1 Stick	0.2	No	6 Sticks
Cambrooke	*❄❄Homestyle Sliced White Bread	1 Slice	0.3	No	16 Slices
Cambrooke	*❄❄Pita Pockets	1/2 Pita	0.2	No	6 Pitas
Cambrooke	❄❄The Bigger Bagel Plain	1 Bagel	**0.5**	**Yes**	6 Bagels
Cambrooke	*❄Tortilla Wraps	1 Tortilla	0.2	No	8 Tortillas
Promin	*❄❄Farmhouse Loaf	1 Slice	0.1	No	12 slices

Cereals

Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	Creamy Hot Cereal - Vanilla	1/4 C	0	No	24 oz bag
Cambrooke	*Malt-O-Meal Frosted Flakes	1 Bowl	**1.0**	**Yes**	16 - 1 oz Bowls
Cambrooke	*Malt-O-Meal Coco Roos	1 Bowl	**0.8**	**Yes**	16 - 0.88 oz Bowls
PKU Perspectives	Country Sunrise Apple Cinnamon Hot Cereal cup	1 cup	<1	No	1 cup
PKU Perspectives	Country Sunrise Strawberry Banana Hot Cereal cup	1 cup	<1	No	1 cup
Promin	*Hot Breakfast Original	1 Satchet	0.2	No	6 Satchets
Promin	Hot Breakfast Chocolate	1 Satchet	0	No	6 Satchets
Promin	Hot Breakfast Banana	1 Satchet	0.1	No	6 Satchets
Promin	Hot Breakfast Apple And Cinnamon	1 Satchet	0.1	No	6 Satchets
Promin	Chocolate Cereal	100 g	0.3	No	340 g box

Frozen

Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	*❄❄Camburgers	1 burger	**0.8**	**Yes**	4 Burgers
Cambrooke	*❄❄Apple Breakfast Bars	1 bar	0.3	No	4 Bars
Cambrooke	*❄❄Cheese Pizza	1 pizza	**1.7**	**Yes**	3 Pizzas
Cambrooke	*❄❄Corny Dogs	1 Dog	0.3	No	8 Dogs
Cambrooke	*❄❄Go! Pockets - Burritos	1 pocket	**1.0**	**Yes**	2 Pockets
Cambrooke	*❄❄Lynn's Enchiladas	1 tray	**1.2**	**Yes**	1 Meal
Cambrooke	*❄❄Mini Pockets - PB&J	2 pockets	**0.7**	**Yes**	6 Pockets
Cambrooke	*❄❄Mini Pockets - Pizza	2 Pockets	**0.9**	**Yes**	6 Pockets
Cambrooke	*❄❄Tweekz	3 Nuggets	**1.3**	**Yes**	9 Nuggets
Cambrooke	*❄❄Cheese Ravioli	4 raviolis	**0.6**	**Yes**	1 lb Box
Cambrooke	*❄❄Portabella Spinach Ravioli	4 Raviolis	**0.7**	**Yes**	1 lb Box
Cambrooke	❄❄Toasted Pierogies	3 Pierogies	**0.5**	**Yes**	2 lb Box
Cambrooke	❄❄Pierogi	4 Pierogi	**0.6**	**Yes**	1 lb Box
Cambrooke	❄❄Potstickers	2 Potstickers	**1**	**Yes**	20 Potstickers
PKU Perspectives	*❄❄Country Sunrise Chicken Patties	1 Patty	0	No	4 patties

Desserts

Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	*Peanut Butter Chocolate Chip Cookies	1 cookie	0.2	No	12 Cookies
Cambrooke	Chocolate Cha Cha's	4 pieces	0.3	No	25 Bars
Promin	Caramel Dessert Mix	1 Satchet	0.1	No	6 Satchets
Promin	Chocolate and Banana Dessert Mix	1 Satchet	0.3	No	6 Satchets
Promin	*Custard Dessert Mix	1 Satchet	0.1	No	6 Satchets
Promin	Strawberry And Vanilla Dessert Mix	1 Satchet	0	No	6 Satchets
Promin	Banana Rice Pudding	1 Satchet	0.2	No	4 Satchets
Promin	Strawberry Rice Pudding	1 Satchet	0.4	No	4 Satchets

Soups

Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	*Instant Soup - Chicken	1.5 oz dry	0.9	Yes	4 - 1.5 oz Packets
Cambrooke	*Instant Soup - Beef	1.5 oz dry	1.2	Yes	4 - 1.5 oz Packets
Promin	All Day Scramble Xpot	1 Pot	0.6	Yes	4 Pots
Promin	Beef And Tomato Xpot	1 Pot	0.4	No	4 Pots
Promin	Chip Shop Curry Xpot	1 Pot	0.7	Yes	4 Pots
Promin	Rogan Style Curry Xpot	1 Pot	0.9	Yes	4 Pots
Promin	Creamy Chicken Soup W/ Croutons	1 Satchet	0.5	Yes	4 Satchets
Promin	Creamy Tomato Soup W/ Croutons	1 Satchet	0.5	Yes	4 Satchets
Promin	*Minestrone Soup	1 Satchet	1.0	Yes	4 Satchets
Promin	Cabbage Bacon And Potato Pot	1 Pot	0.9	Yes	4 Pots
Promin	*Onion Potato Pot	1 Pot	0.9	Yes	4 Pots
Promin	Sausage Potato Pot	1 Pot	0.8	Yes	4 Pots
PKU Perspectives	*Country Sunrise Creamy Tomato Basil Soup	1 cup	2.8	Yes	1 cup
PKU Perspectives	*Country Sunrise Garden Vegetable Soup	1 cup	2.0	Yes	1 cup

Sauces & Cooking Mix

Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	Burger Patty Mix	1/4 C dry	0.6	Yes	1.5 lb bag
Cambrooke	Chicken Patty Mix	1/4 C dry	0.4	No	1.5 lb bag
Cambrooke	*Eggz	2 Tbsp	0.3	No	1 lb bag
Cambrooke	Sausage Patty Mix	1/4 C (dry)	0.5	Yes	1.5 lb bag
Cambrooke	Shake N Cheese	1 tsp	0.1	No	4 oz bottle
Cambrooke	Chicken Consomme	1 tsp	0.1	No	6 oz bottle
Cambrooke	Alfredo Sauce	1 tbsp	0.3	No	4.5 oz bottle

Promin	Burger Mix Chicken	1 Satchet	1.7	Yes	4 Satchets
Promin	Burger Mix Lamb And Mint	1 Satchet	1.2	Yes	4 Satchets
Promin	Burger Mix Original	1 Satchet	1.3	Yes	4 Satchets
Promin	Cheese Sauce Mix	30 g	1.0	Yes	225 g Pack
Promin	*Instant Mashed Potatoes	30 g dry mix	0.5	Yes	455 g Pack
Promin	Sausage Mix Apple	1 Satchet	0.5	Yes	4 Satchets
Promin	*Sausage Mix Original	1 Satchet	0.7	Yes	4 Satchets
Promin	Scrambled Egg Mix	100 g Prepared	0.1	No	500 g Package
PKU Perspectives	Country Sunrise Hot Dog Mix	1 hot dog	1.0	Yes	6 Bags
PKU Perspectives	Country Sunrise Burgerless Mix	1 burger	0	No	1 lb Bag
PKU Perspectives	Country Sunrise Chick'n Patty Mix	1/4 C mix	<1	No	1 lb Bag
PKU Perspectives	Country Sunrise Imitation Scrambled EGG and OMELET Mix	1 1/2 Tbsp mix	0	No	1 lb Bag
PKU Perspectives	Country Sunrise Peanut Butter & Honey Mix	1 tbsp mix	0	No	80 g container

Pasta & Rice

Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	*Aproten Ditalini	2.2 oz dry	0.3	No	17.6 oz Box
Cambrooke	*Aproten Fusilli	2.2 oz dry	0.3	No	17.6 oz Box
Cambrooke	Aproten Linguine	2.2 oz dry	0.3	No	17.6 oz Box
Cambrooke	*Aproten Penne	2.2 oz dry	0.3	No	17.6 oz Box
Cambrooke	Aproten Pipe	2.2 oz dry	0.3	No	17.6 oz Box
Cambrooke	*Aproten Rigatoni	2.2 oz dry	0.3	No	17.6 oz Box
Cambrooke	Aproten Sedani	2.2 oz dry	0.3	No	17.6 oz Box
Cambrooke	*Aproten Spaghetti	2.2 oz dry	0.3	No	17.6 oz Box
Cambrooke	*Pasta Solo - Elbows	2 oz (dry)	0.2	No	8 oz Package
Cambrooke	*Pasta Duets - Instant Stivaletti Alfredo	2.3 oz (dry)	0.6	Yes	7 oz Package
Cambrooke	*Pasta Duets - Macaroni And Cheese	2.3 oz (dry)	0.6	Yes	7 oz Package
Cambrooke	Pasta Duets - White Cheddar Mac	2.3 oz (dry)	0.7	Yes	7 oz Package
Cambrooke	*Short Grain Rice	1/3 C	0.3	No	2 lb 3 oz Bag
Promin	*Mac Pot Macaroni And Cheese	1 Pot	1.2	Yes	4 Pots
Promin	Mac Pot Tomato Macaroni	1 Pot	0.8	Yes	4 Pots
Promin	*Imitation Rice	100 g	0.2	No	500 g bag
Promin	*Pasta In Sauce Cheese And Broccoli	1 Satchet	1.8	Yes	4 Satchets
Promin	Pasta In Sauce Moroccan	1 Satchet	0.9	Yes	4 Satchets
Promin	*Pasta In Sauce Tomato Pepper And Herb	1 Satchet	1.7	Yes	4 Satchets
Promin	Short Cut Spaghetti Pasta	75 g Dry Pasta	0.1	No	500 g Package
Promin	Shells Pasta	75 g Dry Pasta	0.1	No	500 g Package

Promin	Spiral Pasta	75 g Dry Pasta	0.1	No	500 g Package
Promin	Tri-Color Shell Pasta	75 g Dry Pasta	0.1	No	500 g Package
Promin	*Tri-Color Spiral Pasta	75 g Dry Pasta	0.1	No	500 g Package
Promin	Tri-Color Alphabet Pasta	75 g Dry Pasta	0.1	No	500 g Package
Promin	Lasagna Sheets	75 g Dry Pasta	0.2	No	200 g Package

Snacks					
Vendor	Product Name	Serving Size	Protein (G)	Need to Count Protein?	Units
Cambrooke	*❄American Cheese Singles	1 slice	0.4	No	32 Slices
Cambrooke	❄Swiss Cheese Singles	1 Slice	0.4	No	32 Slices
Cambrooke	❄Cheddar Shreds	1/3 C cheese	**0.6**	**Yes**	2 lb Bag
Cambrooke	❄Mozzarella Shreds	1/3 C	**0.6**	**Yes**	2 lb Bag
Cambrooke	*Crackers	9 crackers	0	No	4.4 oz Box
Cambrooke	*Savory Cracker Thins	2 Cracker Thins	0.3	No	5.3 oz Box
Cambrooke	Wise Onion Rings	1 - 0.5 oz bag	0.3	No	75 - 0.5 oz bags
Promin	Banana Breakfast Bar	1 Bar	0.1	No	4 Bars
Promin	Apple Cinnamon Breakfast Bar	1 Bar	0.1	No	4 Bars
Promin	Chocolate And Cranberry Breakfast Bar	1 Bar	0.1	No	4 Bars
Promin	Cranberry Breakfast Bar	1 Bar	0.1	No	4 Bars
Promin	Promin Low Protein Snax Chips - Variety Pack	1 - 25g Pack	0	No	12 - 25g Packs