

Let's Go To Camp!



Part I

You are leaving tomorrow for five fun-filled days of summer camp. After you pack your bags, you sit down and look at the camp menu. You have already packed all of the formula you'll need, now you need to make decisions about which foods you'll choose.

Review the menu below and circle the foods you'll choose to eat at camp.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Apple juice Pancakes Bacon Rice Chex Hot chocolate Milk	Orange juice Scrambled eggs Fruit turnovers Rice Krispies Hot chocolate Milk	Apple juice French toast Sausage patty Lucky Charms Hot chocolate Milk	Apple juice Scrambled eggs English muffin Apple Jacks Hot Chocolate Milk	Cranberry juice Scrambled eggs Cinnamon roll Cheerios Hot chocolate Milk
Lunch	Hoagie sandwich Chips Pickle spear Tossed salad Apple Milk	Sloppy Joes Dill pickle French fries Tossed salad Applesauce Milk	Vegetable soup Grilled cheese sandwich Tossed salad Peaches Milk	Spaghetti with meat sauce Garlic bread Tossed salad Apricots milk	All Camp Hiking Trip: Sack Lunches
Dinner	Chicken strips Baked potato Tossed salad Plum Sugar cookie Milk	Cheese pizza Apple Vegetable sticks Raspberry sorbet Milk	Turkey with gravy Whipped potatoes Cranberry sauce Tossed salad Mixed vegetables Dinner roll Milk	Hot dogs with mustard and ketchup Raisins and peanuts Rice cakes Pear slices Milk	Baked chicken Tater tots Biscuit with butter Green beans Tossed salad Strawberries Milk
Evening snack	Sliced cantaloupe	Cheese sticks Crackers	Rice Krispie Treat	Butterscotch pudding	Jello

Now that you have circled all of the foods you will eat at camp, do you think you will have enough food? Do you think you'll still be hungry?

_____ There's enough food for me!
 _____ Nope, I'll still be hungry.



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(You decide you'll still be hungry.) Make a list of some extra foods to take to camp that can be added to your meals. Circle 7 foods from the list below that you would like to take. Remember, you are taking formula and you will have the use of a refrigerator. Are there any other foods that you would add to the list?

- | | |
|-----------------------------------|----------------------|
| 1. onion rings | 8. low protein pasta |
| 2. candy bars | 9. mandarin oranges |
| 3. Catalina salad dressing | 10. mocha mix |
| 4. lemon pudding | 11. popcorn |
| 5. fruit roll ups or fruit snacks | 12. potato chips |
| 6. low protein bread | 13. raisins |
| 7. low protein crackers | 14. rice cakes |



Part 2

The camp activity for Friday is an all-group hiking trip, with some canoeing at the end. You'll need to pack a sack lunch, since you won't be back to the camp in time for lunch. Below are the foods that will be available for you to choose from. How much phe is in each food?

	<u>mg Phe</u>
2 slices regular white bread	_____
2 Tablespoons peanut butter	_____
1 Tablespoon jelly	_____
1 rice cake, plain	_____
1 medium apple	_____
10 green grapes	_____
9 pretzel sticks	_____
2 Tablespoons peanuts	_____
1 Fruit roll up	_____
8 ounces apple juice	_____

Now, choose foods from the list above for your sack lunch...create a lunch with **less than 75 mg phe**. List your lunch below:



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Part 3

A camp tradition is to have an all-group campfire each Thursday night. The evening starts with a big barbecue, then campers roast marshmallows and tell campfire stories. Many of the campers enjoy roasting marshmallows and making S'mores. How much phe is in a S'more? (the recipe is below)



	<u>mg phe</u>
2 graham cracker squares	_____
1/3 Hershey's chocolate bar	_____
2 marshmallows	_____
<i>TOTAL:</i>	_____

How much phe from food do you eat in a day? _____

If you ate one S'more, how much phe from food would you have left? _____
(Hint: your phe from food minus phe in one S'more)

Do S'mores fit into your food pattern? YES NO

What will you do at the campfire? Some options are listed below. Pick a few that might work for you. Add any options that you think of.

1. I'll eat as many S'mores as I can.
2. I'll make a S'more without the chocolate bar.
3. I'll be the official S'more Maker and make S'mores for my friends.
4. I'll take some low phe cookies to the campfire and eat those instead.
5. _____

6. _____

7. _____



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Food List

Food	Serving Size	Mg phe per serving
Apple	1 medium	9
Apple juice	8 ounces	0
Bread, low protein bread	1 slice	11
Bread, white (regular)	1 slice	140
Catalina salad dressing	1 Tablespoon	0
Crackers, low protein	5 crackers	3
Fruit roll up	1 roll up	3
Fruit snack	1 package	3
Graham cracker	1 square	19
Grapes	10	7
Hershey's chocolate bar	1/3 bar	65
Jelly	1 Tablespoon	0
Lemon Pudding (Hunts)	1 serving	0
Mandarin oranges	1/2 cup	25
Marshmallows	1	3
Mocha mix	1/4 cup	8
Onion rings (Wise)	1 bag	13
Pasta, low protein	1/2 cup	6
Peanut butter	1 Tablespoon	244
Peanuts	1 Tablespoon	109
Popcorn	1 cup	36
Potato chips	3 chips	13
Pretzel sticks	3 sticks	9
Raisins	1/4 cup	24
Rice cakes	1 whole	38



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