

Food List

Food	Serving Size	Mg phe per serving
Apple	1 medium	9
Apple juice	½ cup	0
Bread, low protein	1 slice	15
Breakfast Cereal Loops, low protein	1 cup	2
Broccoli	½ cup	33
Cantaloupe	½ cup	21
Carrot sticks	½ of 8" carrot	15
Celery sticks	½ stalk	10
Corn flakes cereal	½ cup	60
Grapes, red or green	10 grapes	7
Green beans	¼ cup	34
Jelly	2 tbsp	0
Margarine, Nucoa	1 tbsp	0
Mocha Mix	¼ cup	8
Orange	1 medium	38
Orange juice	½ cup	11
Pancakes, low protein	1	8
Pasta, low protein	1 cup	6
Pear	1 medium	17
Peas	½ cup	144
Pineapple	½ cup	9
Potato	1 medium	220
Rice	1 cup	228
Rice, low protein	1 cup	7
Rice cakes	1	38
Rice Chex cereal	½ cup	28
Rice Krispies cereal	1/3 cup	45
Salad, tossed	¾ cup	25
Sherbert	½ cup	40
Sorbet, fruit flavor	½ cup	9
Spaghetti sauce	½ cup	65
Syrup	2 Tbsp	0
Vegetable Medley Casserole	1 cup	56



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