



# PKU Camp Menus

You are the food supervisor of a PKU Camp—it is your job to plan the menus. Here are last year's menus, but they are too high in phe. Change the menus so that they all contain 300 mg phe/day.

- Using the Food List, look up all the phe values of the foods. Place them on the appropriate lines and add up the total phe for each meal and each day.
- Then, look to determine whether you will either change a food or decrease the portion size to bring the phe level to 300 mg/day. Make your changes to the menu and then add up the new total for the mg phe for each day.



<u>DAY 1</u>	Phe (mg)	New Phe (mg)
<b>BREAKFAST</b>		
1/2 c. corn flakes	_____	_____
1/4 c. Mocha Mix	_____	_____
1/2 c. orange juice	_____	_____
Phenyl-Free	_____	_____
<i>Total:</i>	_____	_____
<b>LUNCH</b>		
1 low protein (LP) jelly sandwich	_____	_____
1/2 carrot	_____	_____
1 med. apple	_____	_____
1 med. orange	_____	_____
Phenyl-Free	_____	_____
<i>Total:</i>	_____	_____
<b>DINNER</b>		
1 med. baked potato	_____	_____
1/2 c. peas	_____	_____
3/4 c. tossed salad	_____	_____
1/2 c. pineapple	_____	_____
1/2 c. sherbert	_____	_____
Phenyl-Free	_____	_____
<i>Total:</i>	_____	_____
<b>GRAND TOTAL</b>	_____	_____

<u>DAY 2</u>	Phe (mg)	New Phe (mg)
<b>BREAKFAST</b>		
4 LP pancakes	_____	_____
syrup/margarine	_____	_____
1/2 c. cantaloupe	_____	_____
Phenyl-Free	_____	_____
<i>Total:</i>	_____	_____
<b>LUNCH</b>		
1 c. vegetable medley casserole	_____	_____
celery sticks	_____	_____
1 slice LP bread	_____	_____
1 pear	_____	_____
Phenyl-Free	_____	_____
<i>Total:</i>	_____	_____
<b>DINNER</b>		
1 c. rice	_____	_____
1/2 c. broccoli	_____	_____
2 rice cakes	_____	_____
jelly	_____	_____
1 slice LP bread	_____	_____
Phenyl-Free	_____	_____
<i>Total:</i>	_____	_____
<b>GRAND TOTAL</b>	_____	_____



University of Washington PKU Clinic  
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015  
<http://depts.washington.edu/pku>