What's for Dinner?



My phe prescription is: _____ mg phe per day

Given the following meals, use the food list to plan what you could have for dinner and stay within your phe prescription.

Breakfast	Phe	Lunch	Phe	Snack	Phe
1 cup Rice Chex	56	1 jelly sandwich	30	1/2 cup formula	0
1/2 cup Mocha Mix	16	1 orange	38	1/2 carrot	15
1 cup apple juice	0	1 apple	9	10 goldfish crackers	18
1 cup formula	0	5 potato chips	26		
		5 low protein crackers	5		
		1 cup formula	0		
Total mg phe:	72		103		33

To figure out how much phe is left for dinner: add up Breakfast

+ Lunch + Snack _____ = Total:

Next, subtract the total phe you have already eaten from your phe prescription.

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phe prescription	total phe	phe left for dinn	_ r
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Now, using the food list, write down what you could have for dinner that would fit into the amount of phe left.

	<u>mg Phe</u>	
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	Total:	
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