

# 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.

<i><b>Breakfast</b></i>	<i>Phe</i>	<i><b>Lunch</b></i>	<i>Phe</i>	<i><b>Snack</b></i>	<i>Phe</i>
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		
<b>Total mg phe:</b>	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.

\_\_\_\_\_ — \_\_\_\_\_ = \_\_\_\_\_  
 phe prescription          total phe          phe left for dinner

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

***Dinner*** \_\_\_\_\_ *mg Phe* \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Total: \_\_\_\_\_

