



# HOLIDAY FOOD CHOICES

The holiday season is a time of fun and festive celebrations. But it is also a time when we have to make many choices about the foods we eat. There are often many more social gatherings, and much more food is available.

## **Part I**

**A.** Lately, you have enjoyed learning how to cook a variety of foods. You have been learning how to modify your families' favorite recipes so they are lower in phe and are able to fit into your food pattern.

Your family is planning to spend Christmas Eve with your grandparents. Because you want to try a new recipe, you have volunteered to make the pumpkin pie. You have found the recipe listed below. Use the food list to look up the mg of phe in each ingredient:

### **PUMPKIN PIE**

#### Filling:

1 ¼ cups canned pumpkin puree

¾ cup sugar

½ teaspoon salt

¼ teaspoon ground ginger

1 teaspoon ground cinnamon

1 teaspoon all-purpose flour

2 eggs, lightly beaten

1 cup evaporated milk, undiluted

2 tablespoons water

½ teaspoon vanilla extract

mg phe

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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#### Crust:

2 cups all-purpose (white) flour

1 cup vegetable shortening (Crisco)

¼ cup water

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

Phe per serving (1/8 pie): \_\_\_\_\_

Will a piece of this pumpkin pie fit into your food pattern? \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

Can this recipe be modified to make it lower in phe (and better for you)? \_\_\_\_\_

Which ingredients would you change in the recipe to make it lower in phe? What would you substitute for them?

HIGH PHE INGREDIENTS

SUBSTITUTE

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**B.** But wait, you also remember seeing a pumpkin pie in the refrigerator that your older sister had bought at the store. You look at the food label to see if this would be an option. The label says:

Serving size: 1 slice  
Servings per container: 6  
Calories: 229  
Protein: 4 g



Approximately how much phe does a slice of this pie contain? \_\_\_\_\_

Will a piece of this pumpkin pie fit into your food pattern? \_\_\_\_\_

Why? \_\_\_\_\_

**C.** You decide it would be better for you to modify the recipe that you have, to make it lower in phe.

Re-calculate the phe content of the recipe, substituting the foods you listed above into the recipe.

### PUMPKIN PIE

|                               | <u>mg phe</u> | <u>Substitute</u> | <u>mg phe</u> |
|-------------------------------|---------------|-------------------|---------------|
| <u>Filling:</u>               |               |                   |               |
| 1 ¼ cups canned pumpkin puree | _____         | _____             | _____         |
| ¾ cup sugar                   | _____         | _____             | _____         |
| ½ teaspoon salt               | _____         | _____             | _____         |
| ¼ teaspoon ground ginger      | _____         | _____             | _____         |

|                                  |       |       |       |
|----------------------------------|-------|-------|-------|
| 1 teaspoon ground cinnamon       | _____ | _____ | _____ |
| 1 teaspoon all-purpose flour     | _____ | _____ | _____ |
| 2 eggs, lightly beaten           | _____ | _____ | _____ |
| 1 cup evaporated milk, undiluted | _____ | _____ | _____ |
| 2 tablespoons water              | _____ | _____ | _____ |
| ½ teaspoon vanilla extract       | _____ | _____ | _____ |

Crust:

|                                  |       |       |       |
|----------------------------------|-------|-------|-------|
| 2 cups all-purpose (white) flour | _____ | _____ | _____ |
| 1 cup vegetable shortening       | _____ | _____ | _____ |
| ¼ cup water                      | _____ | _____ | _____ |



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

What is the new total phe content of the recipe? \_\_\_\_\_

How much phe per serving (1/8 of a pie): \_\_\_\_\_

Will a piece of this pumpkin pie fit into your food pattern? \_\_\_\_\_

**PART II**

**A.** Your pumpkin pie has turned out well. You feel really good that you were able to modify the recipe and will bring it to your grandparent's house for dinner. They always love to try new recipes.

Your Grandma Fran calls you on the phone the day before the dinner. She wants to run her menu by you to get your suggestions. She says the menu for dinner this year will include:

- Turkey
- Stuffing
- Cranberry Sauce
- Mashed Potatoes with Gravy
- Green Beans
- Cauliflower with Cheese Sauce
- Dinner Rolls
- Caesar Salad
- Fruit Salad
- Pumpkin Pie (which you will bring)



What suggestions would you give her? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**B.** What if your Grandma Fran had not called you the day before? What would your options have been at dinner?

In the menu above, circle the "Yes" foods (low in phe). Draw a line through the "No" foods (high in phe). Are there any foods you need more information about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Check the box next to the options for dinner listed below that you think would work well for you.



- Eat the "yes" foods or free foods that everyone else is eating. Turn down the "no" foods.
- Eat what your cousin sitting next to you is eating.
- Don't eat.
- Think ahead and bring your own food.
- Knowing that your are going to have a larger than usual meal for dinner, you eat less phe the rest of the day.
- Eat small portions of food.
- Ask questions, such as what ingredients are in the mixed food (like the salads).
- Be confident with rehearsed responses.
  - When you need to say "no", you can do it respectfully:
    - "No thank you, I don't care for anymore."
    - "No thanks, I'm satisfied with what I have."
    - "No thank you, but I would like a glass of water."
- Other: \_\_\_\_\_  
\_\_\_\_\_



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