

FOOD LIST

Recipe Ingredient	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
FRUITS AND VEGETABLES				
Pumpkin, cooked & mashed or canned	¼ cup	22	0.7	20
LOW PROTEIN				
Low Protein Mixes				
dp Wheat Starch	1 cup	11	0.3	450
Wel-Plan Baking Mix	1 cup	6	0.3	420
Egg Replacer (1 ½ tsp = 1 egg)	1 ½ tsp	0	0	14
Prono	1 cup	0	0	160
Non-Dairy Creamers				
Cool Whip	¼ cup	12	0.2	36
Mocha Mix, undiluted	1 cup	32	0.8	320
Mocha Mix (½ cup + ½ cup water)	1 cup	16	0.4	160
Rich's Coffee Rich, undiluted	1 cup	44	0.8	344
Rich's Coffee Rich (½ cup + ½ cup water)	1 cup	22	0.4	172
ReddiWhip, aerosol can	¼ cup	16	0.3	44
Rich's Richwip, aerosol can	¼ cup	4	0.1	80
SAUCES, FATS, AND CONDIMENTS				
Fats, Spreads, and Salad Dressings				
Butter	1 Tbsp	6	0.1	102
Butter (1 stick = ½ cup)	1 stick	48	0.8	816
Margarine	1 Tbsp	6	0.1	101
Margarine (1 stick = ½ cup)	1 stick	48	0.8	808
Margarine (without milk solids: Nucoa)	1 Tbsp	0	0	100
Margarine (without milk solids: Nucoa)	1 stick	0	0	800
Vegetable Shortening (Crisco)	1 Tbsp	0	0	120
BAKING INGREDIENTS				
Cornstarch	1 Tbsp	0	0	35
Flour, All Purpose	1 cup	648	12.8	408
Flour (for thickener) (3 tsp = 1 Tbsp)	1 Tbsp	40	0.8	25
Flour, Whole Wheat	1 cup	940	18.4	460
Sugar, white granulated	¼ cup	0	0	193
Sugar, white granulated	1 tsp	0	0	16
Vanilla Extract	1 tsp	0	0	37
Spices and Herbs				
Cinnamon, ground	1 tsp	3	0.1	6
Ginger, ground	1 tsp	4	0.2	6
Salt	1 tsp	0	0	0

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VERY HIGH PROTEIN				
Dairy and Eggs				
Egg, whole, medium	1	300	5.6	67
Evaporated Whole Milk	1 cup	760	15.2	320
Milk, 2%	1 cup	392	8.0	120
Cream, whipped, pressurized in can	1 Tbsp	5	0.1	8
Whipping Cream	¼ cup	61	1.2	59



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