

FOOD LIST

Brand	Food	Measure	Weight (gm)	Phe (mg)	Mg Phe/ Gm Food	Protein (gm)	Energy (kcal)
	Apples, fresh, sliced	1 cup	128	7	0.05	0.2	74
	Apples, fresh, whole, medium	1 apple	180	9	0.05	0.4	106
	Banana, fresh, peeled, medium	1 banana	114	43	0.38	1.2	105
	Orange, fresh, medium peeled	1 orange	180	38	0.21	1.5	70
	Orange, fresh, sections or pieces	½ cup	120	25	0.21	1.1	57
	Potatoes, all colors, baked or boiled, diced	¼ cup	41	36	0.88	0.8	33
	Potatoes, all colors, raw, chopped	½ cup	82	75	0.91	1.8	65
Ore-Ida	Potatoes, Country Fries	18 pieces	84	75	0.89	1.7	120
Ore-Ida	Potatoes, Golden Fries	16 pieces	84	75	0.89	1.8	120
Ore-Ida	Potatoes, O'Brien	¾ cup	84	75	0.89	1.8	60
Ore-Ida	Potatoes, Steak Fries	7 pieces	84	79	0.94	1.8	110
	Potato Chips, Plain or Barbeque	3 chips	5	13	2.60	0.4	27
	Potato Chips, slightly crushed	¼ cup	10	26	2.60	0.7	54
Frito-Lay	Tostitos, Restaurant Style	3 chips	14	50	3.57	1.2	65
General Mills	Corn Chex Cereal	½ cup	15	54	3.60	1.1	57
General Mills	Rice Chex Cereal	½ cup	12	28	2.26	0.7	49
LoProfin	Low Protein Breakfast Cereal Loops	1 cup	28	2	0.07	0.1	110
McDonald's	French Fries, large order	1 order	176	229	1.30	8.0	540
McDonald's	French Fries, medium order	1 order	147	191	1.30	6.0	450
McDonald's	French Fries, small order	1 order	68	88	1.29	3.0	210
McDonald's	French Fries, super size order	1 order	198	257	1.30	9.0	610

PORTION SIZE GUIDE

Food	Portion Size	Weight
Apple, raw, with skin	Small (2 ½ inch diameter)	106 g
Apple, raw, with skin	Medium (2 ¾ inch diameter)	138 g
Apple, raw, with skin	Large (3 ¼ inch diameter)	212 g
Banana, raw	Extra-small (less than 6 inches long)	81 g
Banana, raw	Small (6 to 6 7/8 inches long)	101 g
Banana, raw	Medium (7 to 7 7/8 inches long)	118 g
Banana, raw	Large (8 to 8 7/8 inches long)	136 g
Banana, raw	Extra-large (longer than 9 inches)	152 g
Oranges, raw	Small (2 3/8 inch diameter)	96 g
Oranges, raw	Medium (2 5/8 inch diameter)	131 g
Oranges, raw	Large (3 1/16 inch diameter)	184 g
Potatoes	Small (1¾ to 2¼ inch diameter)	170 g
Potatoes	Medium (2¼ to 3¼ inch diameter)	213 g
Potatoes	Large (3 to 4¼ inch diameter)	369 g

Data from USDA National Nutrient Database for Standard Reference; http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl

