

Answer Card: Station 1

Drinking only half of your prescribed "milk" will decrease your energy intake, making you more hungry, and therefore tempting you to eat more foods that may increase your total phe intake. By drinking only half of what you usually do, you will also become more thirsty and will need to drink extra fluids to make up the difference.

Your "milk" provides a lot more than energy and liquids though. It provides lots of vitamins and minerals that your body needs every day to remain healthy. By not drinking enough formula, you can deprive your body of many of the nutrients it needs.



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Answer Card: Station 2

1. There are 16 tablespoons in 1 cup.
 - 1a. If you had 1/2 cup of apple juice, you would have 8 tablespoons.
2. There are 3 teaspoons in 1 tablespoons.
 - 2a. If a recipe called for 6 teaspoons of vanilla, you would add 2 tablespoons
3. There are 8 fluid ounces in 1 cup.
 - 3a. If you drank one 12 ounce can of Coke, you would drink 1-1/2 cups.
4. There are 454 grams in 1 pound.
 - 4a. Two cans of Phenyl-Free weigh 908 grams.



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Answer Card: Station 3

- Lowest*
1. Coke, as well as other cola-type, or fruit-flavored carbonated beverages have 0 mg phe. Beware of diet sodas with Nutrasweet!
 2. Cranberry juice is next with only 6 mg phe per cup.
 3. Orange juice has 22 mg phe per cup.
 4. Grape juice has 30 mg phe per cup.
- Highest*
5. Tomato juice is the highest with 40 mg phe per cup.



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Answer Card: Station 4

1. This can of tomato soup is CONDENSED. This means they have added very little water to the soup. So, in order to eat it, you will need to add water.
2. This can of soup will have MORE phe than an equal-sized can of diluted, ready-to-eat soup.
3. The answer is B.

If you said A, "1 cup tomato soup", that does not tell us how you made the soup. In order to know exactly how many milligrams of phe you ate, we need to know exactly how the soup was prepared.

If you said C, "soup", that does not tell us how the soup was prepared, what kind of soup it was, or how much you ate.



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