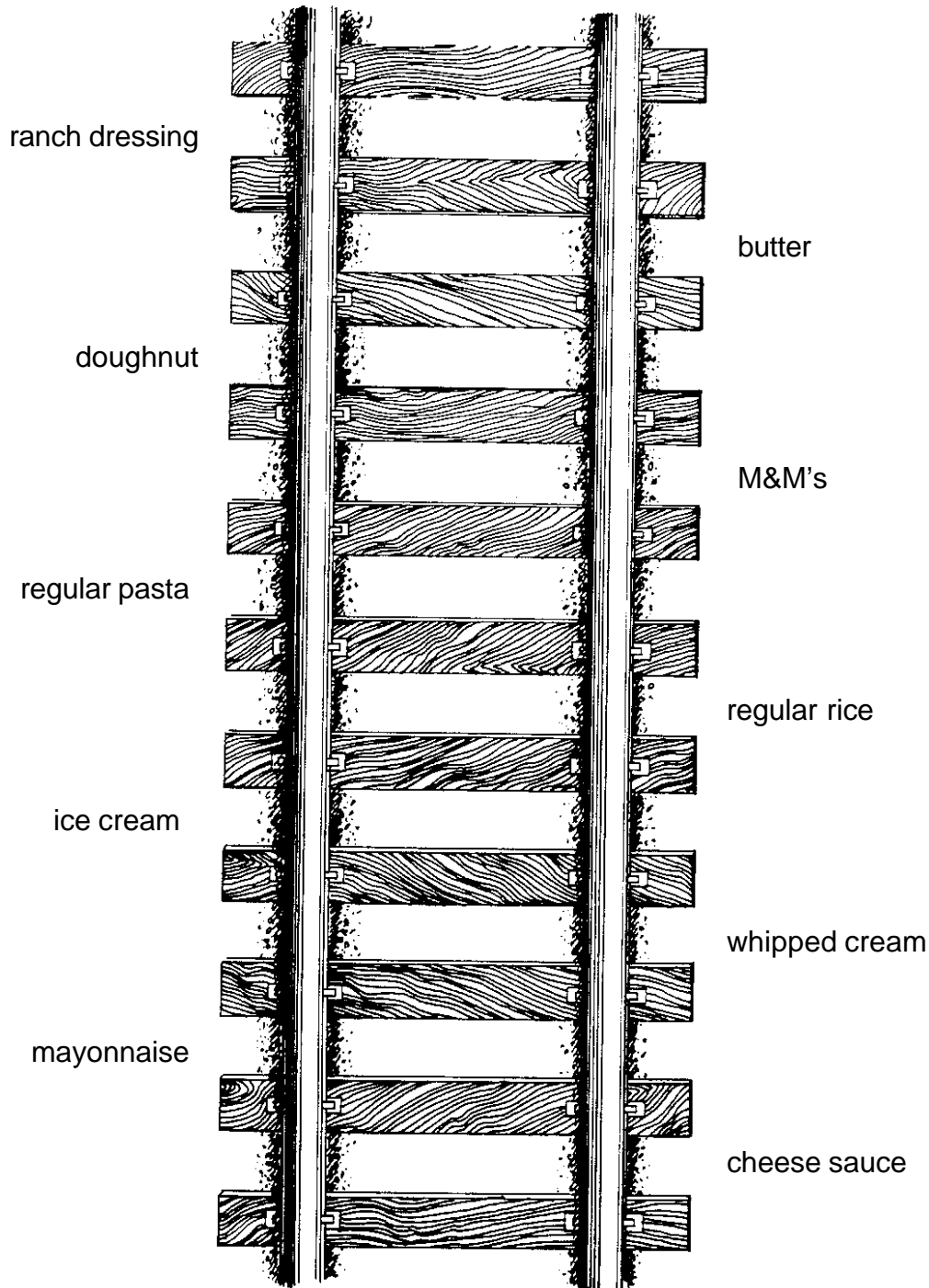


Get on the Low-Phe Track

For each high-phe food that is "off the track", write the name of one low-phe alternative between the railroad ties next to each high-phe food. There are some low-phe suggestions in the box, but try to come up with a few on your own.



fruit sorbet	low protein muffin	low protein pasta	Banana
Italian dressing	Skittles	Miracle Whip	Cool-Whip
orange	tomato sauce	French dressing	ketchup
Nucoa margarine	low protein rice	carrot	



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