

# Mind Teasers



Following your PKU food pattern can sometimes be difficult. There are so many things to learn and remember. Here are some practice activities to help make following your food pattern a little easier.

## 1. Keeping a Food Record...What To Write Down

You need to write down food, of course, but what else?

Here is a sample lunch:

<b>Food</b>	<b>Amount</b>
formula	8 ounces
soup	1 bowl
apple	
cookies	2

Could you calculate the phe from this list? Probably not. Let's see what's missing.....

**Amount** - You need to write down the amount that you ate, in grams, in cups, in ounces, tablespoons, teaspoons, and/or numbers. Make sure to include the size, like a big banana or a small orange.

**Kind** - You need to write down exactly what you ate. Describe it a little. Examples: tomato soup, green bean and onion salad, Nabisco Sugar Wafer cookies, low protein bread.

Now using the sample lunch from above, write down what is missing:

<b>Food</b>	<b>Amount</b>
formula	
soup	
apple	
cookies	



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## 2. How Much Phe?

Using the Low Protein Food List, look each of these foods up in the book and write down the amount of phe they contain:

Apple Jacks (1 cup) = \_\_\_\_\_ mg phe

Rice Krispies (1/3 cup) = \_\_\_\_\_ mg phe

Apple Cider (1/2 cup) = \_\_\_\_\_ mg phe

English Muffin (1) = \_\_\_\_\_ mg phe

### Practice Exercise:

If you could only have 15 mg phe from cookies, how many of each of these cookies could you eat?

Nabisco Oreo cookies = \_\_\_\_\_ mg phe per cookie  
\_\_\_\_\_ cookies have 15 mg phe

Nabisco Nilla Wafer cookies = \_\_\_\_\_ mg phe per cookie  
\_\_\_\_\_ cookies have 15 mg phe

Which cookie has less mg phe per cookie? \_\_\_\_\_



## 3. Calculating a Meal...

Now that you have practiced, let's try to calculate your breakfast for today. List what you had for breakfast:

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Did you include amounts, brand, type, size or other information that you will need to calculate each food item? Check your list over. What are you missing?

Now let's calculate phe. Use the Low Protein Food List to help you.



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