

# Ordering For Yourself



You're eating at **Dr. Doolittle's Deluxe Soup, Salad, and Sandwich Shop** with three good friends. They order:

1. Grilled Ham and Cheese Sandwich  
Coleslaw  
French Fries  
Diet Cola
2. Chef's Salad with Lettuce, Tomato, Green Pepper,  
Olives, and Hard Boiled Egg  
Potato Chips  
Lemonade
3. Chicken Salad Sandwich  
Tomato Soup  
Milk

Which are high phe foods? \_\_\_\_\_  
\_\_\_\_\_

Which are low phe foods? \_\_\_\_\_  
\_\_\_\_\_

Which are intermediate phe foods? \_\_\_\_\_  
\_\_\_\_\_

How would you change these orders so that they would be good meals for you?  
Make your changes to the menus above. Also, write the amounts that you would  
eat next to each food.



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