



PKU YES FOOD TARGET

Use the PKU FOOD TARGET to help you make good food choices!

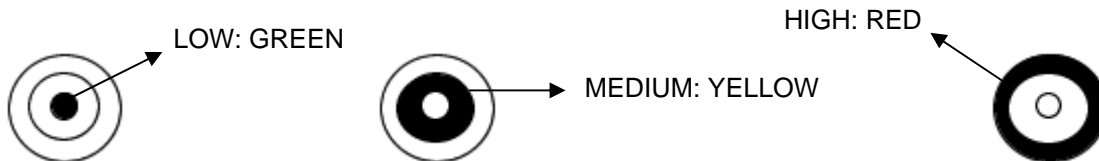
- 1 Estimate the amount of PHE in each of the foods below. Write your estimate in the Step 1 column. (Fill in all of the blanks for Step 1 before you start Step 2.)
- 2 Use the Food List to find the actual amount of PHE in each of the foods below. Write the actual amount in the Step 2 column.
- 3 Look at the foods again. Do you think that you could remember the PHE content of each food?

YES NO

It would be hard to do. Let's make the job easier by grouping the foods into the three categories in the PKU FOOD TARGET, based on the amount of PHE in each food:

LOW: Foods with less than 50 mg PHE per serving
 MEDIUM: Foods with 50-175 mg PHE per serving
 HIGH: Foods with more than 175 mg PHE per serving

Use the guidelines above to decide where each food fits on the PKU FOOD TARGET. Color the area of the target where you think the food should go. Use these colors:







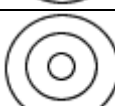
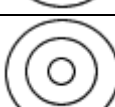


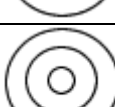
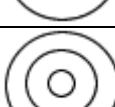
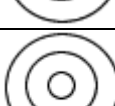



- 4 Does the food fit into your food pattern? For each food, circle YES or NO in the Step 4 column.



University of Washington PKU Clinic
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FOOD	AMOUNT	STEP ①: Estimated phe	STEP ②: Actual phe	STEP ③: Target	STEP ④: Does it fit into your pattern?	
Loprofin crackers	5 crackers				YES	NO
Baked potato	½ cup				YES	NO
McDonald's French fries	1 medium order				YES	NO
Regular pasta, macaroni, dry	1/3 cup				YES	NO
Low protein pasta, macaroni, dry	1/3 cup				YES	NO
White rice, raw, long grain	1/3 cup				YES	NO
Low protein rice, dry	1/3 cup				YES	NO
Apple	1 medium				YES	NO
Orange	1 medium				YES	NO
Orange juice	1 cup				YES	NO
Apple juice	1 cup				YES	NO
Peanut butter	2 Tbsp				YES	NO
Grapes, red or green	10				YES	NO
Strawberries, fresh	5 medium				YES	NO



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FOOD	AMOUNT	STEP ①: Estimated phe	STEP ②: Actual phe	STEP ③: Target	STEP ④: Does it fit into your pattern?	
Whole wheat bread	1 slice				YES	NO
Low protein bread, Best White Bread	1 slice				YES	NO
Corn, cooked	½ cup				YES	NO
Mushrooms, sliced	½ cup				YES	NO
Lowfat (2%) milk	1 cup				YES	NO
Carrot, raw	1 medium				YES	NO
Pear, fresh whole	1 medium				YES	NO
Peas, cooked	½ cup				YES	NO
Cantaloupe, cubes	½ cup				YES	NO
Broccoli, cooked	½ cup				YES	NO
McDonald's hamburger	1				YES	NO
Tomato, raw, diced	½ cup				YES	NO
Kiwi, fresh	1 medium				YES	NO
Celery, raw	1 medium stalk				YES	NO

