



Learning the "Real" Phe Content of Potatoes



Directions:

Complete the worksheet with information about REAL potatoes.

First, guess the portion size (small, medium, large), weight, and amount of phe in an actual potato (or potato product). Then, weigh the potato and look it up in the *Low Protein Food List*. How accurate were you?

Russet Potato #1

	Your Estimate (small/medium/large)	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			

Russet Potato #2

	Your Estimate (small/medium/large)	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			

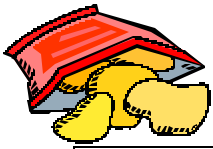
New Potato

	Your Estimate (small/medium/large)	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			



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Potato Chips (1 ½ ounce bag)

	Your Estimate	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			

Potato Chips (1 ounce bag)

	Your Estimate	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			

Potato Chips (3 ounce bag)

	Your Estimate	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			

Mashed Potatoes (instant)

	Your Estimate	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			



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Ore-Ida Golden Crinkles

	Your Estimate	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			

Ore-Ida Potatoes O'Brien

	Your Estimate	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			

Ore-Ida Tater Tots

	Your Estimate	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			

Ore-Ida Toaster Hash Browns

	Your Estimate	Actual	Difference between Estimate and Actual
Portion size			
Weight (grams)			
Phe content (mg)			



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