

Reading Labels



Some people think it's fun . . .
 Some people think it's boring . . .
 What is it?
Label Reading!

Label reading is a valuable skill to learn, because **it is the only way you can be sure of exactly what you are eating.** Take this short "quiz." The answers are on the next few pages.

- If the label says the product contains "0" grams protein, is it actually a free food?
 _____ YES _____ NO
- On average, 1 gram of protein contains how many milligrams of phe?
 _____ 5 mg _____ 25 mg _____ 50 mg _____ 100 mg
- The serving size listed on the label is always an entire package of food.
 _____ TRUE _____ FALSE
- Put a check next to the ingredients which contain phe:



- | | | |
|--|--|---|
| <input type="checkbox"/> Agar | <input type="checkbox"/> Autolyzed yeast | <input type="checkbox"/> BHA and BHT |
| <input type="checkbox"/> Calcium caseinate | <input type="checkbox"/> Calcium carbonate | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Citric acid | <input type="checkbox"/> Cracker meal | <input type="checkbox"/> Dry whey |
| <input type="checkbox"/> Gelatin | <input type="checkbox"/> Glycerine | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Mannitol | <input type="checkbox"/> Methylcellulose | <input type="checkbox"/> Monosodium glutamate |
| <input type="checkbox"/> Nonfat dry milk | <input type="checkbox"/> Sodium caseinate | <input type="checkbox"/> Soy protein isolate |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Whey solids | <input type="checkbox"/> Xanthan gum |

- Look at the food label and ingredient list below. Circle the ingredients that have phe. How many milligrams of phe does this food have? _____
 What do you think this label is describing? _____



| Nutrition Facts | |
|-------------------------------|-----------------------------|
| Serving Size 1 bar (34g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 20 |
| | % Daily Value * |
| Total Fat 2.5g | 4% |
| Saturated Fat 1g | 5% |
| Cholesterol 0mg | 0% |
| Sodium 70mg | 3% |
| Total Carbohydrate 27g | 9% |
| Dietary Fiber 3g | 12% |
| Sugars 13g | |
| Protein 1g | |
| | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 8% |

INGREDIENTS:

RICE FLOUR, HIGH FRUCTOSE CORN SYRUP, ROLLED OATS, ROLLED BARLEY, RICE BRAN, SUGAR, MALT, CORN SYRUP, SUGAR, PARTIALLY HYDROGENATED VEGETABLE OIL, APPLES, FIGS, DATES, PLUMS, CORN BRAN, NATURAL FLAVORS, ACACIA GUM, BARLEY, WHEY, BEET JUICE COLOR, DRIED STRAWBERRIES, GUAR GUM, FRUIT PECTIN, NONFAT MILK, NONFAT YOGURT (WHEY, NON-FAT MILK CULTURES), CITRIC ACID, LETHICIN, GLYCERINE, COLOR, DRIED RASPBERRIES, DRIED CRANBERRIES.



READING LABELS: ANSWERS



Question 1: *If the label says the product contains 0 grams protein, is it actually a free food?*

_____ YES x NO

The fact is, 0 may be a rounded-off figure, and the item may contain *nearly 0.5 to 0.9 grams* of protein per serving, a significant source of phe. By carefully reading the food label and knowing which ingredients contain phe, you can learn to identify foods that are truly "free." Remember, while the food label will include information about the protein content of food, it will not include specific information regarding phenylalanine.

Question 2: *On average, 1 gram of protein contains how many milligrams of phe?*

_____ 5 mg _____ 25 mg x 50 mg _____ 100 mg



On average, **1 gram of protein contains 50 mg phe**. This means that a food label that reads 0 grams of protein could actually contain 25-50 mg phe per serving!

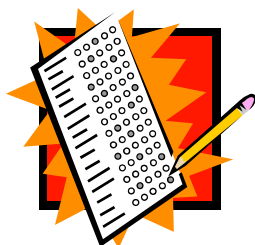
⇒ If a food label said the food contained 1 gram of protein per serving, how much phe would you estimate? _____

Question 3: *The serving size listed on the label is always an entire package of food.*

_____ TRUE x FALSE

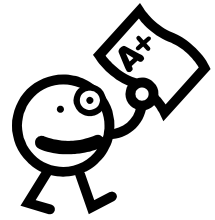
Don't forget to think about serving sizes! The amount you eat is not always the same as what the food label will call a "serving size." For example, 1 serving of soda is 8 ounces, but most people drink an entire can of soda, which is 12 ounces.

⇒ How many 8 ounce servings would be in a 24 ounce soda? _____



Question 4: Put a check next to the ingredients which contain phe:

- | | | |
|---|--|---|
| <input type="checkbox"/> Agar | <input checked="" type="checkbox"/> Autolyzed yeast | <input type="checkbox"/> BHA and BHT |
| <input checked="" type="checkbox"/> Calcium caseinate | <input type="checkbox"/> Calcium carbonate | <input checked="" type="checkbox"/> Carob |
| <input type="checkbox"/> Citric acid | <input checked="" type="checkbox"/> Cracker meal | <input checked="" type="checkbox"/> Dry whey |
| <input checked="" type="checkbox"/> Gelatin | <input type="checkbox"/> Glycerine | <input checked="" type="checkbox"/> Malt |
| <input type="checkbox"/> Mannitol | <input type="checkbox"/> Methylcellulose | <input type="checkbox"/> Monosodium glutamate |
| <input checked="" type="checkbox"/> Nonfat dry milk | <input checked="" type="checkbox"/> Sodium caseinate | <input checked="" type="checkbox"/> Soy protein isolate |
| <input type="checkbox"/> Turmeric | <input checked="" type="checkbox"/> Whey solids | <input type="checkbox"/> Xanthan gum |



There are many ingredients added to prepared foods, including vitamins and chemicals that act as thickeners, emulsifiers, stabilizers, and color maintainers. Use the next page as a reference to check unfamiliar ingredients. Add to it when you come across a new ingredient. (Be sure to check with your nutritionist first!)

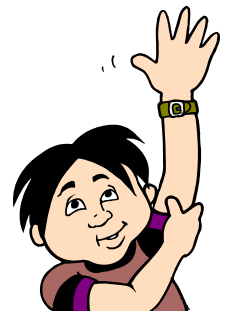
Question 5: Look at the food label and ingredient list below. Circle or underline the ingredients that have phe.

How many milligrams of phe does this food have? 50 mg x 1 gram = about 50 mg
 What do you think this label is describing? Fibar Low-Fat Snack Bars

| Nutrition Facts | |
|-------------------------------|-----------------------------|
| Serving Size 1 bar (34g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 20 |
| | % Daily Value * |
| Total Fat 2.5g | 4% |
| Saturated Fat 1g | 5% |
| Cholesterol 0mg | 0% |
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Phenylalanine-Containing Ingredients

(Foods with these ingredients contain phenylalanine, they are *not* “free”)

autolyzed yeast
barley, malt, or rice flour
beef extract
beef fat
carob
casein
calcium caseinate

chicken extract
cracker meal
cracked wheat
dried whey
dry yeast
gelatin
hydrolyzed vegetable

nonfat dry milk
sodium caseinate
soy protein isolate
vegetable protein
wheat gluten or bran
whey or whey solids
yeast extract

Phenylalanine-Free! Ingredients

(Foods with these ingredients are “free”,
if the other ingredients on the food label are “free”)



acetylated monoglycerides
adipic acid
agar
algin or alginate
alpha-tocopherol
artificial color or flavor
ascorbate or ascorbic acid
BHA and BHT
calcium carbonate
calcium propionate
calcium steryl-2-lactylate
caramel color
carotene
carrageenan
cellulose gum or gel
citric acid
cysteine hydrochloride
dextrose
disodium guanlyate
disodium inosinate
disodium phosphate
EDTA
ferric orthophosphate
ferrous sulfate
folic acid
fumaric acid
glycerine

glycerol monostearate
guar bean gum
hydrogenated oils
(ex. cottonseed, soy)
invert sugar
lactic acid
lactose
lecithin
locust bean gum
malic acid
maltodextrins
mannitol
methylcellulose
modified food starch
mono and diglycerides
mono calcium phosphate
monostearate
natural flavors
niacin/niacin hydrochloride
partially hydrogenated
vegetable shortening
pectin
polysorbate 60
potassium citrate/carbonate
propylene glycol
pyridoxine hydrochloride
reduced iron

resinous glaze
riboflavin hydrochloride
sodium acid pyrophosphate
sodium alginate
sodium aluminum phosphate
sodium ascorbate
sodium benzoate
sodium bisulfite
sodium carbonate
sodium citrate
sodium metaphosphate
sodium phosphate
sodium propionate
sodium silico aluminate
sodium triphosphate
sorbitol or sorbitan
THBQ
thiamine mononitrate
titanium dioxide
tocopherol
tricalcium phosphate
tumeric
vegetable fat, gum or colors
vitamin A palmitate
vitamin B6 hydrochloride
xanthan gum
xylitol



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