

FOOD LIST

Food	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
BREAKFAST FOODS				
Corn Chex Cereal, General Mills	½ cup	54	1.1	57
Puffed Rice Cereal	½ cup	19	0.4	25
Rice Chex Cereal, General Mills	½ cup	28	0.7	49
Wheat Chex Cereal, General Mills	½ cup	98	2.0	76
SAUCES, FATS, & CONDIMENTS				
Worcestershire sauce	1 tsp	4	0.1	3
Hot sauce	1 tsp	2	0.1	3
Butter, regular	1 Tbsp	6	0.1	102
Butter, regular	¼ cup	24	0.4	408
Nucoa margarine	1 Tbsp	0	0	100
Nucoa margarine	¼ cup	0	0	400
CRACKERS & SNACKS				
Bugles	3 bugles	8	0.2	13
Cheese Nips Crackers	3 crackers	16	0.3	5
Classic Style Snack Mix, Pepperidge Farm	¼ cup	100	2.0	70
Peanuts	½ cup	872	16.8	416
Popcorn, air popped, no added fat	1 cup	24	0.5	19
Pretzel sticks, 2 ½" long	3 sticks	9	0.2	8
Raisins	¼ cup	24	1.2	108
BAKING INGREDIENTS				
Garlic powder	1 tsp	14	0.5	9
Salt	1 tsp	0	0	0



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