

Road Trip Munchies

You're about to go on a ski trip (with the family or maybe a group of friends), and you have a long car ride ahead of you, so you know that you will be hungry. But the question is, what kind of snack should you bring? You know you'll have your Phenyl-Free, but what else?

So you go to the kitchen to see the possibilities.

What kinds of choices do you have? You look in the cupboards... you see a box of blueberry Pop Tarts. Yum!! You pull out your food LIST and look it up --- WOW ---120 mg of phe for only one Pop Tart. No way! One Pop Tart will never fill you up. Plus, you only have 350 mg phe for the entire day!

So you keep looking. You want to bring something fun, that everyone else in the car can share with you. You spot a box of Chips-Ahoy cookies, and think of how much your friends would like to share those. So you grab the LIST again. One cookie has 28 mg of phe!! As if you'll be able to stop after just one! Yeah right!

Then, out of the corner of your eye, you see the boxes of cereals. Together with some pretzels and maybe some raisins, you could create a snack mix. Your friends would like this. But how much phe does it have?

You pull down the box of Rice Chex, and on the side of the box you find a recipe for the "Original Chex Party Mix"... Corn Chex, Rice Chex, Wheat Chex, peanuts, pretzels... WOW! That sounds great! You know peanuts are high in phe, but you wonder how high. So, again, you go to the LIST.



But first you check to see if you have all of the necessary ingredients. And on the side of the Corn Chex box, you find a slightly different recipe, this one for "Hot and Spicy Chex Party Mix". You wonder how they differ in phe.



Back to the LIST... Look up the phe values for the ingredients in these two recipes...



ORIGINAL CHEX PARTY MIX

1/4 cup butter	_____ mg phe
5 teaspoons Worcestershire sauce	_____
1 1/4 teaspoon seasoned salt	_____
1/4 teaspoon garlic powder	_____
2 2/3 cup Corn Chex	_____
2 2/3 cup Rice Chex	_____
2 2/3 cup Wheat Chex	_____
1 cup peanuts	_____
1 cup pretzel sticks (~48 sticks)	_____
Total =	_____ mg phe

Recipe makes 20 (1/2 cup) servings = _____ mg phe per serving

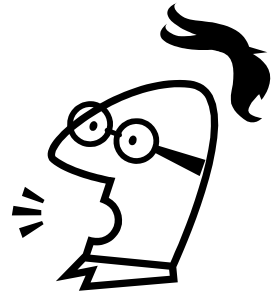
HOT AND SPICY CHEX PARTY MIX

1/4 cup butter	_____ mg phe
1 Tablespoon Worcestershire sauce	_____
2 teaspoons hot pepper sauce	_____
1 1/4 teaspoons seasoned salt	_____
2 2/3 cups Corn Chex	_____
2 2/3 cups Wheat Chex	_____
2 2/3 cups Rice Chex	_____
1 cup peanuts	_____
1 cup pretzel sticks (~48 sticks)	_____
1 cup bite-sized cheese crackers (~40 Cheese Nips)	_____
Total =	_____ mg phe

Recipe makes 22 (1/2 cup) servings = _____ mg phe per serving

Which recipe has less phe per 1/2 cup serving? _____

Oh Boy! These are both really high in phe. A 1/2 cup serving of this is even higher than 4 of those Chips-A-Hoy cookies!



You look over the recipes again. Some of those ingredients are really high in phe! You wonder to yourself if you can change some of the ingredients - would that lower the mg of phe?



Let's start with the butter. If you were to change this to **Nucoa margarine**, it might be lower. Look up 1/4 cup Nucoa margarine in the LIST.

1/4 cup Nucoa margarine = _____ mg phe

Would this change the total mg of phe? YES NO

What else could you change? How about the peanuts? They really do have a lot of phe, don't they? You could leave them in, but then you would have to live on low protein pasta, apple wedges, applesauce, and apple juice for the rest of the day. What if you replace them with **raisins**? Look up raisins in the LIST.



1 cup raisins = _____ mg phe

Would this change the total amount of phe? YES NO

What else could you change? Maybe take out the Wheat Chex, and increase the amount of Rice Chex and Corn Chex to 4 cups each?



Let's try the new recipe:

1/4 cup Nucoa margarine	_____	mg phe
5 teaspoons Worcestershire sauce	<u>20</u>	
1 1/4 teaspoons seasoned salt	<u>0</u>	
1/4 teaspoon garlic powder	<u>3</u>	
4 cups Corn Chex	_____	
4 cups Rice Chex	_____	
1 cup raisins	_____	
1 cup pretzel sticks (~48 sticks)	<u>144</u>	

Total = _____ mg phe

Recipe makes 20 (1/2 cup) servings = _____ mg phe per serving

There that's much better. But could you lower it even further? If you use the "Best Ever Trail Mix" recipe, you can **really** lower the phe content.

BEST EVER TRAIL MIX



2 cups Puffed Rice Cereal	_____	mg phe
1 cup Rice Chex	_____	
30 pretzel sticks	_____	
1 cup Bugles (~30 total)	_____	
2 cups popped popcorn	_____	
1/3 cup Nucoa margarine	_____	
1 teaspoon seasoned salt	_____	
1/8 teaspoon garlic powder	_____	

Total = _____ mg phe

Recipe makes 14 (1/2 cup) servings = _____ mg phe per serving

Now you can have a **1 cup** serving size and have about the same amount of phe as in a 1/2 cup serving of your first recipe!!!!

But with an entire bowl of this wonderful party mix, it might be difficult to stop eating after just one serving. A good way to avoid this is to immediately measure it out into servings, and package it separately. Maybe put 1/2 cup servings into small plastic baggies, so you can easily grab one, and not eat more than 1/2 cup.

****Note:** You may notice many different pre-packaged snack mixes in the grocery store. Before you buy one, look at the food label and evaluate the amount of protein per serving. This is all about making choices.

Refer to the LIST, and look up Pepperidge Farm, Classic Style Snack Mix.

1/4 cup (14 grams) Pepperidge Farm, Classic Style Snack Mix =
_____ gm protein AND _____ mg Phe

Maybe a better choice would be to make your own snack mix.

You whip up a batch of the **“Best Ever Trail Mix”**, and as you munch, you think about the steps you took to change the “Original Chex Party Mix” into the “Best Ever Trail Mix”.

- 1** Substitute a low phe ingredient for a high phe ingredient
- 2** Eliminate the high phe ingredient
- 3** Use less of the ingredient than the recipe calls for

Now you can bring a snack that everyone will enjoy!



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