

PACK-A-SACK LUNCH!!

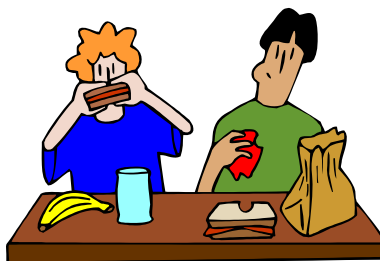
PIONTERS FOR PACKERS

- Choose something crisp, something chewy, and something with color
- Wrap each food separately—use plastic bags, aluminum foil, or plastic containers
- Pack soft foods on top
- Use insulated bags and thermos bottles to keep cold foods cold and hot foods hot
- Remember those extra things you might need, such as plastic spoons, paper napkins, or paper cups
- Don't forget your formula!!



NUTRITION AWARENESS

- A satisfactory lunch should provide about 1/3 of the day's nutrient needs.
- A sandwich or salad, fruit and treat, plus a beverage, equals a nutritious and delicious lunch!



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Joe and his mom decided that this year he would pack his own lunches for school. She agreed that she would be sure that all of the foods Joe would need for his lunches would be on hand for him to use.



Joe's total daily phe prescription = 300 mg.

1/3 of 300 = _____ mg phe.

However, Joe decided to pack lunches that contained 75 mg phe and to save 25 mg phe for his after-school snack.

Joe decided on a general food pattern for lunch that would include one of each of these:

- 1) Sandwich
- 2) Finger salad
- 3) Fruit
- 4) Treat
- 5) Beverage

Using Joe's List for Lunches on the last page, pack a lunch for Joe using the guidelines:

<u>FOOD</u>	<u>AMOUNT</u>	<u>PHE (MG)</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
	TOTAL PHE =	_____



JOE'S LIST FOR LUNCHES



FOOD	AMOUNT	PHE (MG)
BREADS		
Low protein home-style white bread	1 slice	15
Low protein raisin bread	1 slice	15
Low protein banana bread	1 slice	3
Low protein pumpkin bread	1 slice	1
Low protein applesauce muffin	1 muffin	1
Regular white bread	1 slice	140
Corn Tortilla	1 tortilla	43
SANDWICH FILLINGS		
Nucoa margarine, honey	1 Tbsp each	0
Nucoa margarine, jelly	1 Tbsp each	0
Tomato slices, lettuce, Miracle whip	2 slices	20
Mushrooms, avocado	1/4 cup	30
Carrots, raisins	1/4 cup	20
Pickle, Miracle Whip	1 large	15
Peanut butter	1 Tbsp	244
Cheese	1 slice	350
FINGER SALADS		
Carrot and celery sticks	1/2 each	20
Broccoli and cauliflower florettes	1/4 cup	20
Cucumber and zucchini slices	1/2 cup	30
Dill pickle	1 medium	10
Apple wedges and celery sticks	1/2 med, 1 large	15
FRUITS		
Banana	1 medium	43
Apple	1 medium	9
Pear	1 medium	17

FOOD	AMOUNT	PHE (MG)
FRUITS, CONTINUED		
Grapes	10 grapes	7
Orange	1 medium	38
Cantaloupe cubes	1/2 cup	21
Peach	1 medium	38
TREATS		
Fruit snack	1 package	5
Hunts lemon pudding	1 container	0
Goldfish crackers	15	27
Graham cracker squares	2 squares	40
Vanilla wafers	2	18
Crispy date bars	1	8
BEVERAGES		
Ice cold Phenyl-Free	1 cup	0
Fruit drink	1 cup	0
Apple juice	1 cup	0



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