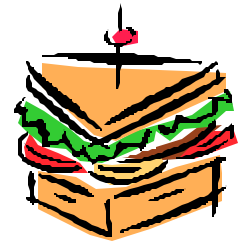


Sandwiches, Sandwiches



Here are some recipes for tasty sandwiches. There is something wrong with each recipe. Each is made with a food that is high in phe.

- 1) Find the food that is high in phe and cross it out. On the line, write the name of a food that is low in phe and that you would like to have in the sandwich.
- 2) Using the Food List, write down how much phe is in each sandwich in the column on the right. Do not include the high phe food that you crossed out.

1

- 2 slices of low protein bread
 - 4 green pepper slices
 - 1 Tbsp Miracle Whip
 - 1 hard-cooked egg
-

Milligrams of PHE

Total: _____

2

- 2 slices of low protein bread
 - 1 lettuce leaf
 - 3 slices of tomato
 - 2 slices of cheddar cheese
 - 1 Tbsp pickle relish
-

Total: _____

3

- 2 slices of regular bread
 - 2 Tbsp grated carrot
 - 2 Tbsp raisins
 - 1 Tbsp Miracle Whip
-

Total: _____



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