

## FOOD LIST

Food	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
<b>FRUITS AND VEGETABLES</b>				
<b>Fruits</b>				
Apples, fresh, diced	1 cup	7	0.2	74
Apple, fresh, whole, medium	1	9	0.4	106
Apple Chips	12 chips	6	0.2	140
Applesauce, sweetened	1 cup	13	0.5	194
Grapes	10	9	0.3	36
Raisins	¼ cup	24	1.2	108
<b>Vegetables</b>				
Carrots, raw, chopped or shredded	½ cup	18	0.6	24
Celery, raw, chopped	½ cup	13	0.5	10
Chiles, green, chopped	1 Tbsp	4	0.1	2
Corn, cooked or canned	¼ cup	50	0.9	33
Cucumber, slices	¼ cup	8	0.3	6
Lettuce, leaf or Romaine	½ cup	19	0.5	4
Mushrooms, sliced	½ cup	28	0.7	9
Onions, green, chopped	1 Tbsp	4	0.1	2
Onions, red, white, or yellow, chopped	¼ cup	12	0.5	16
Parsley, fresh, chopped	1 Tbsp	3	0.1	1
Peppers, Bell, all colors, raw, chopped	¼ cup	10	0.3	8
Potatoes, all colors	½ cup 82 grams	75	1.8	65
Tomatoes, raw, diced	½ cup	18	0.7	17
<b>Dried Fruit Snacks</b>				
Betty Crocker Fruit Roll ups	1 pkg.	3	0.1	40
<b>BEVERAGES</b>				
Apple juice	4 ounces	trace	trace	60
Orange juice	½ cup	15	0.7	56
Tomato juice	½ cup	20	0.9	21
Cola	4 oz	0	0	48
Snapple	4 oz	2	0.1	55
<b>SOUPS</b>				
Bouillon	1 cube	30	0.6	7
Chicken Broth	1 cup	86	2.2	20
Swanson Vegetable Broth	1 cup	0	0	20
G. Washington Golden Broth	1 cup	0	0	5
<b>BREAKFAST FOODS</b>				
Rice Chex	½ cup	28	0.7	49
Rice Krispies	½ cup 14 g	45	1.0	56
<b>GRAIN PRODUCTS</b>				
<b>Bread and Bread Products</b>				
Bread, Regular White	1 slice	105	2.1	70
Tortilla, Flour	1	189	3.8	114
<b>Miscellaneous Bread Products</b>				
Croutons, seasoned or plain	¼ cup	46	0.9	31

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<b>CRACKERS AND SNACKS</b>				
Bugles, General Mills	3	8	0.2	13
Popcorn – Betty Crocker original butter	1 cup	40	0.8	35
Wise Onion Rings	½ ounce	13	0.3	70
Fritos, original	3 gm (3)	8	0.2	13
Ruffles, original	7 gm (3)	15	0.4	38
Tostitos, bite size, 100% corn chips	4 gm (3)	20	0.4	18
Pretzel sticks, 2 ½” long	2 gm (3)	9	0.2	8
Rice cakes, regular size, Plain	1	38	0.8	35
<b>LOW PROTEIN</b>				
<b>Low Protein Breads and Crackers</b>				
Low Protein Bread (Best White Bread)	1 slice	13	0.3	102
Rusks, Low protein (crushed)	¼ cup	5	0.1	70
Low Protein Tortilla	1	1	0.1	97
<b>Low Protein Pasta</b>				
Aglutella Macaroni (cooked)	1 cup	20	1.0	180
Wel-Plan Macaroni (cooked)	1 cup	5	0.2	165
Wel-Plan Spaghetti, short cut (cooked)	1 cup	5	0.2	165
Aglutella Imitation Rice (cooked)	½ cup	12	0.6	100
Dietary Specialties Imitation Rice (cooked)	½ cup	5	0.2	158
<b>SWEETS</b>				
Almond Bark, white, Kroger	1 section	0	0	300
Almond Bark, chocolate, Kroger	1 section	34	0.7	300
Hershey's Krackel, miniature	1	26	0.6	42
Jujyfruits, miniatures	1 box	0	0	47
Sorbet, raspberry, Haagen Daz	½ cup	6	0.2	120
<b>VERY HIGH PROTEIN</b>				
<b>Nuts, Nut Butters, and Seeds</b>				
Pecans, chopped	1 Tbsp	35	0.7	46
Walnuts, chopped	1 Tbsp	50	1.1	51
Peanut butter, creamy-style	1 Tbsp	244	4.7	95
Sunflower seeds	1 Tbsp	79	1.6	47



University of Washington PKU Clinic  
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015  
<http://depts.washington.edu/pku>