

FOOD LIST

| Brand | Food | Measure | Phe (mg) | Protein (gm) | Calories (kcal) |
|-------------------------------|--|---------|----------|--------------|-----------------|
| Condensed Canned Soups | | | | | |
| <i>Campbell's</i> | California Style Vegetable Soup, condensed | 1 Tabl. | 11 | 0.3 | 10 |
| <i>Campbell's</i> | California Style Vegetable Soup, prepared with water | ½ cup | 42 | 1.2 | 40 |
| <i>Campbell's</i> | Cheddar Cheese Soup, condensed | 1 Tabl. | 31 | 0.6 | 16 |
| <i>Campbell's</i> | Cheddar Cheese Soup, prepared with water | ½ cup | 125 | 2.5 | 65 |
| <i>Campbell's</i> | Cream of Potato Soup, condensed | 1 Tabl. | 20 | 0.5 | 10 |
| <i>Campbell's</i> | Cream of Potato Soup, prepared with water | ½ cup | 81 | 1.9 | 40 |
| <i>Campbell's</i> | Curly Chicken Noodle Soup, condensed | 1 Tabl. | 13 | 0.3 | 9 |
| <i>Campbell's</i> | Curly Chicken Noodle Soup, prepared with water | ½ cup | 53 | 1.3 | 35 |
| <i>Campbell's</i> | Double Noodle in Chicken Broth Soup, condensed | 1 Tabl. | 21 | 0.5 | 12 |
| <i>Campbell's</i> | Double Noodle in Chicken Broth Soup, prepared with water | ½ cup | 82 | 2.0 | 45 |
| <i>Campbell's</i> | French Onion Soup, condensed | 1 Tabl. | 13 | 0.2 | 8 |
| <i>Campbell's</i> | French Onion Soup, prepared with water | ½ cup | 52 | 1.0 | 30 |
| <i>Campbell's</i> | Golden Mushroom Soup, condensed | 1 Tabl. | 16 | 0.2 | 9 |
| <i>Campbell's</i> | Golden Mushroom Soup, prepared with water | ½ cup | 64 | 1.0 | 35 |
| <i>Campbell's</i> | Old Fashioned Tomato Rice Soup, condensed | 1 Tabl. | 8 | 0.2 | 14 |
| <i>Campbell's</i> | Old Fashioned Tomato Rice Soup, prepared with water | ½ cup | 31 | 0.6 | 55 |
| <i>Campbell's</i> | Souper Stars, condensed | 1 Tabl. | 13 | 0.3 | 9 |
| <i>Campbell's</i> | Souper Stars, prepared with water | ½ cup | 53 | 1.3 | 35 |
| <i>Campbell's</i> | Split Pea with Ham Soup, condensed | 1 Tabl. | 54 | 1.2 | 20 |
| <i>Campbell's</i> | Split Pea with Ham Soup, prepared with water | ½ cup | 215 | 4.9 | 80 |
| <i>Campbell's</i> | Tomato Bisque Soup, condensed | 1 Tabl. | 6 | 0.2 | 15 |
| <i>Campbell's</i> | Tomato Bisque Soup, prepared with water | ½ cup | 22 | 0.6 | 60 |
| <i>Campbell's</i> | Tomato Soup, condensed | 1 Tabl. | 6 | 0.2 | 11 |
| <i>Campbell's</i> | Tomato Soup, prepared with water | ½ cup | 23 | 0.6 | 45 |
| <i>Campbell's</i> | Vegetable Soup, condensed | 1 Tabl. | 13 | 0.4 | 11 |
| <i>Campbell's</i> | Vegetable Soup, prepared with water | ½ cup | 53 | 1.5 | 45 |
| <i>Campbell's</i> | Vegetarian Vegetable Soup, condensed | 1Tabl. | 12 | 0.3 | 8 |
| <i>Campbell's</i> | Vegetarian Vegetable Soup, prepared with water | ½ cup | 48 | 1.2 | 29 |
| <i>Healthy Request</i> | Tomato Soup, prepared with water | ½ cup | 26 | 0.8 | 47 |
| <i>Healthy Request</i> | Vegetable Beef Soup, prepared with water | ½ cup | 114 | 2.6 | 39 |
| <i>Healthy Request</i> | Vegetable Soup, prepared with water | ½ cup | 50 | 1.6 | 43 |



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