



Soup is Good Food!

You've heard it advertised on TV. Is soup good food for kids with PKU? Let's find out.

1	Use the Food List to look up the amount of PHE in each of the soups on the next page. Write the amount of PHE in column 1
2	<p>Look at the $\frac{1}{2}$ cup measuring cup. Is this enough soup for you?</p> <p>YES NO</p> <p>If you have more than $\frac{1}{2}$ cup of soup, you have more phe...and more math to do!</p> <p>One cup equals two $\frac{1}{2}$ cups: If $\frac{1}{2}$ cup has 53 mg phe, then 1 cup (or two $\frac{1}{2}$ cups) has 53×2 or 106 mg</p>
3	<p>Let's compare the PHE content of $\frac{1}{2}$ cup soup to your total daily PHE from food.</p> <p>Your personal daily PHE from food: _____</p> <p>PHE in $\frac{1}{2}$ cup Split Pea with Ham: _____</p> <p>Subtract the PHE in the soup from your daily total: <input type="text"/></p> <p>Is this a good choice for you?</p> <p>YES NO</p>
4	<p>Let's try another soup choice.</p> <p>Your personal daily PHE from food: _____</p> <p>PHE in $\frac{1}{2}$ cup Tomato Bisque: _____</p> <p>Subtract the PHE in the soup from your daily total: <input type="text"/></p> <p>Is this a good choice for you?</p> <p>YES NO</p>



5	<p>Look at the soups again. Do you think that you could remember the PHE content of each soup?</p> <p style="text-align: center;">YES NO</p> <p>It would be hard to do. Let's try to make the job easier by grouping the soups into categories based on the PHE content of each one.</p> <ul style="list-style-type: none"> ✓ Low – soups with less than 35 mg PHE in each ½ cup serving ✓ Medium – soups with 35-50 mg PHE in each ½ cup serving ✓ High – soups with more than 50 mg PHE in each ½ cup serving <p>Look at the list of soups and circle the rating for each soup in column 5</p>
6	<p>Decide whether or not the soup would fit into your food pattern. Circle YES or NO in column 6</p>

SOUP	PORTION SIZE	STEP 1: mg PHE	STEP 5: Rating	STEP 6: Does it fit into your pattern?
Campbell's				
Tomato	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Vegetarian Vegetable	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Vegetable	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Golden Mushroom	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Curly Noodle	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Old Fashioned Tomato Rice	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Souper Stars	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Tomato Bisque	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Cheddar Cheese	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Healthy Request				
Tomato	½ cup, prepared		LOW MEDIUM HIGH	YES NO
Vegetable	½ cup, prepared		LOW MEDIUM HIGH	YES NO

