

A Summer Picnic "Phe-Esta"



Suppose you are going to a summer picnic with your friends. You know the types of foods that are usually at picnics and you wonder what you'll eat. Listed below are the foods that may be at the picnic. Guess how many Phes are in each of the listed foods. Afterwards we'll tell you the actual Phe value.

<u>Picnic Food</u>	<u>Your Phe Guess</u>	<u>Actual Phe</u>
hot-dog	_____	_____
hot-dog bun	_____	_____
dill pickle	_____	_____
½ cup fresh fruit salad	_____	_____
½ cup baked beans	_____	_____
1 cup green salad	_____	_____
½ cup potato salad	_____	_____
½ cup potato chips	_____	_____
medium slice of watermelon	_____	_____
1 slice homemade apple pie	_____	_____
½ cup vanilla ice cream	_____	_____

If you want to have "Phe-nominal" blood levels, you need to make wise choices about the foods you eat.

- Put a X on the foods high in Phe.
- Circle the foods low in Phe.

If you ate the foods high in Phe, what would happen to all the extra Phe that your body didn't use? _____

What could you bring to the picnic to share with your friends that would be low in Phe?

1. _____
2. _____
3. _____
4. _____



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