

## FOOD LIST

Food	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
<b>FRUITS AND VEGETABLES</b>				
<b>Fruits</b>				
Apple, fresh, whole, medium	1	9	0.4	106
Cantaloupe, cubes	½ cup	21	0.6	22
Grapes, red or green	10	9	0.3	36
Kiwi, fresh medium, peeled	1	6	0.2	12
Orange, fresh, whole medium, peeled	1	38	1.5	70
Strawberries, fresh, whole, medium	5	7	0.5	24
Pears, fresh, whole, medium	1	17	0.7	98
<b>Vegetables</b>				
Broccoli, cooked	½ cup	33	1.2	11
Carrot, raw, whole, medium	1	29	0.9	39
Celery, raw, medium stalk	1	10	0.3	7
Corn, cooked or canned	½ cup	100	1.8	66
Mushrooms, sliced	½ cup	28	0.7	9
Peas, cooked	½ cup	144	3.6	60
Potato, all colors, baked or boiled, diced	½ cup	72	1.6	66
Tomatoes, raw diced	½ cup	18	0.7	17
<b>BEVERAGES</b>				
Apple juice	1 cup	trace	trace	120
Orange juice	1 cup	30	1.4	112
<b>GRAIN PRODUCTS</b>				
<b>Noodles, Macaroni, and Spaghetti</b>				
Macaroni (dry)	1/3 cup	217	2.3	67
<b>Rice and Grains</b>				
White Rice, Long grain (raw)	1/3 cup	234	4.4	224
<b>Bread and Bread Products</b>				
Bread, whole wheat	1 slice	146	3.0	70
<b>LOW PROTEIN</b>				
<b>Low Protein Breads and Crackers</b>				
Loprofin crackers	5	3	Trace	140
Low Protein Bread (Best White Bread)	1 slice	13	0.3	102
<b>Low Protein Pasta</b>				
Low protein macaroni (dry)	1/3 cup	8	0.1	147
Low Protein Rice (dry)	1/3 cup	7	0.3	211
<b>CONVENIENCE</b>				
McDonald's French fries, medium	1 order	251	6	450
McDonald's Hamburger, regular	1	624	12.0	255
<b>VERY HIGH PROTEIN</b>				
<b>Dairy and Eggs</b>				
Egg, whole, medium	1	300	5.6	67
Milk	1 cup	392	8.0	120
<b>Nuts, Nut Butters, and Seeds</b>				
Peanut butter, creamy-style	2 Tbsp	488	9.4	190