

FOOD LIST

Food	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
CANDY				
Harmony Gummy Bears	127 gm	127	6.4	425
Hershey's Milk Chocolate with Almonds	41 gm	242	4.8	245
Life Savers	20 gm	0	0	80
M & M's, peanut	50 gm	250	5	258
Red Vines Licorice	114 gm	160	3.4	400
Reese's Peanut Butter Cups	42 gm	232	4.5	200
Skittles	62 gm	9	0.2	250
Snickers	55 gm	241	4.8	279
Starburst	59 gm	8	0.2	234
Three Musketeers	60 gm	106	1.9	249
Twix	57 gm	132	3.1	273
CHIPS, CRACKERS, and NUTS				
Cheese Crackers with Peanut Butter	39 gm	251	4.8	195
Cheetos	60 gm	195	4.5	315
Cheez-its, Sunshine	56 gm	299	5.6	100
Doritos, nacho cheese	50 gm	158	3.3	233
Fritos	64 gm	171	4.3	277
Granola Bar, Nature Valley	42 gm	175	3.5	210
Lay's Kettle Chips, jalapeno	38 gm	99	3	205
Maui Kettle Style Potato Chips	42 gm	109	3.4	227
Planter's Peanuts	49 gm	593	11.4	283
Popcorn, Act II microwave, light butter	85 gm	493	10.2	340
Rold Gold Pretzels, tiny twists	64 gm	294	6.4	243
Ruffles, cheddar cheese and sour cream	43 gm	92	2.5	233
Sun Chips, harvest cheddar	43 gm	184	4.3	184
TGI Friday's Potato Skins, cheddar and bacon	50 gm	80	1.6	268
Trail Mix (nuts, raisins, sunflower seeds)	64 gm	421	8.8	296
COOKIES				
Famous Amos Chocolate Chip Cookies	56 gm	157	3.0	306
Grandma's Oatmeal Raisin Cookies	78 gm	225	4.3	407
Grandma's Peanut Butter Cookies	78 gm	378	7.5	375
Keebler Elfin Crackers	60 gm	203	4.1	271
Knott's Berry Farm Raspberry Shortbread	57 gm	168	3.5	298
Marietta's Vanilla Crème Cookies	142 gm	310	6.4	685
PopTart, strawberry	104 gm	284	5.6	420
OTHER				
Dole Tropical Fruit Bowl	88 gm	9.3	0.3	60
Gum, Cinnaburst and Mintaburst	7 sticks	0	0	140



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>