

## Let's Compare LOOK-ALIKE foods...

Listed below are a few high protein foods with a comparison of phenylalanine content to their “imitation” low protein substitutes. The imitation foods are generally lower in phe, but as you can see, they are **not free** foods.

Food	Measure	Mg Phe	Imitation Food	Measure	Mg Phe
<b>Cheese and Cheese Products</b>			<b>Cheese and Cheese Products</b>		
American Cheese, Kraft Singles	1 slice	305	Low Protein American Cheese Singles	1 slice	29 - 62
Cheddar Cheese, shredded	1/3 cup	372	Low Protein Cheddar Shreds, Cambrooke Foods	1/3 cup	45
Cream Cheese, regular	2 Tbsp.	112	Low Protein Cream Cheese, plain, Cambrooke Foods	2 Tbsp.	21
Parmesan Cheese, grated	1 Tbsp.	78	Imitation Parmesan Cheese, grated, Whitehall	1 Tbsp.	41
			Low Protein Shake 'N' Cheese, Cambrooke Foods	1 tsp.	8
<b>Cookies and Sweets</b>			<b>Cookies and Sweets</b>		
Chocolate Bar, Hershey's	1 bar	195	Low Protein Chocolate Bar, Ener-G Foods	1 bar	0
Chocolate Candies, Hershey's Kisses	5 pieces	85	Low Protein Chocolate Cha Cha's, Cambrooke Foods	5 pieces	12
Cream Wafer Cookies, assorted	4 wafers	56	Low Protein Cream Wafer Cookies, LoProfin	4 wafers	2
<b>Miscellaneous</b>			<b>Miscellaneous</b>		
Peanut Butter	2 Tbsp.	488	Low Protein Peanut Butter Spread, Dietary Specialties	2 Tbsp.	8



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