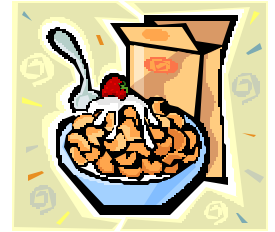


It's time to practice your Food List skills!!

Using the *Low Protein Food List for PKU*, work out the answers to the following problems.

1. Lee had 1 cup of Rice Krispies, 1/4 cup Rich's Coffee Rich, and 1/2 cup unsweetened applesauce for breakfast. How much phe did Lee eat for breakfast?



If he is allowed 350 mg phe per day, how much is left for lunch and dinner?

2. Karen and her friends decided to go to McDonald's for dinner. How many phes would Karen get from the following choices?

- A) 1 Wonder hamburger bun _____
 3 pickle slices _____
 1 tomato slice _____
 1 teaspoon ketchup _____
 12 oz. Coke _____

Total mg phe = _____



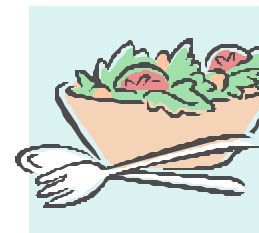
- B) 1 small order of fries _____
 1 Tablespoon ketchup _____
 16 oz. Root Beer _____

Total mg phe = _____



- C) 1 Garden Salad _____
 (1 cup lettuce _____
 1 tomato wedge _____
 1 slice cucumber) _____
 2 Tablespoons French Dressing _____

Total mg phe = _____



Which choice would be the lowest in phe? _____

3. Joe and his friends are having a picnic at school. Joe is allowed 100 mg phe for lunch. Choose foods for Joe to pack in his lunch.



<u>FOOD</u>	<u>AMOUNT</u>	<u>PHE (MG)</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOTAL PHE = _____



4. How many cups of the following juices could you have with **20 mg phe**?

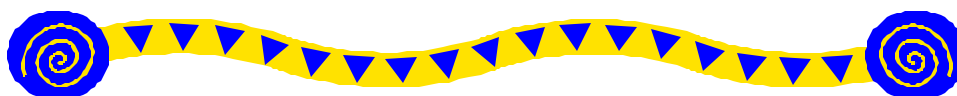
Apple juice = _____ cups

Orange juice = _____ cups

Cranberry juice = _____ cups

Grape juice = _____ cups

Lemonade = _____ cups



5. Carol and her family went out to eat at a pizza restaurant. Carol ordered a salad bar. How many mg of phe do the following choices have?

- 1 cup iceberg lettuce _____ mg
- 1/4 cup grated carrots _____ mg
- 1/8 cup broccoli florettes _____ mg
- 1/4 cup sliced mushrooms _____ mg
- 1/4 cup tomatoes _____ mg
- 5 strawberries _____ mg
- 10 grapes _____ mg
- 1 saltine cracker _____ mg



What ingredients should Carol choose to get a salad with less than 100 mg phe?

Total mg phe for these ingredients = _____



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