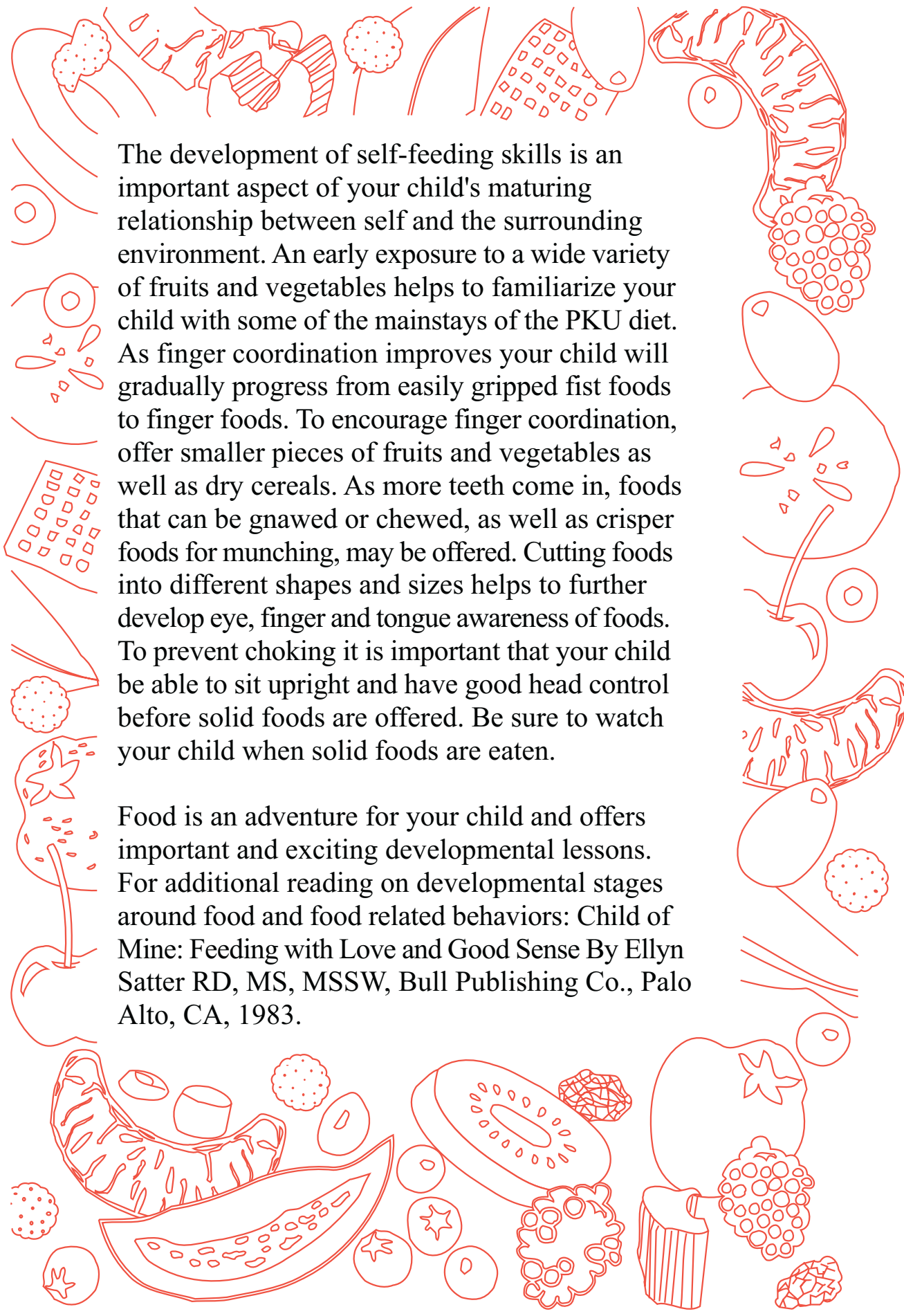




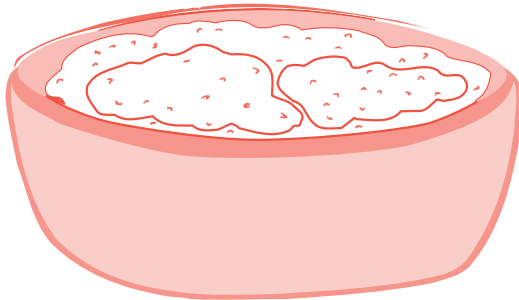
**FINGER
FOODS
are
FUN!**



The development of self-feeding skills is an important aspect of your child's maturing relationship between self and the surrounding environment. An early exposure to a wide variety of fruits and vegetables helps to familiarize your child with some of the mainstays of the PKU diet. As finger coordination improves your child will gradually progress from easily gripped fist foods to finger foods. To encourage finger coordination, offer smaller pieces of fruits and vegetables as well as dry cereals. As more teeth come in, foods that can be gnawed or chewed, as well as crisper foods for munching, may be offered. Cutting foods into different shapes and sizes helps to further develop eye, finger and tongue awareness of foods. To prevent choking it is important that your child be able to sit upright and have good head control before solid foods are offered. Be sure to watch your child when solid foods are eaten.

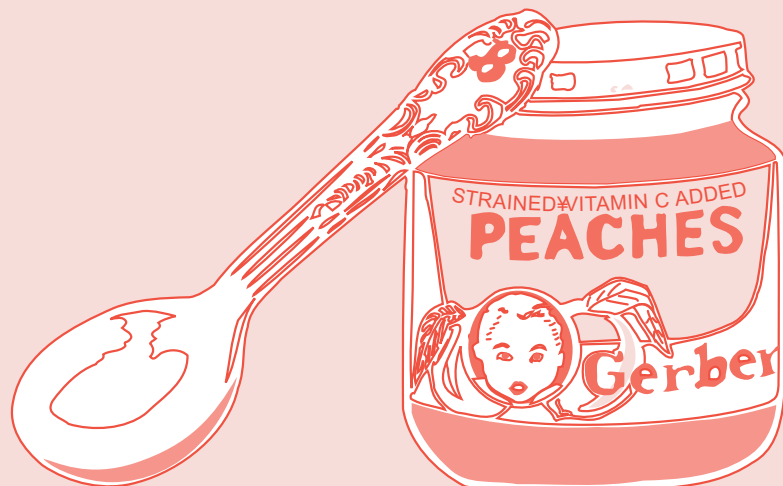
Food is an adventure for your child and offers important and exciting developmental lessons. For additional reading on developmental stages around food and food related behaviors: *Child of Mine: Feeding with Love and Good Sense* By Ellyn Satter RD, MS, MSSW, Bull Publishing Co., Palo Alto, CA, 1983.

Exploration through touching, feeling, and tasting is the beginning of a whole new exciting world for your child.

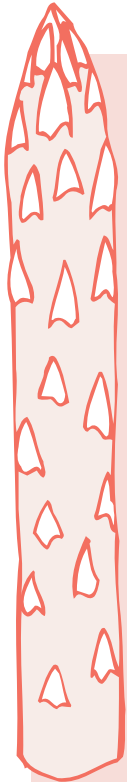
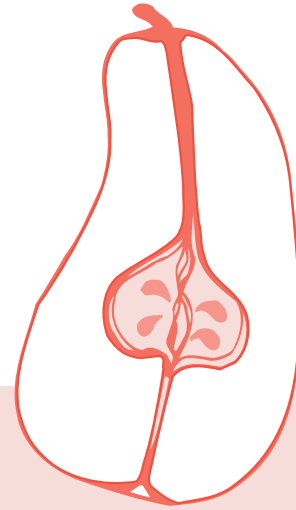


When your child is able to sit up alone and when your child starts to put everything into his or her mouth, offer soft foods from a spoon. Choose foods very low in phe. Foods from a spoon offer "experience" rather than "nourishment".

Foods for Spoons	Amounts	mg phe
Applesauce	2 Tbls.	3
Cranberry Sauce	2 Tbls.	2
Cran-raspberry Sauce	2 Tbls.	2
<i>Pureed foods for spoons: (Gerber)</i>		
Peaches	2 Tbls.	5
Pears	2 Tbls.	5
Beets	2 Tbls.	4
Carrots	2 Tbls.	6
Green Beans	2 Tbls.	20
Squash	2 Tbls.	9
Bananas	2 Tbls.	9

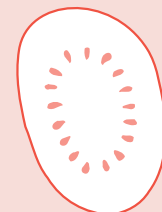
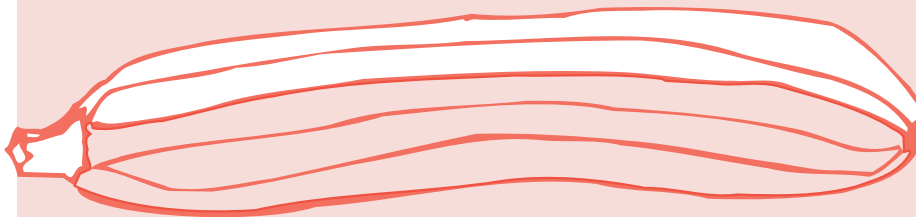
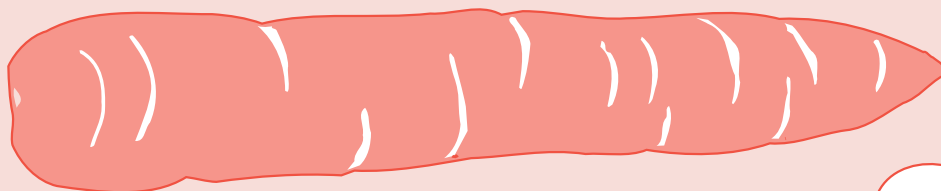


When your child is skilled at sucking from a spoon and is beginning discrete lip and tongue movements, offer soft and mealy foods cut into fist sized slices and chunks.

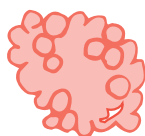
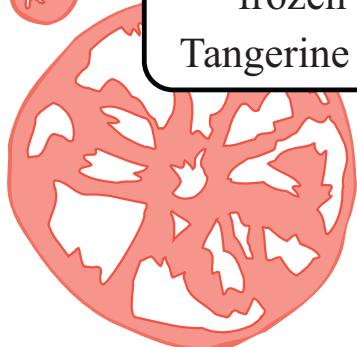
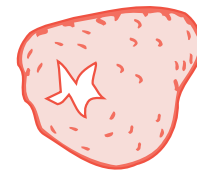


Peeled Fruits and Vegetables	Weight (gm)	mg phe
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Applesauce	10	1
Banana chunks	10	4
Cantaloupe chunks	10	3
Fresh Strawberries	10	1
<i>fresh or canned</i>		
Peaches	10	2
Pears	10	1
Plums	10	2
<i>fresh or canned</i>		
Carrot coins or sticks	10	3
Asparagus spears	10	6
Summer squash, seeded	10	4
Winter squash, cubed	10	6



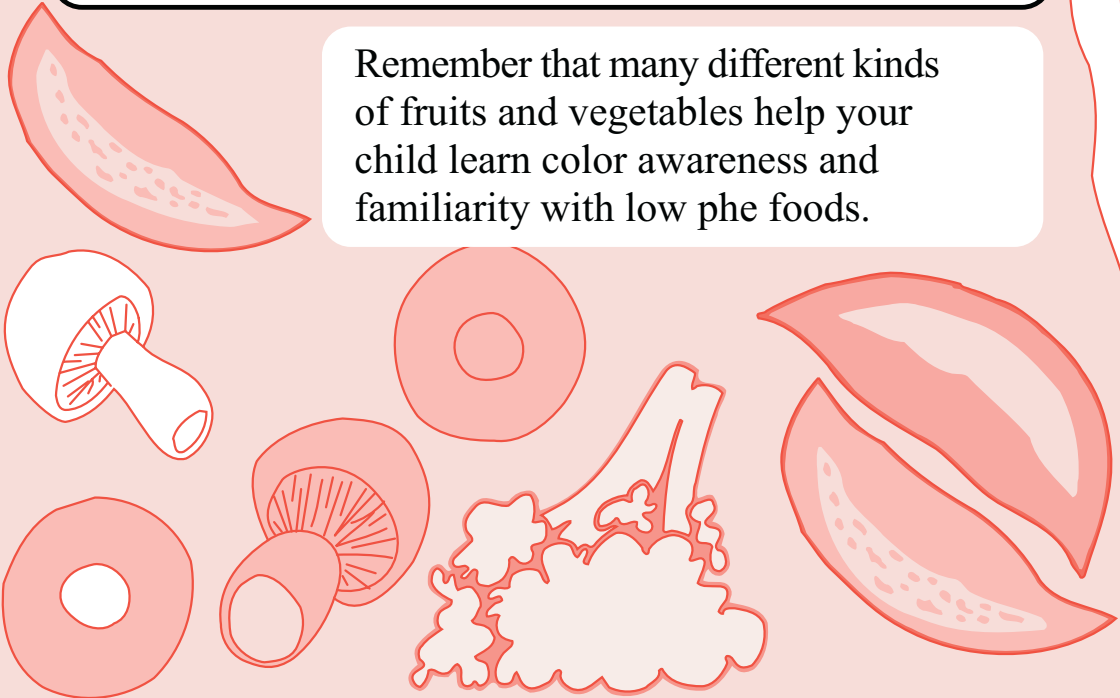
After your child is able to munch on foods instead of sucking them and can pick them up between thumb and forefinger, introduce delicious crunchies. Cut them into interesting circles, cubes, or other shapes.



Fruits	Amount	Weight (gm)	mg phe
<i>fresh, canned or frozen</i>			
Blueberries	1/4 c.	36	9
Cranberries	1/4 c.	24	2
Figs, medium.	1/4 fig	13	3
Grapefruit segments			
fresh, with skin	1/4 c.	43	9
canned	1/4 c.	48	9
Guava, medium	1/3 guava	30	1
Kiwi, medium, peeled	1/2 kiwi	38	11
Mango, sliced	1/4 c.	48	6
Orange segments	1/2 orange	90	19
Papaya, cubed	1/4 c.	35	7
Pineapple chunks			
fresh	1/4 c.	38	5
canned	1/4 c.	45	5
Raisins, seedless, dark	1 Tbls.	9	6
Raspberries			
fresh	1/4 c.	62	22
frozen	2 Tbls.	63	10
Tangerine segments	1/2 tangerine	42	9

Vegetable	Amount	Weight (gm)	mg phe
<i>Fresh, frozen or canned, cooked</i>			
Beans, green or wax	1/4 c.	34	17
Beets, sliced	1/4 c.	43	20
Broccoli strips.	1/8 c.	11	9
Cauliflowerettes	1/8 c.	14	9
Cabbage shreds (green)	1/4 c.	29	12
Cucumber slices, peeled	1/4 c.	36	8
Lettuce	1/8 c.	7	3
Mushrooms	1/4 c.	18	14
Bell peppers, 1/4 " thick slices	2	38	13
Pickles, dill slices or sticks	3	32	5
Tomatoes, raw	1/4 c.	40	9
Turnip sticks or cubes	1/4 c.	33	6

Remember that many different kinds of fruits and vegetables help your child learn color awareness and familiarity with low phe foods.



Also offer foods with interesting shapes and texture.

Low protein products	Amount	mg phe
Aproten Rusks	1	5
Wel-Plan Sweet Cookies	2	2
Wel-Plan Low Protein Macaroni (dry)	2 Tbls.	1
Wel-Plan crackers	1	1

Cereals	Amount	Weight (gm)	mg phe
Puffed Rice	3 Tbls.	3	8
Rice Chex	3 Tbls.	5	10
Trix	3 Tbls.	6	15
Kix	3 Tbls.	4	15
Rice Krispies	3 Tbls.	5	16
Corn Chex	3 Tbls.	5	18

AND...	Amount	mg phe
Pepperidge Farm Goldfish (original)	10	18
Mini-marshmallows	5	2
*Low Protein Cinnamon Muffins <i>p.124</i>	1	1
*Low Protein Cinnamon Graham Crackers <i>p.96</i>	1	1
*Low Protein Pretzels or Breadsticks <i>p.92</i>	1	1

* Recipes from Scherett, V. Low Protein Cookery for PKU 3rd ed. 1997



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