Aim for Healthy Choices

Choose the Foods Closest to the Bull's-Eye

BEST PHENYL-FREE FOODS

Bread

Fruit

Milk

Low Protein Breads and Pastas

Regular Pasta

Steak

Corn

Vegetables

Juices

Chicken

Bread

French Fries

Nuts

Potatoes

Pork Chops

Refried Beans

Eggs

Peas

Peanut Butter

Hamburger

They are BEST for YOU

PKU Clinic
University of Washington
CHDD, Box 357920
Seattle, WA 98195-7920