

ALTERNATIVE FOOD CHOICES

Recipe Ingredient	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
Milk	1 cup	392	8.0	120
Rich's Coffee Rich (½ cup + ½ cup water)	1 cup	22	0.4	172
Mocha Mix (½ cup + ½ cup water)	1 cup	16	0.4	160
Mayonnaise	1 Tbsp	8	0.2	100
Miracle Whip	1 Tbsp	3	0.1	70
Mayonnaise	½ cup	64	1.6	800
Miracle Whip	½ cup	24	0.8	560
Butter	1 Tbsp	6	0.1	102
Margarine	1 Tbsp	6	0.1	101
Margarine (without milk solids: Nucoa)	1 Tbsp	0	0	100
Vegetable oil (for sautéing)	1 Tbsp	0	0	100
Butter	1 stick (½ cup)	48	0.8	816
Margarine	1 stick (½ cup)	48	0.8	808
Margarine (without milk solids: Nucoa)	1 stick (½ cup)	0	0	800
Macaroni (cooked)	1 cup	324	6.8	200
Loprofin Macaroni Penne (cooked)	1 cup	4	0.1	133
Spaghetti (cooked)	1 cup	324	6.8	196
Loprofin Vermicelli (cooked)	1 cup	7	0.3	240
White Rice, Instant (cooked)	½ cup	90	1.6	90
White Rice, Long grain (cooked)	½ cup	114	2.2	194
Brown Rice (cooked)	½ cup	116	2.2	110
Dietary Specialties Imitation Rice (cooked)	½ cup	5	0.2	158
Flour, All Purpose	1 cup	648	12.8	408
Flour, Whole Wheat	1 cup	940	18.4	460
dp Wheat Starch	1 cup	11	0.3	450
Loprofin Baking Mix	1 cup	9	0.6	420
Wel-Plan Baking Mix	1 cup	6	0.3	420
Flour (for thickener)	1 Tbsp	40	0.8	25
Cornstarch	1 Tbsp	0	0	35



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Egg	1	300	5.6	67
Egg Replacer (1 ½ tsp = 1 egg)	1 ½ tsp	0	0	14
Bouillon (1 cube = 1 cup prepared)	1 cube	32	0.6	28
Chicken Broth	1 cup	86	2.2	20
Swanson Vegetable Broth	1 cup	0	0	20
G. Washington Golden Broth	1 cup	0	0	5
Whipped Cream (ReddiWhip)	1 Tbsp	5	0.1	8
Cool Whip	¼ cup	12	0.2	36
Bread Crumbs	¼ cup	46	0.9	31
Rusks, Low protein (crushed)	¼ cup	5	0.1	70
Chocolate Chips	¼ cup	105	2.1	213
Butterscotch Chips (Nestle)	¼ cup	48	1.0	247
Jello	1 cup	74	3.6	160
Prono	1 cup	0	0	160
Bread, Regular White	1 slice	140	2.8	88
Low Protein Bread (Best White Bread)	1 slice	13	0.3	102
Pancake	4 inch	95	1.9	74
Old Fashioned Low Protein Pancake	4 inch	8	0.2	55
French Toast	1 slice	205	4.1	126
Low Protein French Toast	1 slice	16	0.4	167
Waffle	1	119	2.3	95
Low Protein Waffle	1	13	0.3	168
Tortilla, Flour, regular size	1	189	3.8	114
Low Protein Tortilla	1	1	0.1	97
Vanilla Ice Cream	½ cup	210	4.2	170
Mocha Mix Frozen Dessert, vanilla	½ cup	50	1.0	180
Sherbet	½ cup	40	0.8	114
Orange Ice	½ cup	2	0.1	150
Sorbet, strawberry	½ cup	6	0.2	120

