

FOOD LIST

Recipe Ingredient	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
FRUITS AND VEGETABLES				
Fruits				
Apple, fresh, whole, medium	1	9	0.4	106
Cranberries, fresh	½ cup	3	0.1	23
Cranberry Sauce, Jellied or Whole Berry	¼ cup	3	0.1	110
Fruit Cocktail, canned, drained	1 cup	14	0.4	35
Raisins	¼ cup	24	1.2	108
Vegetables				
Beans, green or yellow, raw or cooked	½ cup	34	0.9	18
Broccoli, cooked florettes	½ cup	33	1.2	11
Carrots, raw, chopped or shredded	½ cup	18	0.6	24
Cauliflower, cooked florettes	½ cup	35	1.0	13
Lettuce, leaf or Romaine	½ cup	19	0.5	4
Onions, red, white, or yellow, chopped	¼ cup	12	0.5	16
Potatoes, all colors	½ cup	75	1.8	65
Potatoes, Mashed	2/3 cup	62	1.4	160
Potatoes, Mashed, with milk and butter	2/3 cup	112	2.4	209
Pumpkin, cooked & mashed or canned	¼ cup	22	0.7	20
BEVERAGES				
Apple juice	4 ounces	trace	trace	60
SOUPS				
Swanson's Chicken Broth	½ cup	32	0.8	10
Swanson Vegetable Broth	½ cup	0	0	10
G. Washington Golden Broth	½ cup	0	0	2
GRAIN PRODUCTS				
Bread and Bread Products				
Whole Wheat Bread	1 slice	131	2.7	70
Butterflake Dinner Rolls	1	157	3.1	134
LOW PROTEIN				
Low Protein Mixes				
Low Protein Wel-Plan Baking Mix	1 cup	6	0.3	420
Miscellaneous Low Protein Products				
Low Protein Egg Replacer	1 ½ tsp	0	0	14
Non-Dairy Creamer				
Cool Whip, Extra Creamy Whipped Topping	2 Tbsp	10	0.2	25
Cool Whip, Whipped Topping	2 Tbsp	5	0.1	20
Mocha Mix, liquid, Original	¼ cup	8	0.2	80
Rich's Coffee Rich, liquid	¼ cup	11	0.2	86
SAUCES, FATS, AND CONDIMENTS				
Fats, Spreads, and Salad Dressings				
Butter	1 Tbsp	6	0.1	100
Butter (1 stick = ½ cup)	1 stick	48	0.8	816
Margarine	1 Tbsp	6	0.1	100
Margarine (1 stick = ½ cup)	1 stick	48	0.8	808
Margarine (without milk solids: Nucoa)	1 Tbsp	0	0	100
Vegetable Shortening	1 Tbsp	0	0	120
Vegetable Shortening	1 cup	0	0	1920
Gravy				
Slow Roast Turkey Gravy	1 Tbsp	18	0.4	8

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BAKING INGREDIENTS				
Flour, White, All-Purpose	¼ cup	162	3.2	102
VERY HIGH PROTEIN				
Cheese				
Cheddar Cheese	1 oz	372	7.1	106
Milk				
Milk, Lowfat 2%	1 fl. oz.	49	1.0	15
Milk, Lowfat 2%	1 cup	392	8.0	120
Eggs				
Egg, white only, large	1	204	3.5	17
Egg, whole	1	342	6.3	75



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