

Food List

Food	Serving Size	Mg Phe per Serving
Apple	1 medium	9
Apple juice	8 ounces	0
Banana	1 medium	43
Bread, low protein	1 slice	15
Broccoli	¼ cup	18
Carrot, raw	½ medium	15
Cauliflower, raw	¼ cup	18
Crackers, low protein	5 crackers	5
Fruit Cocktail, canned	¾ cup	11
Goldfish crackers	10 crackers	18
Green beans	¼ cup	17
Jelly	1 Tablespoon	0
Lemon Pudding, Hunt's	1 cup	0
Mocha Mix	¼ cup	8
Orange	1 medium	38
Pasta, low protein	½ cup	6
Peaches, canned	½ cup	17
Peas	¼ cup	72
Pizza, low protein	1/10 of pizza	23
Potato	¼ cup	37
Potato chips, Pringles	3 chips	16
Rice, medium-grain, cooked	¼ cup	59
Rice, low protein, cooked	½ cup	7
Rice Chex cereal	½ cup	28
Sherbert	½ cup	40
Sorbet	½ cup	6
Soup, Vegetarian Vegetable (prepared with water)	½ cup	48
Soup, Cream of Mushroom (prepared with water)	½ cup	70
Spaghetti sauce, meatless	¼ cup	32
Vegetable Medley Casserole	¼ cup	20



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