

## FOOD LIST

SWEETS	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
<b>CANDY &amp; SWEETS</b>				
<b>"Free" Candy</b>				
All "hard" candy such as butterscotch, candy canes, peppermint sticks, red hots, lemon drops	1	0	0	20
Brach's Lemon Drops	1	0	0	10
Lifesavers	1	0	0	5
Lollipop, all flavors	1	0	0	60
Jolly Rancher, all flavors	1	0	0	60
Sweet Tarts	8	0	0.0	60
<b>Miscellaneous Candy &amp; Sweets</b>				
Brach's Jelly Beans, all flavors	14 pieces	5	0.1	104
M&Ms, plain	10 pieces	22	0.4	33
Starburst Fruit Chews, all flavors	1 pkg.	8	0.2	234
Tootsie Rolls, Chocolate	1 roll	2	0.1	24
York Peppermint Patty	1	56	1.2	173
<b>Candy Bars</b>				
Hershey's Milk Chocolate, regular size, 1.45 oz	1	195	3.8	218
Hershey's Milk Chocolate, miniature	1	40	0.8	45
Milky Way, fun size	1	34	0.6	42
Reese's Peanut Butter Cup, regular	1	143	2.8	124
Snickers, regular size, 2.07 oz	1	241	4.8	279
Snickers, fun size	1	82	1.6	95
<b>Gummy Candies</b>				
Amazin' Fruit Gummy Bears, all flavors	5 pieces	16	0.7	41
Brach's Gummi Bears, all flavors	5 pieces	17	0.7	36
Brach's Gummi Worms, all flavors	5 pieces	13	0.5	24
Harmony Snacks Gummy Bears, all flavors	5 pieces	20	1.0	67
<b>FRUIT</b>				
Apple	1 apple	9	0.4	106
Raisins	¼ cup	24	1.2	108



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

(206) 685-3015, Toll Free in Washington State 877-685-3015  
<http://depts.washington.edu/pku>