



PKU YES FOOD TARGET *(answer key)*

Use the PKU FOOD TARGET to help you make good food choices!

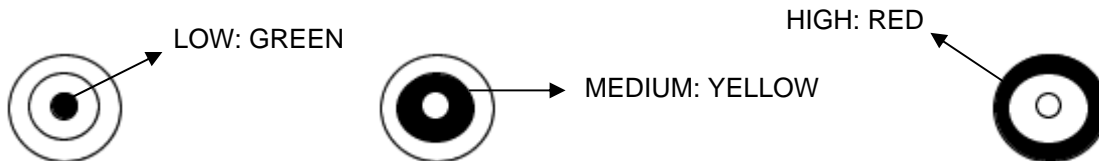
- 1 Estimate the amount of PHE in each of the foods below. Write your estimate in the Step 1 column. (Fill in all of the blanks for Step 1 before you start Step 2.)
- 2 Use the Food List to find the actual amount of PHE in each of the foods below. Write the actual amount in the Step 2 column.
- 3 Look at the foods again. Do you think that you could remember the PHE content of each food?

YES NO

It would be hard to do. Let's make the job easier by grouping the foods into the three categories in the PKU FOOD TARGET, based on the amount of PHE in each food:

LOW: Foods with less than 50 mg PHE per serving
 MEDIUM: Foods with 50-175 mg PHE per serving
 HIGH: Foods with more than 175 mg PHE per serving

Use the guidelines above to decide where each food fits on the PKU FOOD TARGET. Color the area of the target where you think the food should go. Use these colors:



- 4 Does the food fit into your food pattern? For each food, circle YES or NO in the Step 4 column.



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>

FOOD	AMOUNT	STEP ①: Estimated phe	STEP ②: Actual phe	STEP ③: Target	STEP ④: Does it fit into your pattern?	
Loprofin crackers	5 crackers		3 mg		YES	NO
Baked potato	½ cup		72 mg		YES	NO
McDonald's French fries	1 medium order		251 mg		YES	NO
Regular pasta, macaroni, dry	1/3 cup		217 mg		YES	NO
Low protein pasta, macaroni, dry	1/3 cup		8 mg		YES	NO
White rice, raw, long grain	1/3 cup		234 mg		YES	NO
Low protein rice, dry	1/3 cup		7 mg		YES	NO
Apple	1 medium		9 mg		YES	NO
Orange	1 medium		38 mg		YES	NO
Orange juice	1 cup		30 mg		YES	NO
Apple juice	1 cup		0 mg		YES	NO
Peanut butter	2 Tbsp		488 mg		YES	NO
Grapes, red or green	10		9 mg		YES	NO
Strawberries, fresh	5 medium		7 mg		YES	NO



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>

FOOD	AMOUNT	STEP ①: Estimated phe	STEP ②: Actual phe	STEP ③: Target	STEP ④: Does it fit into your pattern?	
Whole wheat bread	1 slice		146 mg		YES	NO
Low protein bread, Best White Bread	1 slice		13 mg		YES	NO
Corn, cooked	½ cup		100 mg		YES	NO
Mushrooms, sliced	½ cup		28 mg		YES	NO
Lowfat (2%) milk	1 cup		392 mg		YES	NO
Carrot, raw	1 medium		29 mg		YES	NO
Pear, fresh whole	1 medium		17 mg		YES	NO
Peas, cooked	½ cup		144 mg		YES	NO
Cantaloupe, cubes	½ cup		21 mg		YES	NO
Broccoli, cooked	½ cup		33 mg		YES	NO
McDonald's hamburger	1		624 mg		YES	NO
Tomato, raw, diced	½ cup		18 mg		YES	NO
Kiwi, fresh	1 medium		21 mg		YES	NO
Celery, raw	1 medium stalk		10 mg		YES	NO

