

Food List

Food	Serving Size	Mg phe per serving
Apple Butter	1 Tbsp	0
Avocado, diced	1 Tbsp	7
Banana, sliced	½ banana	22
Bread, low protein	1 slice	15
Bread, white, regular slice	1 slice	140
Carrots, grated	1 Tbsp	2
Celery, diced	1 Tbsp	2
Cheese, cheddar	1 oz	372
Cucumber, sliced	1 Tbsp	2
Egg, large	1	342
Green Pepper, sliced	1 Tbsp	2
Jelly	1 Tbsp	0
Ketchup	1 Tbsp	7
Lettuce, chopped	1 Tbsp	2
Miracle Whip	1 Tbsp	3
Mustard, classic yellow	1 Tbsp	21
Nucoa margarine	1 Tbsp	0
Olives	1 Tbsp	5
Onion	1 Tbsp	3
Pickle coins	1	1
Pickle relish	1 Tbsp	2
Raisins	1 Tbsp	6
Tomato, sliced	1 Tbsp	2



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