



Use under medical supervision.

Abbott Metabolic Formulas

Hominex® is part of an extensive line of medical foods from Abbott, makers of Similac®



Information for the U.S. products. Please refer to the Canadian product label for the list of ingredients and nutritional information for products available in Canada.



FOOD LIST FOR

Homocystinuria



IMPORTANT PHONE NUMBERS

Metabolic Dietitian: _____

Metabolic Physician: _____

Other: _____

Goals: _____

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INTRODUCTION

FOOD GUIDE FOR HCU

This guide for Homocystinuria (HCU) and methionine (MET)-restricted meal plans identifies the amount and type of food permitted each day and can make checking and balancing meals much easier. Careful eating helps control blood levels of MET, with positive effects on health.

MET IN THE BODY

Many foods contain MET, one of the 20 amino acids that make protein. When protein is digested, MET is split off and absorbed for use in the body. It is used to make cysteine, another amino acid.

When MET is unable to be changed to cysteine, the body cannot handle all the MET coming from digested protein and builds up in the body as homocystine. When this happens, symptoms result. These include disconnected lenses in the eyes, osteoporosis, mental retardation, seizures, and thrombosis (blood clots). Limiting protein intake reduces MET intake so there is less chance homocysteine will build up in the body.

Normal growth and development depend on protein. However, people with HCU who eat enough protein to meet their needs get too much MET. To get enough protein and not get too much MET, a special medical food that is high in protein, free of MET is necessary. Hominex[®]-1 and Hominex[®]-2 provide protein (without MET), energy, vitamins, and minerals. Table 1 lists the steps for preparing Hominex. **Hominex-1 and Hominex-2 are to be used under the supervision of a doctor.**

Table 1. Preparation of Hominex[®] Medical Food

Step	Instructions
1	Mix a 24-hour supply of Hominex all at once or in individual servings as instructed by your metabolic dietitian.
2	Carefully follow mixing instructions on the Hominex label. Do not mix longer than instructed.
3	Refrigerate the formula after mixing.
4	Use medical food within 24 hours after mixing.
5	For an infant, Hominex-1 mixture stored in bottles in the refrigerator may be warmed before feeding. Do not heat mixture above 100°F (37.8°C) or add hot water. Heat can cause vitamin loss.
6	For a toddler or older child/adult, Hominex-2 mixture may be consumed plain, chilled, or flavored. Recipes for flavoring Hominex-2 are found in the HCU family guide and on pp 70-71 of this guide.



Foods NOT ALLOWED in MET-restricted meals

- Cheese and dairy
- Soy milk & soy products
- Dried beans and peas
- Eggs
- Fish and other seafood
- Meat
- Nuts
- Nut butters
- Poultry
- Seeds
- Tofu

Foods TO LIMIT in MET-restricted meals

- Breast milk & infant formula
- Bread
- Crackers
- Fruit
- Fruit juices
- Low-protein cereals
- Popcorn
- Potato chips
- Special low-protein foods
- Vegetables
- Vegetable juices

TIPS

- Keep a list of your individualized goals (set by you and your health care team) on the inside front cover of this guide (write in pencil).
- **How do you know if products are MET-free by reading the label?**
 - A label may state that a food contains “0” protein. The zero or “0” is a rounded figure, and the product may contain up to 0.49 grams of protein per serving. Check with your dietitian or look to see if any of the ingredients may contain MET.
- For greatest accuracy, weigh foods on a scale that reads in grams. If a scale is not available, use approved measuring cups and spoons for measuring portion sizes. Table 2 lists equivalents, and Table 3 provides metric conversions.

Table 2. Measurement Equivalents

1 (tbsp)	=	3 teaspoons (tsp)
1/16 cup (c)	=	1 tbsp
1/8 c	=	2 tbsp
1/6 c	=	2 tbsp + 2 tsp
1/4 c	=	4 tbsp
1/3 c	=	5 tbsp + 1 tsp
3/8 c	=	6 tbsp
1/2 c	=	8 tbsp
2/3 c	=	10 tbsp + 2 tsp
3/4 c	=	12 tbsp
1 c	=	16 tbsp
8 fluid ounces (fl oz)	=	1 c
1 pint (pt)	=	2 c
1 quart (qt)	=	2 pt
4 cups (c)	=	1 qt
1 gallon (gal)	=	4 qt
16 ounces (oz)	=	1 pound (lb)
1 milliliter (mL)	=	1 cubic centimeter (cc)
1 inch (in)	=	2.54 centimeters (cm)



Table 3. Metric Conversion Factors

Multiply the item in column 1 by the number indicated to calculate the equivalent amount in column 2.

Example: 5 fluid ounces x 30 = 150 grams

Column 1	multiply by	Column 2
fluid ounces (fl oz)	x 30	= grams (g)
ounces (dry) (oz)	x 28	= grams (g)
grams (g)	x 0.035	= ounces (oz)
grams (g)	x 0.0022	= pounds (lb)
kilograms (kg)	x 2.2	= pounds (lb)
pounds (lb)	x 454	= grams (g)
pounds (lb)	x 0.454	= kilograms (kg)
quarts (qt)	x 0.95	= liters (L)
liters (L)	x 1.05	= quarts (qt)
gallons (gal)	x 3.79	= liters (L)

To convert from metric (column 2) to the English system (column 1), divide the item in column 2 by the number to calculate the equivalent in column 1.



FOOD LISTS

A metabolic dietitian and team of health care providers will provide a detailed meal plan for the amount of MET and protein your child should eat daily. The food lists on the following pages will help you choose foods to manage your child's HCU diet.

Each list is divided into groups with serving sizes that have similar amounts of MET: breads/cereals, fruits, vegetables, fats, free foods A, and free foods B. Check with your dietitian before eating any food that is not listed.

When your child is young and has a small appetite, it is sometimes tempting to offer foods that are higher in MET to meet his or her needs. Your child may learn to like these foods that are higher in MET and it becomes difficult to restrict these foods as his/her appetite increases. As a child grows older, free foods high in energy that contain little or no MET may be added to the meal plan to meet energy needs. Remember, however, that too many free foods can cause obesity or tooth decay.

BABY FOODS*

Serving Lists for MET-Restricted Foods

Food	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
BREADS AND CEREALS		
Baked Finger Snacks, Graduates®		
Animal crackers,	8	2 crackers
Apple Cinnamon Bar	19	1 bar
Arrowroot Cookies	10	2 cookies
Baby Mumum Rice Rusk	8	4 rusks
Banana cookies	8	1 cookies
Biter biscuits	11	1 biscuits
Cereal Snackin Squares	20	12 pieces
Strawberry Banana Bar	19	1 bar
Strawberry bar	10	1-1/3 bar
Veggie crackers	7	10 crackers
Wagon wheels – fruit	7	4 pieces
Wagon wheels – vegetable	7	4 pieces
Yogurt melts	7	27 pieces
Cereals, Dry		
Barley	3.5	1 Tbsp
Multigrain	3.5	1 Tbsp
Oatmeal	3.5	1 Tbsp
Oatmeal with banana	3.5	1 Tbsp
Oatmeal with mixed fruit	3.5	1 Tbsp
Rice	3.5	1 Tbsp
Rice with apples	2	1 Tbsp
Rice with apple bits	3.5	1 Tbsp
Rice with bananas	3.5	1 Tbsp
Rice with mixed fruit	3.5	1 Tbsp

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
6	6	1	0.5	36
12	14	1.4	0.1	70
13	7	2	0.9	46
10	7	0	1	31
10	6	1	0.5	34
16	9	0.6	1	43
19	15	2	1.3	84
10	13	2	0.7	70
8	8	1	0.5	41
8	5	1	0.6	34
12	6	0.1	0.5	27
11	5	0.7	0.6	29
22	5	0	1	30
8	2	0	0.5	13
8	3	0	0.2	14
10	2	0	0.5	14
9	3	0	0.4	14
7	3	0	0.4	14
6	3	0	0.3	14
3	2	0	0.1	8
6	3	0	0.2	14
8	3	0	0.2	13
8	3	0	0.3	14

Baby Foods:

Breads
& Cereals

Fruits

Juices

Vegetables

Free
Foods

*The food values are equivalent for Gerber®, Beech-Nut®, and Heinz® unless otherwise stated.

BABY FOODS*

Food	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Cereals, Jarred		
Strained/2nd Foods®		
Banana oatmeal peach	16	1 Tbsp
	113	1 jar (4 oz)
Oatmeal with applesauce & bananas	16	1 Tbsp
	113	1 jar (4 oz)
Oatmeal with pears and cinnamon	16	1 Tbsp
	99	1 jar (4 oz)
Rice with apple and mango	16	1 Tbsp
	99	1 pack
Rice with applesauce	16	1Tbsp
	113	1 jar (4 oz)
Rice with applesauce & bananas	16	1 Tbsp
	113	1 jar (4 oz)
Junior/3rd Foods®		
Mixed cereal with apples & bananas	15	1 Tbsp
	170	1 Jar (6 oz)
Oatmeal with apples & cinnamon	15	1 Tbsp
	170	1 Jar (6 oz)
Oatmeal with applesauce & bananas	15	1 Tbsp
	170	1 Jar (6 oz)
Rice with mixed fruit	15	1 Tbsp
	170	1 jar (6 oz)
FRUITS		
Strained/1st Foods®		
Applesauce	15	1 Tbsp
	71	1 jar (2.5 oz)
Banana	15	1 Tbsp
	71	1 jar (2.5 oz)
Peaches	16	1 Tbsp
	71	1 jar (2.5 oz)

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
3	3	0	0.2	13
21	20	0	1.4	87
5	3	0	0.2	12
34	20	1	1.5	94
4	3	0	0.2	13
26	16	1	1	70
2	3	0	0.2	11
11	18	0	1	70
4	3	0	0.1	13
28	24	0	0.9	102
3	3	0	0.2	13
23	19	0	1.4	90
4	2	0	0.2	11
41	31	1	2	141
3	2	0	0.2	10
37	25	1	1.9	116
5	2	0	0.2	11
53	27	1	2.2	128
4	3	0	0.1	12
46	31	0	1.5	134
0	2	0	0	8
0	10	0	0	40
1	3	0	0.2	13
6	15	0	1	60
1	2	0	0	8
6	10	0	0.5	40

Baby Foods:

Breads
& Cereals

Fruits

Juices

Vegetables

Free
Foods

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BABY FOODS*

Food	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Pears	16	1 Tbsp
	71	1 jar (2.5 oz)
Prunes	15	1 Tbsp
	71	1 jar (2.5 oz)
Strained/2nd Foods®		
Applesauce	15	1 Tbsp
	113	1 jar (4 oz)
Apple blackberry	15	1 Tbsp
	113	1 pack
Apple blueberry	15	1 Tbsp
	113	1 jar (4 oz)
Apple cherry	15	1 Tbsp
	113	1 jar (4 oz)
Apple mango kiwi	15	1 Tbsp
	113	1 jar (4 oz)
Apple strawberry banana	15	1 Tbsp
	113	1 jar (4 oz)
Apple sweet potato	15	1 Tbsp
	113	1 jar (4 oz)
Apricot mixed fruit	15	1 Tbsp
	113	1 jar (4 oz)
Banana	15	1 Tbsp
	113	1 jar (4 oz)
Banana apple pear	15	1 Tbsp
	113	1 jar (4 oz)
Banana Mango	15	1 Tbsp
	99	1 pouch
Banana mixed berry	15	1 Tbsp
	113	1 jar (4 oz)
Banana orange medley	15	1 Tbsp
	113	1 jar (4 oz)
Banana Peach Granola	15	1 Tbsp
	113	1 pack
Banana plum grape	15	1 Tbsp
	113	1 jar (4 oz)
Peaches	16	1 Tbsp
	113	1 jar (4 oz)

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
0	2	0	0.1	8
6	10	0	0.3	40
2	4	0	0.2	15
4	17	0	1	70
0	2	0	0	8
2	14	0	0.2	58
0	2	0	0	8
0	14	0	0	57
1	2	0	0	8
5	14	0	0.2	57
1	2	0	0	8
5	16	0	0.2	64
1	2	0	0	9
9	16	0	0.2	68
0	2	0	0.1	9
3	16	0	0.3	64
1	2	0	0.1	8
5	16	0	0.3	65
1	2	0	0.1	9
7	16	0	0.7	68
3	3	0	0.2	14
22	24	0	1.2	103
2	3	0	0.1	13
16	23	0	1	96
1	3	0	0.2	12
7	21	0	1	80
2	3	0	0.2	13
14	24	0	1.2	101
2	3	0	0.2	14
14	25	0.2	1.1	106
2	3	0	0.2	12
18	23	1	1.1	91
2	4	0	0.2	15
12	27	0	1.1	113
1	2	0	0.1	9
9	17	0	0.8	71

Baby Foods:

Breads
& Cereals

Fruits

Juices

Vegetables

Free
Foods

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BABY FOODS*

Food	Weight (g)	Approx. Household Measure
For greatest accuracy, weigh food on scales that read in grams. All measures are level.		
Pear	16	1 Tbsp
	113	1 jar (4 oz)
Pear pineapple	16	1 Tbsp
	113	1 jar (4 oz)
Pear squash	14	1 Tbsp
	113	1 jar (4 oz)
Pear Strawberry Granola	15	1 Tbsp
	113	1 pack
Pear wild blueberry	15	1 Tbsp
	113	1 jar (4 oz)
Plum apple	15	1 Tbsp
	113	1 jar (4 oz)
Prune apple	15	1 Tbsp
	113	1 jar (4 oz)
Junior/3rd Foods®		
Apple banana	142	1 container
Apple pear raspberry	142	1 container
Applesauce	15	1 Tbsp
	170	1 jar (6 oz)
Apricot with mixed fruit	16	1 Tbsp
	170	1 jar (6 oz)
Bananas	15	1 Tbsp
	170	1 jar (6 oz)
Banana apple strawberry	142	1 container
Banana & pineapple	15	1 Tbsp
	170	1 jar (6 oz)
Banana & strawberry	15	1 Tbsp
	170	1 jar (6 oz)
Peaches	16	1 Tbsp
	170	1 jar (6 oz)
Pear	16	1 Tbsp
	170	1 jar (6 oz)
Plum apple	15	1 Tbsp
	170	1 jar (6 oz)

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	3	0	0.1	11
7	20	0	0.5	82
1	2	0	0.1	8
7	15	0	0.5	64
2	1	0	0.1	7
18	12	0	1.1	53
2	3	0	0.2	12
16	21	1	1.1	91
0	2	0	0.1	10
3	17	0	0.5	73
0	2	0	0.1	8
3	14	0	0.3	60
1	3	0	0.1	11
7	20	0	0.7	86
14	26	0	0.6	109
6	20	0	0.4	82
0	2	0	0	8
3	21	0	0.3	87
1	2	0	0.1	9
10	24	0	1	102
3	3	0	0.2	14
32	36	0	1.9	155
27	25	0	1	105
2	3	0	0.1	11
20	30	0	1.4	124
2	3	0	0.2	14
20	38	0	1.7	160
1	2	0	0.1	9
15	25	0	1.2	107
1	3	0	0.1	11
10	29	0	0.7	122
1	2	0	0.1	9
7	23	0	0.7	97

Baby Foods:

Breads
& Cereals

Fruits

Juices

Vegetables

Free
Foods

*The food values are equivalent for Gerber®, Beech-Nut®, and Heinz® unless otherwise stated.

Food	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Fruit Pick Ups, Graduates™		
Apple Pick Ups	128	1 tray
Peach Pick Ups	128	1 tray
JUICES		
Apple juice	118	4 fl oz
Apple carrot juice	118	4 fl oz
Apple prune juice	118	4 fl oz
Mixed fruit juice	118	4 fl oz
Pear juice	118	4 fl oz
White grape juice	118	4 fl oz
Graduates® Beverage		
Tropical Fruit Splashers	118	4 ounces
VEGETABLES		
Strained/1st Foods®		
Carrots	14	1 Tbsp
	71	1 jar (2.5 oz)
Green beans	15	1 Tbsp
	71	1 jar (2.5 oz)
Peas	15	1 Tbsp
	71	1 jar (2.5 oz)
Squash	14	1 Tbsp
	71	1 jar (2.5 oz)
Sweet potatoes	14	1 Tbsp
	71	1 jar (2.5 oz)
Strained/2nd Foods®		
Butternut corn	15	1 Tbsp
	113	1 jar (4 oz)
Carrots	14	1 Tbsp
	113	1 jar (4 oz)
Carrots with brown rice	15	1 Tbsp
	113	1 jar (4 oz)
Corn & sweet potatoes	15	1 Tbsp
	113	1 jar (4 oz)
Creamed corn	15	1 Tbsp
	113	1 jar (4 oz)
Farmer's Market Vegetable Blend with Mixed Grains	15	1 Tbsp

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
3	15	0	0.3	56
8	14	0	0.6	54
1	13	0	0.7	60
4	13	0	0.2	56
1	15	0	0.2	69
1	14	0	0.3	62
2	13	0	0.2	61
12	18	0	0.4	85
9	17	0	0.7	70
3	1	0	0.2	5
14	5	0	1	25
5	1	0	0.2	5
21	4	0	1	25
7	1	0	0.4	7
33	5	0	2	35
2	1	0	0.2	5
12	5	0	1	25
3	2	0	0.2	10
13	11	0	1	50
5	2	0	0.2	8
35	13	0	1.4	60
1	1	0	0.1	5
11	7	0	0.9	35
2	1	0	0.1	6
14	9	1	0.9	49
5	2	0	0.2	10
27	17	0.6	1.4	77
6	2	0	0.2	9
45	18	0.5	1.6	74
4	2	0	0.2	8

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

*The food values are equivalent for Gerber®, Beech-Nut®, and Heinz® unless otherwise stated.

Food	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
	115	1 container
Garden vegetables	15	1 Tbsp
	113	1 jar (4 oz)
Garden Vegetable with Whole Wheat Pasta	15	1 Tbsp
	99	1 container
Green beans	15	1 Tbsp
	113	1 jar (4 oz)
Harvest Vegetable with Mixed Grain	15	1 Tbsp
	99	1 container
Macaroni & Cheese with Vegetables	15	1 Tbsp
	99	1 container
Mixed vegetables	14	1 Tbsp
	113	1 jar (4 oz)
Peas	15	1 Tbsp
	113	1 jar (4 oz)
Spring garden vegetables	14	1 Tbsp
	113	1 jar (4 oz)
Spring Vegetable with Brown Rice	15	1 Tbsp
	99	1 container
Squash	14	1 Tbsp
	113	1 jar (4 oz)
Sweet potatoes	14	1 Tbsp
	113	1 jar (4 oz)
Sweet Potato Corn	15	1 Tbsp
	113	1 container
Junior/3rd Foods®		
Carrots	14	1 Tbsp
	170	1 jar (6 oz)
Creamed corn	15	1 Tbsp
	170	1 jar (6 oz)
Green beans	15	1 Tbsp
	170	1 jar (6 oz)
Green beans with rice	15	1 Tbsp
	170	1 jar (6 oz)

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
31	13	1	1.1	57
3	1	0	0.4	5
19	8	0.5	2.6	36
6	2	0	0.3	9
37	13	1	2	60
3	1	0	0.2	5
23	6	0	1.5	34
4	2	0	0.2	9
28	14	1	1	60
4	2	0	0.5	14
26	14	2	3	90
3	1	0	0.2	6
25	9	1	1.6	47
6	1	0	0.4	7
43	9	1	3.5	56
2	1	0	0.2	5
19	7	0	1.6	37
5	1	0	0.3	8
34	9	1	2	50
3	1	0	0.1	4
21	8	0	0.9	36
3	2	0	0.1	9
24	17	0	1.1	74
4	2	0	0.2	11
37	17	1	1.6	78
3	1	0	0.1	4
31	11	0	1.4	51
6	2	0	0.2	10
68	28	1	2.4	111
3	1	0	0.2	4
31	10	0	2	41
4	1	0	0.2	6
41	15	0	2	71

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

*The food values are equivalent for Gerber®, Beech-Nut®, and Heinz® unless otherwise stated.

BABY FOODS*

Food	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Mixed vegetables	15	1 Tbsp
	170	1 jar (6 oz)
Peas with rice	14	1 Tbsp
	170	1 jar (6 oz)
Squash	14	1 Tbsp
	170	1 jar (6 oz)
Sweet potatoes	14	1 Tbsp
	170	1 jar (6 oz)
Vegetable Pick Ups, Graduates®		
Carrot Pick Ups	71	1 tray
Green bean Pick Ups	113	1 tray
FREE FOODS		
Desserts		
Dutch apple dessert 2	15	1 Tbsp
	113	1 jar (4 oz)
Fruit medley dessert 2	15	1 Tbsp
	113	1 jar (4 oz)
Fruit medley dessert 3	15	1 Tbsp
	170	1 jar (6 oz)
Guava tropical dessert	15	1 Tbsp
	113	1 jar (4 oz)
Hawaiian delight 2	15	1 Tbsp
	113	1 jar (4 oz)
Hawaiian delight 3	15	1 Tbsp
	170	1 jar (6 oz)
Mango tropical dessert	15	1 Tbsp
	113	1 jar (4 oz)
Papaya tropical dessert	15	1 Tbsp
	113	1 jar (4 oz)
Peach cobbler 2	15	1 Tbsp
	113	1 jar (4 oz)
Peach cobbler 3	15	1 Tbsp
	170	1 jar (6 oz)
Tropical fruit blend 2	15	1 Tbsp
	113	1 jar (4 oz)

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
3	1	0	0.2	5
37	14	1	2.4	61
5	1	0	0.3	7
66	17	1	4.1	88
1	1	0	0.1	5
17	12	0	1.4	56
3	2	0	0.2	8
41	24	0	1.9	102
9	4	0	0.4	19
15	4	0	0.9	18
0	3	0	0	12
1	23	0	0.2	92
2	3	0	0.1	12
11	22	0	0.5	90
1	3	0	0.1	11
7	31	0	0.5	128
1	3	0	0	11
5	20	0	0	80
6	3	0	0.2	13
45	23	0	1.5	99
6	3	0	0.2	14
68	35	0	2.2	153
1	3	0	0	11
6	20	0	0	84
1	2	0	0	10
5	18	0	0	73
2	3	0	0.1	11
11	21	0	0.6	86
2	3	0	0.1	11
10	31	0	0.9	129
1	3	0	0.1	11
9	20	0	0.8	85

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

*The food values are equivalent for Gerber®, Beech-Nut®, and Heinz® unless otherwise stated.

Use for your additional food choices.

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TABLE FOODS

Serving Lists for MET-Restricted Foods – Table Foods

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
BREAD/CEREALS		
Cereals, Cooked		
Cream of Rice, cooked	61	1/4 cup
Cream of Wheat, cooked	63	1/4 cup
Farina, cooked	60	1/4 cup
Grits, regular, cooked	58	1/4 cup
Malt-O-Meal®, cooked	60	1/4 cup
Oats, regular, quick cooked	59	1/4 cup
Wheatena®, cooked	61	1/4 cup
Cereals, Ready To Eat		
100% Bran®	15	1/4 cup
All-Bran®	16	1/4 cup
Alpha-Bits®	7	1/4 cup
Apple Jacks®	8	1/4 cup
Cap'n Crunch®	9	1/4 cup
Cap'n Crunch® Berries	9	1/4 cup
Cap'n Crunch® Peanut Butter	9	1/4 cup
Cheerios®	7	1/4 cup
Cinnamon Toast Crunch®	10	1/4 cup
Cocoa Krispies®	10	1/4 cup
Cocoa Pebbles®	10	1/4 cup
Cocoa Puffs®	9	1/4 cup
Cookie Crisp®	8	1/4 cup
Corn Chex®	8	1/4 cup
Corn Flakes®	7	1/4 cup
Corn Pops®	8	1/4 cup
Froot Loops®	7	1/4 cup
Frosted Flakes®	10	1/4 cup
Frosted Mini-Wheats®	5	1 piece

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
16	7	0	0.6	32
21	7	0	0.9	32
22	7	0	1.1	32
17	8	0	0.9	36
18	6	0	0.9	31
24	7	1	1.5	41
24	7	0	1.2	34
27	11	1	1.2	40
27	12	1	2.1	42
10	6	0	0.5	27
7	6	0	0.4	26
10	8	1	0.5	36
10	8	0	0.4	36
11	7	1	0.6	37
12	5	1	0.8	27
8	8	1	0.5	41
9	9	1	0.5	39
13	9	0	0.4	40
6	8	0	0.3	36
8	7	0	0.4	30
14	7	0	0.6	29
10	6	0	0.5	25
10	7	0	0.3	30
5	6	0	0.4	26
7	9	0	0.4	36
9	4	0	0.5	17

Table Foods:

Breads
& Cereals

Fats

Fruits

Vegetables

Free
Foods A

Free
Foods B

Low
Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Fruity Pebbles®	10	1/4 cup
Golden Grahams®	10	1/4 cup
Golden Puffs®	9	1/4 cup
Grape-Nuts®	29	1/4 cup
Grape-Nut Flakes®	10	1/4 cup
Honey Nut Cheerios®	9	1/4 cup
Honeycomb®	5	1/4 cup
King Vitamin®	5	1/4 cup
Kix®	6	1/4 cup
Life®	11	1/4 cup
Product 19®	8	1/4 cup
Puffed Rice	4	1/4 cup
Puffed Wheat	4	1/4 cup
Raisin Bran®	15	1/4 cup
Rice Chex®	6	1/4 cup
Rice Krispies®	7	1/4 cup
Shredded Wheat	12	1/4 cup
Special K®	8	1/4 cup
Total®	10	1/4 cup
Trix®	8	1/4 cup
Wheat Chex®	16	1/4 cup
Wheaties®	9	1/4 cup
Grains		
Corn		
Corn, cream style, canned	16	1 Tbsp
	64	1/4 cup
Corn on the cob, frozen, cooked	63	1 ear
Corn, sweet yellow, cooked	9	1 Tbsp
	36	1/4 cup
Popcorn		
Popcorn, butter, popped	2	1/4 cup
Popcorn, cheese flavor	3	1/4 cup
Popcorn, caramel, no peanuts	9	1/4 cup
Popcorn, plain, popped	2	1/4 cup
Rice, prepared		
Brown rice, cooked	12	1 Tbsp

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
12	9	0	0.4	40
12	9	0	0.5	39
8	8	0	0.5	37
58	23	1	3.1	102
18	8	0	1	37
17	7	0	0.8	34
6	4	0	0.3	20
6	4	0	0.4	19
8	5	0	0.5	21
37	8	0	1	40
17	6	0	0.7	27
8	3	0	0.2	14
10	2	0	0.4	11
13	11	0	1.1	46
10	6	0	0.4	25
7	6	0	0.5	27
23	10	0	1.3	42
42	6	0	1.6	29
17	8	0	1	35
10	7	0	0.3	33
27	13	0	1.7	55
15	7	0	1	33
6	3	0	0.3	12
23	12	0	1.1	46
41	14	1	2	59
6	2	0	0.3	9
25	8	1	1.2	35
4	1	1	0.2	11
6	1	1	0.3	14
7	7	1	0.3	38
5	2	0	0.3	8
6	3	0	0.3	13

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
	49	1/4 cup
Fried rice	9	1 Tbsp
	35	1/4 cup
Rice cake, brown, plain	9	1 piece
Rice cake, multigrain	9	1 piece
Rice pilaf, unprepared	10	1 Tbsp
	40	1/4 cup
Spanish rice	11	1 Tbsp
	44	1/4 cup
White rice, cooked	10	1 Tbsp
	40	1/4 cup
White rice, instant, cooked	10	1 Tbsp
	41	1/4 cup
White rice, medium grain, cooked	47	1/4 cup
White rice, medium grain, raw	49	1/4 cup
White rice, short grain, cooked	51	1/4 cup
White rice, short grain, raw	50	1/4 cup
Miscellaneous		
Chocolate fudge syrup	19	1 Tbsp
Chinese noodles/cellophane, dry	9	1 Tbsp
	35	1/4 cup
Flour (cake and all purpose)	8	1 Tbsp
	31	1/4 cup
Pasta		
Egg noodles, cooked	10	1 Tbsp
	40	1/4 cup
Macaroni, cooked	9	1 Tbsp
	35	1/4 cup
Spaghetti noodles, cooked	9	1 Tbsp
	35	1/4 cup
Spaghettios® with cheese	15.8	1 Tbsp
Snack Foods		
Cheetos®, Cheese Puffs/Twists	28	1 oz
Cookies		
Chocolate chip cookie	10	1 piece
	28	1 oz

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
25	11	0	1.3	54
10	3	0	0.4	16
40	11	1	1.4	61
17	7	0	0.7	35
16	7	0	0.8	35
15	7	0	1	34
58	29	1	4	138
4	2	0	0.2	10
18	7	1	0.8	38
7	3	0	0.3	13
25	11	0	1.1	62
5	3	0	0.2	12
21	10	0	0.9	48
26	13	0	1.1	61
76	39	0	3.2	176
29	15	0	1.2	66
77	40	0	3.3	179
13	12	2	1	67
0	8	0	0	32
1	30	0	0	123
15	6	0	0.8	29
57	24	0	3.2	113
9	3	0	0.5	14
34	10	1	1.8	55
6	3	0	0.5	14
23	11	0	2	55
6	3	0	0.5	14
23	11	0	2	55
9	2	0	0.4	12
42	15	10	2.2	157
7	7	2	0.5	48
19	19	6	1.5	136

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Oreo® cookie	11.5	1 piece
	28	1 oz
Oatmeal cookie, commonly prepared	25	1 piece
	28	1 oz
Oatmeal raisin cookie	15	1 piece
	28	1 oz
Sugar wafers, crème filling (small)	4	1 piece
	28	1 oz
Vanilla wafers	6	1 piece
	28	1 oz
Crackers		
Goldfish® crackers, original	0.6	1 piece
	28	1 oz
Ritz® crackers	3	1 piece
	28	1 oz
RyKrisp®	7	1 piece
Saltines	3	1 piece
	28	1 oz
Sandwich crackers with cheese filling	7	1 sandwich
Triscuits®	5	1 piece
	28	1 oz
Wheat Thins®	2	1 piece
	28	1 oz
Doo Dads®, original	4	1 Tbsp
	14	1/4 cup
Doritos®	2	1 piece
	28	1 oz
Fritos®	0.9	1 piece
	28	1 oz
Gelatin dessert, prepared	17	1 Tbsp
	68	1/4 cup
Ice cream cone, cake type	4	1 piece
Ice cream cone, sugar	10	1 piece
Pop-Tarts®		
Chocolate Pop-Tart®	52	1 piece
Fruit Pop-Tart®	52	1 piece

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
9	8	2	0.6	53
22	20	5	1.5	131
33	17	5	1.6	112
36	20	5	1.8	128
20	10	2	1	65
38	19	5	1.8	123
3	2	1	0.1	18
18	20	7	1.1	141
6	4	1	0.3	29
28	20	5	1.2	132
1	0	0	0	3
34	18	7	2	137
4	2	1	0.2	15
34	18	6	2	139
13	6	0	0.7	23
4	2	0	0.3	13
41	21	2	2.7	117
11	4	2	1	32
7	3	1	0.4	22
38	19	5	2.5	124
2	1	0	0.2	9
34	20	6	2.3	133
6	3	1	0.4	18
22	9	3	1.4	64
3	1	1	0.1	11
38	16	9	1.9	151
1	1	0	0.1	5
38	16	9	1.9	151
2	2	0	0.2	11
7	10	0	0.8	42
6	3	0	0.3	17
14	8	0	0.8	40
47	37	5	2.7	201
47	36	7	2.4	212

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Potato Chips (2" diameter)		
Potato chips, made from dried potatoes	2	1 piece
	28	1 oz
Potato chips	2	1 piece
	28	1 oz
Pretzels	6	1 piece
	28	1 oz
Taro chips	2	1 piece
	28	1 oz
Tortilla Chips		
Tortilla chip, nacho	4	1 piece
	28	1 oz
Tortilla chip, plain	4	1 piece
	28	1 oz
Tortilla chip, ranch	4	1 piece
	28	1 oz
Potatoes		
White Potatoes		
French fries, fast food, Burger King	74	Small order
	117	Medium order
	160	Large order
Potato, baked, no skin	8	1 Tbsp
	31	1/4 cup
Potato, hashed browns	10	1 Tbsp
	39	1/4 cup
Potato, mashed, with milk & margarine	13	1 Tbsp
	53	1/4 cup
Potato, no skin, boiled mashed	10	1 Tbsp
	39	1/4 cup
Potato, with skin, boiled mashed	10	1 Tbsp
	39	1/4 cup
Potato, raw, flesh & skin	9	1 Tbsp
	38	1/4 cup

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	1	1	0.1	11
19	15	11	1.3	158
2	1	1	0.1	11
31	14	10	1.9	154
11	5	0	0.6	23
50	23	1	2.8	108
1	1	1	0.1	10
9	19	7	0.7	141
7	2	1	0.3	20
46	18	7	2.3	146
7	3	1	0.3	19
46	19	6	2	134
6	3	1	0.3	20
43	18	7	2	141
44	29	9	2.4	207
70	45	15	3.8	328
96	62	26	5.2	448
2	2	0	0.2	7
10	7	0	0.6	29
4	3	1	0.3	22
16	11	5	1	85
5	2	1	0.3	15
20	9	2	1	60
3	2	0	0.2	9
11	8	0	0.7	34
3	2	0	0.2	9
12	8	0	0.7	34
3	2	0	0.2	7
12	7	0	0.8	30

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

Table Foods

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Potato salad, home-prepared	16	1 Tbsp
	63	1/4 cup
Tater Tots®, Ore Ida	10	1 piece
	28	1 oz
Sweet Potatoes		
Sweet potato, candied	105	1 piece
Sweet potato, no skin	21	1 Tbsp
	82	1/4 cup
Sweet potato, with skin	13	1 Tbsp
	50	1/4 cup
Yam, cubed, cooked	9	1 Tbsp
	34	1/4 cup
Yam, Hawaiian, cooked, cubed	9	1 Tbsp
	36	1/4 cup
FATS		
Butter		
Butter, stick	14	1 Tbsp
Butter, whipped	3	1 tsp
	9	1 Tbsp
Cream substitute	5	1 tsp
	14	1 Tbsp
	28	1 oz
Cool Whip®		
Cool Whip®, extra creamy	1.5	1 tsp
	4.5	1 Tbsp
Cool Whip®, regular	1.5	1 tsp
	4.5	1 Tbsp
Cream substitute, powdered	2	1 tsp
Margarine		
Margarine, imitation	5	1 tsp
	14	1 Tbsp
Margarine	5	1 tsp
	14	1 Tbsp
Margarine, soft tub	5	1 tsp
	14	1 Tbsp
Mayonnaise	5	1 tsp

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
11	2	1	0.4	22
42	7	5	1.7	90
3	2	0	0.2	13
7	6	1	0.6	37
17	34	4	0.9	172
9	4	0	0.3	16
34	15	0	1.1	62
5	3	0	0.3	12
19	10	0	1	45
2	2	0	0.1	10
7	9	0	0.5	39
2	2	0	0.2	7
8	7	0	0.6	30
3	0	12	0.1	102
1	0	2	0	22
2	0	8	0.1	68
1	1	0	0	13
2	5	2	0.1	38
4	10	4	0.2	71
1	0	0	0	5
3	1	1	0.1	15
1	0	0	0	4
2	1	1	0.1	13
3	1	1	0.1	11
1	0	2	0	17
1	0	6	0.1	48
1	0	4	0.1	36
3	0	11	0.1	100
1	0	4	0	36
3	0	11	0.1	100
1	1	2	0.1	20

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
	15	1 Tbsp
Miracle Whip®	5	1 tsp
	16	1 Tbsp
Olives		
Black olives	4	1 piece
Green olives	3	1 piece
Ripe jumbo olives	8	1 piece
Ripe small olives	3	1 piece
Salad Dressing		
Catalina dressing	16	1 Tbsp
French dressing	16	1 Tbsp
French dressing, low calorie	16	1 Tbsp
Italian dressing	16	1 Tbsp
Italian dressing, low calorie	14	1 Tbsp
Ranch dressing	16	1 Tbsp
Russian dressing	16	1 Tbsp
Russian dressing, low calorie	16	1 Tbsp
FRUITS		
Apricots		
Apricot, dried, uncooked	8	1 Tbsp
	33	1/4 cup
Apricot, dried, stewed, no sugar	16	1 Tbsp
	63	1/4 cup
Apricot, raw	83	1/2 cup
	35	1 piece
Apricot half, heavy syrup	65	1/4 cup
Apricot nectar	125	4 fl oz
Avocado, cubed, raw	9	1 Tbsp
	38	1/4 cup
Bananas		
Banana chips	28	1 oz
Banana, raw	75	1/2 cup
	118	1 medium
Blackberries		

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
3	4	5	0.1	57
1	1	3	0	25
2	2	8	0.1	80
1	0	1	0.1	7
1	0	1	0	3
1	0	1	0.1	7
0	0	0	0	4
0	4	6	0.1	69
2	2	7	0.1	73
0	5	2	0	36
1	2	3	0.1	35
1	2	1	0.1	16
5	2	3	0.2	30
6	2	8	0.2	75
2	4	1	0.1	23
1	5	0	0.3	20
5	21	0	1.2	80
1	4	0	0.2	14
3	14	0	0.8	53
5	9	0	1.5	40
2	4	0	0.5	17
2	14	0	0.3	54
3	18	0	0.5	70
3	1	1	0.2	14
14	3	6	0.8	60
7	17	10	0.7	147
6	17	0	0.8	67
9	27	0	1.3	105

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Blackberries, canned, heavy syrup	16	1 Tbsp
	64	1/4 cup
Blackberries, frozen	76	1/2 cup
Blackberries, raw	72	1/2 cup
Blueberries		
Blueberries, frozen, with sugar	115	1/2 cup
Blueberries, raw	74	1/2 cup
Cantaloupe, cubed	80	1/2 cup
Carambola, cubed, raw (starfruit)	66	1/2 cup
Casaba, cubed, raw	85	1/2 cup
Chayote		
Chayote, cooked	80	1/2 cup
Chayote, raw	203	1 piece
Cherries		
Cherries, sour, heavy syrup	128	1/2 cup
Cherries, sweet, raw	69	1/2 cup
Coconut, dried		
Coconut, dried, no sugar	5	1 Tbsp
Coconut, dried, sugar	5	1 Tbsp
Cranberry sauce with sugar	139	1/2 cup
Cranberries, raw	55	1/2 cup
Currants, black, raw	56	1/2 cup
Dates	74	1/2 cup
	8	1 piece
Figs		
Figs, canned, heavy syrup	130	1/2 cup
Figs, dried, uncooked	37	1/4 cup
Figs, raw	50	1 medium
Fruit cocktail, canned		
Fruit cocktail, heavy syrup	124	1/2 cup
Fruit cocktail, lite syrup	121	1/2 cup
Fruit, mixed, heavy syrup	128	1/2 cup
Fruit salad, heavy syrup	128	1/2 cup
Gooseberries, lite syrup	126	1/2 cup
Grapefruit		
Grapefruit juice, no sugar	124	4 fl oz

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
0	4	0	0.2	15
1	15	0	0.8	59
1	12	0	0.9	48
1	9	0	0.5	38
7	26	0	0.5	97
9	11	0	0.6	42
10	7	0	0.7	28
7	5	0	0.4	22
9	5	0	0.8	22
1	4	0	0.5	20
2	9	0	1.7	39
13	30	0	0.9	116
7	11	0	0.7	43
6	1	3	0.3	33
3	3	1	0.2	23
4	54	0	0.3	209
2	7	0	0.2	27
11	9	0	0.8	36
16	55	0	1.8	207
2	6	0	0.2	23
4	30	0	0.5	113
13	24	1	1.2	93
3	10	0	0.4	37
12	23	0	0.5	91
12	18	0	0.5	69
13	24	0	0.5	92
13	24	0	0.4	93
13	24	0	0.8	92
4	11	0	0.7	48

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Grapefruit section, lite syrup	127	1/2 cup
Grapefruit raw	115	1/2 cup
	123	1/2 fruit
Grapes		
Grape juice, no sugar	125	4 fl oz
Grapes, American, slip skin	46	1/2 cup
	12	5 pieces
Grapes, red/green	76	1/2 cup
	49	10 pieces
Grapes, Thompson, heavy syrup	128	1/2 cup
Honeydew balls, raw	89	1/2 cup
	125	1 wedge
Kiwi, raw	69	1 piece
Lemon, no peel, raw	7	1 wedge
Lemon juice, canned	15	1 Tbsp
	122	4 fl oz
Mango, sliced, raw	85	1/2 cup
Nectarine, raw	72	1/2 cup
	142	1 medium
Nopales		
Nopales, cooked	29	1 piece
Nopales, sliced, raw	43	1/2 cup
Orange grapefruit juice, canned	124	4 fl oz
Orange juice		
Orange juice, canned, no sugar	124	4 fl oz
Orange juice, frozen, diluted	124	4 fl oz
Orange raw	90	1/2 cup
	131	1 medium
Peaches		
Peaches, dried, cooked, no sugar	65	1/4 cup
Peach half, heavy syrup	56	1/4 cup
Peach half, lite syrup	63	1/4 cup

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
6	20	0	0.7	76
8	12	0	0.9	48
9	9	0	0.7	37
1	19	0	0.7	77
10	8	0	0.3	32
3	2	0	0.1	8
7	14	0	0.6	52
4	9	0.1	0.4	34
20	25	0	0.6	93
4	8	0	0.5	32
6	11	0	0.7	45
14	10	0	0.7	42
1	1	0	0.1	2
0	1	0	0.1	3
2	8	0	0.5	26
4	15	0	0.4	56
4	8	0	0.8	32
9	15	1	1.5	62
5	1	0	0.4	4
6	1.4	0	0.6	7
4	13	0	0.7	53
4	14	0	0.8	58
4	13	0	0.8	56
18	11	0	0.9	44
26	15	0	1.2	62
18	13	0	0.8	50
3	10	0	0.3	46
7	9	0	0.3	34

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Peach, sliced, frozen, with sugar	63	1/4 cup
Peach, raw	39	1/2 cup
	150	1 medium
Pears		
Pear, Asian, raw	122	1 piece
Pear half, dried, cooked in sugar	64	1/4 cup
Pear half, heavy syrup	67	1/4 cup
Pear half, lite syrup	126	1/2 cup
Pear, raw	70	1/2 cup
	178	1 medium
Persimmon, Japanese, raw	168	1 piece
Pineapples		
Pineapple, dice, raw	78	1/2 cup
Pineapple, heavy syrup	64	1/2 cup
	49	1 ring
Pineapple juice	125	4 fl oz
Pineapple, lite syrup	126	1/2 cup
	48	1 ring
Plantains		
Plantain, raw	37	1/4 cup
	179	1 medium
Plantain, sliced, cooked	39	1/4 cup
Plums		
Plums, no pit, lite syrup	126	1/2 cup
Plum, raw	83	1/2 cup
	66	1 medium
Prunes		
Plunes, dried	44	1/4 cup
Plunes, dried, cooked	70	1/4 cup
Plunes, heavy syrup	117	1/2 cup
Prune juice	124	4 fl oz
Raisins		
Raisins, golden	10	1 Tbsp
	41	1/4 cup

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
9	15	0	0.4	58
4	4	0	0.4	15
15	14	0	1.4	59
7	12	0	0.6	51
7	22	0	0.6	81
1	13	0	0.1	49
3	19	0	0.2	71
1	11	0	0.3	40
4	27	0	0.6	101
8	31	0	1	118
9	11	0	0.5	41
6	13	0	0.2	49
4	10	0	0.2	38
13	17	0	0.4	70
11	17	0	0.5	65
4	7	0	0.2	25
6	12	0	0.5	47
30	57	1	2.3	218
7	12	0	0.3	47
4	20	0	0.5	79
7	9	1	0.6	38
5	8	0	0.5	30
7	28	0	1	106
7	20	0	0.8	75
12	33	0	1	123
12	22	0	0.8	88
12	8	0	0.3	30
49	33	0	1.4	124

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Raisins, seedless	10	1 Tbsp
	41	1/4 cup
Raspberries		
Raspberries, frozen, with sugar	63	1/4 cup
Raspberries, heavy syrup	128	1/2 cup
Raspberries, raw	62	1/2 cup
Rhubarb, frozen, with sugar	120	1/2 cup
Strawberries		
Strawberries, raw	83	1/2 cup
	12	1 medium
Strawberries, sliced, frozen, with sugar	128	1/2 cup
Tangerines (mandarins)		
Tangerine, lite syrup	126	1/2 cup
Tangerine, raw	98	1/2 cup
	88	1 medium
Tangerine juice, with sugar	125	4 fl oz
Watermelon	76	1/2 cup
	286	1 wedge
VEGETABLES		
<i>Weight for raw vegetables is only for parts that can be eaten. Drain canned, cooked, or frozen vegetables before measuring of weighing.</i>		
Asparagus		
Asparagus, canned, drained	121	1/2 cup
	18	1 spear (5" long)
Asparagus, cooked	90	1/2 cup
	15	1 spear (5" long)
Asparagus, raw	67	1/2 cup
	16	1 spear (5" long)
Bamboo shoots		
Bamboo shoots, cooked	60	1/2 cup
Bamboo shoots, raw (1/2" pieces)	76	1/2 cup
Bean sprouts, mung, raw	7	1 Tbsp
	52	1/2 cup
Beet greens, cooked	72	1/2 cup
Beets		

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
2	8	0	0.3	29
9	32	0	1.3	123
1	16	0	0.4	65
1	30	0	1.1	116
1	7	0	0.6	30
4	37	0	0.5	139
2	6	0	0.6	27
0	1	0	0.1	4
1	33	0	0.7	123
13	20	0	0.6	77
2	13	0	0.8	52
2	12	0	0.7	47
3	15	0	0.6	62
5	6	0	0.5	23
17	22	0	1.7	86
25	3	1	2.6	2
4	0	0	0.4	3
31	4	0	2.2	20
5	1	0	0.4	3
21	3	0	1.5	13
5	1	0	0.4	4
10	1	0	0.9	7
23	4	0	2	21
2	0	0	0.2	2
18	3	0	1.6	16
15	4	0	1.9	19

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Beets, canned, slices	85	1/2 cup
	8	1 slice
Beets, cooked	85	1/2 cup
	50	1 whole
Beets, raw	68	1/2 cup
	82	1 whole
Broccoli		
Broccoli, cooked, chopped	78	1/2 cup
	37	1 spear (5" long)
Broccoli, raw	46	1/2 cup
	31	1 spear (5" long)
Brussels sprouts, cooked	78	1/2 cup
	21	1 spear (5" long)
Cabbage, shredded		
Cabbage, Chinese, cooked	85	1/2 cup
Cabbage, Chinese, raw	35	1/2 cup
Cabbage, green, cooked	75	1/2 cup
Cabbage, green, raw	35	1/2 cup
Cabbage, red, cooked	75	1/2 cup
Cabbage, red, raw	35	1/2 cup
Cabbage, Savoy, cooked	73	1/2 cup
Cabbage, Savoy, raw	35	1/2 cup
Carrots		
Carrots, cooked	10	1 Tbsp
	78	1/2 cup
Carrots, raw	8	1 Tbsp
	64	1/2 cup
Carrots, raw	10	1 baby
	61	1 medium
	4	1 stick
Cassava, raw	408	1 piece
Cauliflower		
Cauliflower, cooked	62	1/2 cup
Cauliflower, frozen, cooked	90	1/2 cup
Cauliflower, raw	54	1/2 cup
Celery, diced		

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
9	6	0	0.8	26
1	1	0	0.1	3
16	8	0	1.4	37
10	5	0	0.9	22
12	7	0	1.1	29
15	8	0	1.3	35
29	6	0.3	1.9	27
14	3	0	0.9	13
17	3	0	1.3	16
12	2	0	0.9	11
19	7	0	2	30
5	2	0	0.5	8
8	2	0	1.3	10
3	1	0	0.5	5
9	3	0	1	16
4	2	0	0.5	9
11	5	0	1.1	22
5	3	0	0.5	11
13	4	0	1.3	18
7	2	0	0.7	10
2	1	0	0.1	4
13	6	0	0.6	27
2	1	0	0.1	3
13	6	0	0.6	26
2	1	0	0.1	4
12	6	0	0.6	25
1	0	0	0	2
45	155	1	5.6	653
16	3	0	1.1	14
21	3	0	1.5	17
11	3	0	1	14

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Celery, cooked	75	1/2 cup
Celery, raw	7.5	1 Tbsp
	51	1/2 cup
	4	1 stick
Chard, Swiss, cooked	11	1 Tbsp
	88	1/2 cup
Chives, raw	3	1 Tbsp
Coleslaw	8	1 Tbsp
	60	1/2 cup
Coleslaw, fast food	66	1/2 cup
Collards		
Collards, cooked	95	1/2 cup
Collards, frozen, cooked	85	1/2 cup
Cucumber, raw, slices	52	1/2 cup
Eggplant, diced		
Eggplant, cooked	50	1/2 cup
Eggplant, raw	41	1/2 cup
Endive, raw	25	1/2 cup
Jicama, sliced, raw	60	1/2 cup
	6	1 slice
Kale		
Kale, cooked	65	1/2 cup
Kale, raw, chopped	34	1/2 cup
Kohlrabi, cooked	83	1/2 cup
Leeks		
Leeks, cooked	52	1/2 cup
Leeks, raw	45	1/2 cup
Lettuce, shredded		
Lettuce, bibb	28	1/2 cup
Lettuce, Cos/Romaine	24	1/2 cup
Lettuce, iceberg	36	1/2 cup
Lettuce, leaf	18	1/2 cup
Mushrooms		
Mushroom, common, cooked	10	1 Tbsp
	78	1/2 cup
Mushroom, common, raw	4	1 Tbsp
	35	1/2 cup

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
5	3	0	0.6	14
0	0	0	0.1	1
3	2	0	0.4	8
0	0	0	0	1
2	0	0	0.2	2
18	4	0	1.7	18
1	0	0	0.1	1
2	1	0	0.1	6
11	7	2	0.8	47
13	9	7	1	98
27	5	1	2.6	31
34	6	0	2.5	31
6	2	0	0.3	8
5	4	0	0.4	18
5	3	0	0.4	11
4	1	0	0.3	4
4	5	0	0.4	24
0	1	0	0	2
12	4	0	1.2	18
9	3	0	1	14
12	6	0	1.5	25
5	4	0	0.4	16
8	7	0	0.7	28
4	1	0	0.7	7
4	1	0	0.3	4
2	1	0	0.3	5
3	1	0	0.2	3
2	1	0	0.2	3
17	4	0	1.7	22
1	0	0	0.1	1
11	1	0	1.1	8

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Mushroom, enoki, raw, whole	3	1 piece
Mushroom, shiitake, cooked	18	1 piece
	73	1/2 cup
Mushroom, shiitake, dry	3.6	1 piece
Okra		
Okra, cooked	80	1/2 cup
Okra, raw	12	1 piece
	50	1/2 cup
Onion rings, breaded, fried	12	1/4 cup
	6	1 piece
Onions		
Onions, cooked	15	1 Tbsp
	105	1/2 cup
Onions, raw	10	1 Tbsp
	40	1/4 cup
Parsley, raw	4	1 Tbsp
	15	1/4 cup
	1	1 sprig
Parsnips, sliced, cooked	78	1/2 cup
Peas with carrots, frozen, cooked	10	1 Tbsp
	80	1/2 cup
Peas		
Peas, edible pod, cooked	10	1 Tbsp
	80	1/2 cup
Peas, green, cooked	10	1 Tbsp
	80	1/2 cup
Peas, green, edible pod, raw	6	1 Tbsp
	49	1/2 cup
Peas, green, frozen, cooked	10	1 Tbsp
	80	1/2 cup
Peppers		
Green chili		
Green chili, canned	70	1/2 cup
Green chili, hot, raw	45	1 piece
	75	1/2 cup
Jalapeño, chopped, canned	34	1/4 cup

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	0	0	0.1	1
5	3	0	0.3	10
18	11	0	1.1	41
6	3	0	0.3	11
16	6	0	1.5	18
3	1	0	0.2	5
11	4	0	1	19
10	4	2	0.3	33
5	2	1	0.3	17
2	1	0	0.2	6
12	11	0	1.4	46
0	1	0	0.1	4
1	4	0	0.4	15
2	0	0	0.1	1
6	1	0	0.5	6
0	0	0	0	0
16	15	0	1	63
5	1	0	0.3	5
36	8	0	2.5	39
1	1	0	0.4	5
10	6	0	2.8	42
8	1	0	0.5	8
65	11	0	4.1	62
1	0	0	0.2	3
5	4	0	1.4	21
8	1	0	0.5	8
62	11	0	4.1	63
6	3	0	0.5	15
11	4	0	0.9	18
18	7	0	1.5	30
4	2	0	0.3	9

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Red chili, raw	38	1/4 cup
Pepper, sweet, cooked	12	1 Tbsp
	46	1/4 cup
Pepper, sweet, raw	9	1 Tbsp
	75	1/2 cup
Pumpkin		
Pumpkin, canned	16	1 Tbsp
	123	1/2 cup
Pumpkin, cooked, mashed	123	1/2 cup
Pumpkin pie mix, canned	17	1 Tbsp
	68	1/4 cup
Purslane		
Purslane, cooked	29	1/4 cup
Radishes		
Radishes, Oriental, cooked	37	1/4 cup
Radishes, Oriental, raw	338	1 piece
Radishes, raw	58	1/2 cup
	5	1 medium
Sauerkraut	36	1/4 cup
Shallots, raw, chopped	10	1 Tbsp
Snap beans, raw	50	1/2 cup
Soups, Campbell's®, Dilute with water only.		
Asparagus cream soup, condensed	16	1 Tbsp
Celery cream soup, condensed	16	1 Tbsp
Minestrone soup, condensed	15	1 Tbsp
Mushroom cream soup, condensed	15	1 Tbsp
Potato cream soup, condensed	16	1 Tbsp
Scotch Broth, condensed	15	1 Tbsp
Tomato bisque soup, condensed	16	1 Tbsp
Tomato rice soup, condensed	16	1 Tbsp
Tomato soup, condensed	15	1 Tbsp

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
9	4	0	0.7	16
1	1	0	0.1	2
5	3	0	0.4	12
1	0	0	0.1	3
5	5	0	0.7	23
2	1	0	0.2	5
15	10	0	1.4	42
10	6	0	0.9	25
2	4	0	0.2	18
8	18	0	0.7	70
4	1	0	0.4	5
2	1	0	0.3	6
20	14	0	2	61
6	2	0	0.4	9
1	0	0	0	1
3	2	0	0.3	7
3	2	0	0.3	7
11	3	0	0.9	16
5	1	1	0.3	11
4	1	1	0.2	12
5	1	0	0.5	10
3	1	1	0.2	12
4	2	1	0.2	12
10	1	0	0.6	10
4	3	0	0.3	15
3	3	0	0.3	15
3	2	0	0.2	10

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Vegetable beef soup, condensed	16	1 Tbsp
Vegetable soup, old fashioned, condensed	16	1 Tbsp
Vegetarian vegetable soup, condensed	16	1 Tbsp
Spaghetti sauce, (RTS) [†]	17	1 Tbsp
	66	1/4 cup
Spinach		
Spinach, cooked	11	1 Tbsp
	90	1/2 cup
Spinach, raw	15	1/2 cup
Squash		
Acorn squash, cubed, cooked	103	1/2 cup
Butternut squash, cubed, cooked	103	1/2 cup
Spaghetti squash, cubed, cooked	78	1/2 cup
Squash, summer, cooked	90	1/2 cup
Squash, summer, raw	57	1/2 cup
Squash, winter, raw	58	1/2 cup
Summer squash, Zucchini, raw	62	1/2 cup
Tomatoes		
Tomato, cooked	120	1/2 cup
Tomato juice, canned	122	4 fl oz
Tomato paste	16	1 Tbsp
	131	1/2 cup
Tomato puree	16	1 Tbsp
	125	1/2 cup
Tomato, raw	90	1/2 cup
Tomato, stewed, canned	128	1/2 cup
Tomato sauce, canned	123	1/2 cup
Turnip greens		
Turnip greens, cooked	72	1/2 cup
Turnip greens, with turnips, frozen, cooked	82	1/2 cup
Turnips		
Turnips, cubed, cooked	78	1/2 cup

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
12	1	0	0.7	10
3	1	0	0.3	8
3	2	0	0.3	9
2	2	0	0.3	10
7	6	1	1	37
6	0	0	0.3	3
50	3	0	2.7	21
8	1	0	0.4	3
14	15	0	1.2	58
11	11	0	0.9	41
5	5	0	0.5	21
12	2	0	1	14
10	2	0	0.7	9
10	5	0	0.6	20
11	2	0	0.8	11
11	5	0	1.1	22
5	5	0	0.9	21
4	3	0	0.7	13
35	25	1	5.7	108
1	1	0	0.3	6
11	12	0	2.1	48
6	4	0	0.8	16
10	8	0	1.1	33
10	7	0	1.6	30
19	3	0	0.8	14
53	4	0	2.5	29
7	4	0	0.6	17

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Turnips, cubed, raw	65	1/2 cup
Vegetable juice cocktail	121	4 fl oz
Vegetable mix, frozen, cooked	91	1/2 cup
Watercress, raw	2	1 Tbsp
	17	1/2 cup
FREE FOODS A		
Limit to prescribed number of servings.		
Apples		
Apple butter	17	1 Tbsp
Apple juice	124	4 fl oz
Apple, sliced, raw, with skin	28	1/4 cup
Applesauce, canned		
Applesauce, canned, no sugar	122	1/2 cup
Applesauce, canned, with sugar	123	1/2 cup
Butterscotch chips	10	1 Tbsp
Catsup	9	1 packet
	15	1 Tbsp
Chocolate, semisweet	10	1 Tbsp
Chocolate flavor powder	10	1 Tbsp
Coffee, instant powder		
Coffee, instant powder, decaf	2	1 tsp
Coffee, instant powder, regular	2	1 tsp
Frosting, ready to eat		
Frosting, chocolate	21	1 Tbsp
Frosting, coconut	21	1 Tbsp
Frosting, cream cheese	17	1 Tbsp
Frosting, sour cream	17	1 Tbsp
Frosting, strawberry	17	1 Tbsp
Frosting, vanilla	17	1 Tbsp
Fruit ice	48	1/4 cup
Horseradish, prepared	15	1 Tbsp
Marshmallow crème	8	1 Tbsp
Marshmallows	7	1 piece
Mustard, yellow, prepared	5	1 packet

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
7	4	0	0.6	18
4	5	0	0.8	23
31	12	0	2.6	54
0	0	0	0	0
3	0	0	0.4	2
1	8	0	0.1	31
1	15	0	0.1	58
0	4	0	0.1	14
2	7	0	0.1	26
2	11	0	0.1	42
5	7	3	0.2	54
0	2	0	0.1	10
1	4	0	0.2	17
4	6	3	0.4	48
3	9	0	0.3	35
0	2	0	0.2	7
0	2	0	0.2	7
2	13	4	0.2	83
7	11	5	0.3	87
0	11	3	0	71
0	10	3	0	62
0	12	3	0	72
1	12	3	0	71
5	16	0	0.2	62
11	2	0	0.2	7
1	6	0	0.1	48
1	6	0	0.1	23
4	0	0	0.2	3

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Papaya nectar, canned	125	4 fl oz
Papaya, cubed, raw	70	1/2 cup
Peach nectar	125	4 fl oz
Pear nectar	125	4 fl oz
Pickle		
Pickle, dill	7	1 piece
Pickle, sweet	6	1 piece
Pickle relish		
Pickle relish, dill	15	1 Tbsp
Pickle relish, sweet	15	1 Tbsp
Pie filling		
Apple pie filling	62	1/4 cup
Cherry pie filling	65	1/4 cup
Peach pie filling	67	1/4 cup
Strawberry pie filling	62	1/4 cup
Soy sauce		
Soy sauce, shoyu	16	1 Tbsp
Soy sauce, tamari	18	1 Tbsp
Tatar sauce	14	1 Tbsp
FREE FOODS B		
<i>These foods contain little of no MET. They may be used as desired if the patient is not overweight, does not have tooth decay, and if they do not depress the appetite for prescribed foods.</i>		
Candy corn	13	1 Tbsp
Cola	123	4 fl oz
Cornstarch	8	1 Tbsp
Corn syrup	20	1 Tbsp
Cranberry-apple juice drink	126	4 fl oz
Garlic cloves, raw	3	1 piece
Guava sauce, cooked	15	1 Tbsp
	119	1/2 cup
Guava, diced, raw	83	1/2 cup
Lemonade, frozen, concentrate	122	4 fl oz
Lemonade powder	14	1 Tbsp
Maple syrup	20	1 Tbsp
Molasses, blackstrap	20	1 Tbsp
Oil		
Olive oil	14	1 Tbsp

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	18	0	0.2	71
1	7	0	0.4	29
13	17	0	0.3	67
1	20	0	0.1	75
0	2	0	0	1
1	2	0	0	7
9	0	0	0.1	3
1	5	0	0.1	19
1	15	0	0.1	62
1	18	0	0.2	76
7	25	0	0.2	71
1	16	0	0.3	68
16	0	0	1.3	8
30	1	0	1.9	11
7	1	8	0.2	74
0	12	0	0	47
0	13	0	0	50
0	7	0	0	30
0	15	0	0	58
0	22	0	0.1	85
2	1	0	0.2	4
0	1	0	0.1	5
2	11	0	0.4	43
4	10	1	0.7	42
0	13	0	0.1	49
0	14	0	0	53
0	13	0	0	52
0	12	0	0	46
0	0	14	0	124

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Vegetable oil	14	1 Tbsp
Oil and vinegar dressing	16	1 Tbsp
Orange drink powder	13	1 Tbsp
Shortening	12	1 Tbsp
Strawberry drink powder	10	1 Tbsp
Sugar		
Brown sugar	14	1 Tbsp
Granulated sugar	12	1 Tbsp
Powdered sugar	8	1 Tbsp
Table syrup	20	1 Tbsp
Tallow, beef	13	1 Tbsp
Tapioca, dry	10	1 Tbsp
Tea, brewed	118	4 fl oz
Thirst Quencher®	120	4 fl oz
Pedialyte® Unflavored	125	4 fl oz
LOW PROTEIN		
Aproten Anellini	62	2.2 oz dry
Aproten Bucatini	62	2.2 oz dry
Aproten Chicchi	62	2.2 oz dry
Aproten Ditalini	62	2.2 oz dry
Aproten Fettucini	62	2.2 oz dry
Aproten Fusilli	62	2.2 oz dry
Aproten Linguine	62	2.2 oz dry
Aproten Penne	62	2.2 oz dry
Aproten Pipe	62	2.2 oz dry
Aproten Rigatini	62	2.2 oz dry
Aproten Sedani	62	2.2 oz dry
Aproten Spaghetti	62	2.2 oz dry
Aproten Tagliatelle	62	2.2 oz dry
Alfredo Sauce Mix	8	1 Tbsp
American Cheese Singles	19	1 slice
Apple Breakfast Bars	63	1 bar
Artisan Bread	52	1/3 roll
Baby Boule Artisan Bread	56	1/4 boule
Bagel Bars - French Toast	53	1 bagel
Bagels - Cinnamon Raisin	53	1 bagel
Bagels - Onion	53	1 bagel

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
0	0	14	0	124
0	0	8	0	72
0	12	0	0	48
0	0	12	0	106
0	10	0	0	39
0	14	0	0	53
0	12	0	0	46
0	8	0	0	31
0	13	0	0	50
0	0	13	0	117
0	9	0	0	35
0	0	0	0	1
0	8	0	0	30
0	3	0	0	12
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.2	210
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.3	215
22	49	1	0.3	215
27	5	0	0.3	25
4	3	2.5	0.4	35
37	31	9	0.4	210
39	28	2	0.3	130
8	28	2	0.3	130
8	26	5	0.5	140
33	26	1.5	0.4	130
34	26	1.5	0.4	130

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Bagels - Plain	53	1 bagel
Baking Mix	100	1 cup
Blueberry Breakfast Bars	71	1 bar
Blueberry Scones	58	1 scone
Brookelyn Dog Buns	89	1 bun
Brookelyn Dog	56	1 dog
Butterscotch Chip Cookies	35	1 cookie
Camburger Buns	80	1 bun
Camburgers	71	1 burger
Cheddar Shreds	30	1/3 cup
Cheddar Whiz	28	2 Tbsps
Cheese Filled Meatballs	72	2 veggie balls
Cheese Pizza	139	1 pizza
Cheese Ravioli	54	4 raviolis
Chicken Consomme	3	1 teaspoon
Chocolate Cha-Chas	24	4 pieces
Cinnamon and Raisin Gems	45	1 cookie
Cinnamon Raisin Swirl Bread	50	1 slice
Corny Dogs	50	1 dog
Cranberry Scones	58	1 scone
Eggz	16	1/4 cup
Focaccia Sticks - Italian Style	51	1 stick
Fudgy Brownies	38	1/6 tray
Gingerbread	57	1/4 of a tray
Go! Pockets - Burrito	130	1 pocket
Go! Pockets - Cheesy Broccoli	130	1 pocket
Go! Pockets - Samosa	130	1 pocket
Gourmet Chocolate Chip Cookie Dough	28	1 cookie
Homestyle Bread	50	1 slice
Instant Noodle Soup - Beef	43	1.5 oz dry
Instant Noodle Soup - Chicken	43	1.5 oz dry
Jalapeno Cheese Singles	19	1 slice
Marinara Minis	65	1 marinara cup
Medley Meals - Barbecue Bake	320	1 tray
Medley Meals - Vegetable Masala	320	1 tray
Medley Meals - Thai	320	1 tray
Mini Pockets - PB&J	86	2 pockets

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
34	25	1.5	0.4	130
32	79	10	0.4	410
35	34	9	0.4	220
14	35	9	0.2	220
17	47	7	0.3	250
49	16	3.5	0.5	80
7	23	7	0.1	150
11	44	2.5	0.3	200
85	16	3	1.3	90
66	7	6	0.7	80
70	4	6	0.75	70
52	20	4.5	1.2	130
67	56	8	1	300
31	24	3	0.4	120
2	1	0	0.2	5
31	14	9	0.3	140
27	24	10	0.3	180
15	27	1.5	0.2	140
26	24	7	0.3	160
10	35	9	0.2	220
8	12	2.5	0.1	70
21	24	3	0.3	120
23	22	8	0.27	160
9	26	8	0.2	170
42	48	4.5	0.9	230
150	53	8	2	300
68	46	5	1	240
4	16	6	0.2	120
7	27	2	0.1	130
36	34	0	1	140
40	35	0	1	150
36	3	2.5	0.4	35
39	3	2	1	35
84	109	3	1.9	470
78	63	4	1.6	300
194	63	7	2.9	340
43	41	7	0.5	230

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>		
Mini Pockets - Pizza	84	2 pockets
MixQuick	100	1 cup
Mozzarella Shreds	30	1/3 cup
Pasta Duets - Creamy Garlic & Broccoli Rice	66	2.3 oz dry
Pasta Duets - Instant Stivaletti Alfredo	66	2.3 oz dry
Pasta Duets - Mac & Cheese	66	2.3 oz dry
Pasta Duets - White Cheddar Mac	66	2.3 oz dry
Pasta Solo - Elbows	57	2 oz dry
Pea-Not Butter	28	2 Tbsps
Peanut Butter Chocolate Chip Cookies	35	1 cookie
Pierogi	58	4 pierogi
Pita Pockets	45	1/2 pita
Pizza Blanca	150	1 pizza
Pizza Primavera	165	1 pizza
Portabella Spinach Ravioli	56	4 raviolis
Pumpkin Raisin Cookies	34	1 cookie
Raspberry Gems	36	1 cookie
Shake N Cheese	3	1 teaspoon
Short Grain Rice	50	1/3 cup
Southwestern Biscuits	50	1 biscuit
Sugar Cookie Dough	28	1 cookie
Swiss Cheese Singles	19	1 slice
The Bigger Bagel - Apple Cinnamon	84	1 bagel
The Bigger Bagel - Garlic	81	1 bagel
The Bigger Bagel - Plain	81	1 bagel
Toasted Pierogies	60	3 pierogies
Toaster Topz - Banana Chip	52	1 toaster Topz
Tortilla Chips - Sea Salt	28	1 bag
Tortilla Chips - Sweet Chili	28	1 bag
Tortilla Wraps	53	1 tortilla
Tuscan Pizza Crusts	52	1/4 crust
Tweekz	96	3 pieces
Veggie Meatballs	64	2 veggie balls
Wheat Starch	100	3/4 cup
Wise Onion Rings	14	1 bag

MET (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
49	32	5	0.7	180
7	80	9	0.2	400
70	7	6	0.7	80
48	54	0.5	0.6	230
48	55	0	0.6	220
50	54	1	0.5	230
52	54	1.5	0.5	240
17	49	0	0.1	200
57	5	9	0.65	100
11	23	8	0.2	160
38	26	1	0.4	120
10	25	1	0.3	120
75	53	10	1.1	300
108	54	8	2.5	290
29	24	2	0.6	120
8	24	2	0.6	120
24	21	5	0.3	130
11	2	0.5	0.1	10
20	42	0	0.3	180
22	24	9	0.3	180
3	18	6	0.2	120
37	3	2.5	0.4	35
49	40	3	0.6	170
49	37	3	0.6	160
48	37	3	0.5	160
32	29	7	0.4	180
9	34	5	0.1	160
3	18	8	0.2	145
6	19	8	0.2	143
8	34	4.5	0.2	180
10	29	1.5	0.3	130
60	27	10	1.2	200
46	20	3	1	110
9	88	0.5	0.3	370
7	10	3	0.3	70

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

Use for your additional food choices.

[illegible][illegible]

RECIPES

KOOL-AID®-FLAVORED HOMINEX®-1

Yield: 8 fl oz
 40 g Hominex-1
 3 Tbsp, **level**, sugar¹
 1/4 tsp Kool-Aid or Wyler's® **Unsweetened** Soft Drink Mix²

Add water (room temperature) to ingredients to make 8 fl oz. Mix in a blender at lowest speed no more than 4 seconds. Or, shake briskly in a closed container for 10 to 12 seconds. Serve chilled.

Nutrient	1 fl oz	8 fl oz
Methionine, mg	0	0
Cystine, mg	22.5	180
Protein, g	0.75	6
Energy, kcal	42	336

¹ Osmolality (concentration of particles in solution) may be too high if more sugar is added, which may cause bloating and diarrhea.

² The amount of drink mix may be varied according to taste preference.

KOOL-AID®-FLAVORED HOMINEX®-2

Yield: 16 fl oz
 40 g Hominex-2
 3 Tbsp, **level**, sugar¹
 1/2 tsp Kool-Aid or Wyler's® **Unsweetened** Soft Drink Mix²

Add water (room temperature) to ingredients to make 16 fl oz. Mix in a blender at lowest speed no more than 4 seconds. Or, shake briskly in a closed container for 10 to 12 seconds. Serve chilled.

Nutrient	16 fl oz
Methionine, mg	0
Cystine, mg	360
Protein, g	12
Energy, kcal	308

¹ Osmolality (concentration of particles in solution) may be too high if more sugar is added, which may cause bloating and diarrhea.

² The amount of drink mix may be varied according to taste preference.

FRUIT JUICE-FLAVORED HOMINEX®-2

Yield: 8 fl oz
 20 g Hominex-2
 3 fl oz **concentrated** apple, grape, or orange juice¹
 Water (room temperature) to make 8 fl oz

Warm juice concentrate to room temperature. Place all ingredients in a blender at lowest speed no more than 4 seconds. Or, shake briskly in a closed container for 10 to 12 seconds. Serve chilled.

Nutrient	Apple juice	Grape juice	Orange juice
Methionine, mg	6	3	12
Cystine, mg	6	NA	18
Protein, g	6.5	6.7	8.6
Energy, kcal	257	275	252

ADDITIONAL TIPS FOR FLAVORING HOMINEX MEDICAL FOOD

- Add chocolate or strawberry syrup.
- Mix Hominex with fruit to make a “smoothie.”
- Freeze flavored medical food into “slushies” or “popsicles.”
- Add dry Hominex to pudding (lemon, tapioca, vanilla, etc) mixture. Prepare pudding with non—dairy creamer.

Use low-protein food lists to calculate MET content of flavorings.

Kool-Aid & Wyler's are not registered trademarks of Abbott Laboratories.

RESOURCES

Support Groups/Newsletters

HCU Network America

Danae' Bartke,
CFO15 South Mallory Avenue
Batavia, Illinois, 60510
website: www.hcunetworkamerica.org
Email: info@hcunetworkamerica.org
Phone: 630-360-2087

Low-Protein Food Suppliers

Canbrands Specialty Foods, Inc.

3500 Laird Rd.
Mississauga, Ontario, Canada L5L 5Y4
Phone: (905) 829-6003
Email: helpdesk@canbrands.ca
Web site: www.canbrands.ca

Dietary Specialties

8 S. Commons Rd.
Waterbury, CT 06704
Phone: (888) 640-2800
Web site: www.dietspec.com

Ener-G® Foods, Inc.

5960 First Avenue South
Seattle, WA 98108
Phone: (800) 331-5222; (206) 767-3928
Fax: (206) 764-3398
E-mail: customerservice@ener-g.com
Web site: www.ener-g.com

Med-Diet™ Laboratories, Inc.

3600 Holly Lane, Suite 80
Plymouth, MN 55447
Phone: (800) 633-3438 (MED-DIET);
(763) 550-2020
Fax: (763) 550-2022
E-mail: info@med-diet.com
Web site: www.med-diet.com

PKU Perspectives

PO Box 696
Pleasant Grove, UT 84062
Phone: (866) PKU-FOOD; (801) 785-7722
Fax: (866) 701-3788
Web site: www.pkuperspectives.com

Taste Connections, LLC

Phone/Fax: (310) 371-8861
E-mail: tasteconnect@verizon.net
Web site: www.tasteconnections.com

Disclaimer

Abbott provides this booklet to health care professionals to help them counsel families with HCU and to families to help them with meal plans. Values listed in the booklet have been derived from the

- MetabolicPro web-based nutrient analysis program, GMDI, Hillsborough, NC.
- U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory, 2015. USDA National Nutrient Database for Standard Reference, Release 28
- Manufacturer provided data.

Values may change due to reformulations or other processing changes by individual companies between the time the booklet is released and the next update of the food lists. Values in the food lists may be based on the results of laboratory analysis by manufacturers or calculated by using appropriate algorithms, factors, or recipes. Only foods with complete amino acid profiles were included. Mention of trade names, commercial products, or companies in this publication is solely for the purpose of providing specific information and does not imply recommendation or endorsement by Abbott Nutrition, Abbott Laboratories over others not mentioned.

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