



Use under medical supervision.

Abbott Metabolic Formulas

Propimex® 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

Methylmalonic Acidemia



IMPORTANT PHONE NUMBERS

Metabolic Dietitian: _____

Metabolic Physician: _____

Other: _____

Goals: _____

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INTRODUCTION

FOOD GUIDE FOR MMA

This guide for Methylmalonic Acidemia (MMA) 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 isoleucine (ILE), methionine (MET), threonine (THR), valine (VAL), and some fats, with positive effects on health.

ILE, MET, THR, VAL, AND ODD-CHAIN FATS IN THE BODY

Many foods contain ILE, MET, THR, and VAL, four of the 20 amino acids that make protein. When protein is digested, amino acids are split off and absorbed for use in the body.

When amino acids are unable to be split off from protein during digestion and some odd-chain fats are unable to be used as energy, MMA symptoms result, such as refusal to eat, poor sucking ability, vomiting, dehydration, lethargy (excessive tiredness), seizures, and metabolic acidosis (excess acid in the blood). Limiting protein intake reduces ILE, MET, THR, and VAL, so there is less chance their levels will build up in the body.

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

Table 1. Preparation of Propimex® Medical Food

Step	Instructions
1	Mix a 24-hour supply of Propimex medical formula all at once or in individual servings as instructed by your metabolic dietitian.
2	Carefully follow mixing instructions on the Propimex 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, Propimex-1 mixture stored in bottles in the refrigerator may be warmed before feeding. Do not heat mixture above 100°F (37.7°C) or add hot water. Heat can cause vitamin loss.
6	For a toddler or older child/adult, Propimex-2 mixture may be consumed plain, chilled, or flavored. Recipes for flavoring Propimex-2 are found in the MMA family guide and on pp 70-71 of this guide.



Foods NOT ALLOWED in ILE-, MET-, THR-, and VAL-restricted meals

- Bread with added calcium propionate or sodium propionate
- Butter
- Cheese and dairy products
- Chicken fat
- Dried beans and peas
- Eggs
- Fish and other seafood
- Fish oils
- Lard
- Meat
- Nuts
- Olive oil
- Nut butters
- Poultry
- Seeds

Foods TO LIMIT in ILE-, MET-, THR-, and VAL-restricted meals

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

Odd-Chain Fatty Acids. Food fats that contain fatty acids with an uneven number of carbons are called odd-chain fatty acids. These fats produce some propionic acid when they are used in the body. Food fats that contain a small amount of odd-chain fatty acids include butter, chicken fat, cream, some fish oils, lard, and olive oil. Therefore, these foods may be restricted for your child. Avoidance of fasting is very important, as fasting leads to a build-up of odd-chain fatty acids. The higher level of a substance called “propionyl-CoA” acts as a “starter” for the production of odd-chain fatty acids.

PUFAs. Vegetable oils such as canola, corn, safflower, and soy contain large amounts of polyunsaturated fatty acids (PUFAs). According to some reports, when large amounts of PUFAs are eaten, a small portion of each PUFA is broken down to propionic acid. Not everyone agrees with these reports. However, until

more is known on this topic, the best approach is to limit vegetable oils that are high in PUFAs to the amount required to provide essential fatty acids. Coconut oil, palm oil, and peanut oil are low in PUFAs and may be used as energy (calorie) sources. Ask your metabolic doctor or dietitian which is best for your child.

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 ILE-, MET-, THR-, and VAL-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 ILE, MET, THR, or VAL.
- 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.



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 ILE, MET, THR, VAL, and protein your child should eat daily. The food lists on the following pages will help you choose foods to manage your child's MMA diet. Each list is divided into groups with serving sizes that have similar amounts of ILE, MET, THR, and VAL: 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 ILE, MET, THR, and VAL to meet his or her needs. Your child may learn to like these foods that are higher in ILE, MET, THR, and VAL, 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 ILE, MET, THR, and VAL 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 ILE-, MET-,THR-, and VAL-Restricted Foods – Baby Foods†

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<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	17
Apple Cinnamon Bar	19	1 bar	24
Arrowroot Cookies	10	2 cookies	26
Baby Mumum Rice Rusk	8	4 rusks	21
Banana cookies	8	1 cookies	19
Biter biscuits	11	1 biscuits	38
Cereal Snackin Squares	20	12 pieces	41
Strawberry Banana Bar	19	1 bar	20
Strawberry bar	10	1-1/3 bar	16
Veggie crackers	7	10 crackers	18
Wagon wheels – fruit	7	4 pieces	18
Wagon wheels – vegetable	7	4 pieces	19
Yogurt melts	7	27 pieces	50
Cereals, Dry			
Barley	3.5	1 Tbsp	16
Multigrain	3.5	1 Tbsp	15
Oatmeal	3.5	1 Tbsp	20
Oatmeal with banana	3.5	1 Tbsp	18
Oatmeal with mixed fruit	3.5	1 Tbsp	14
Rice	3.5	1 Tbsp	10
Rice with apples	2	1 Tbsp	4
Rice with apple bits	3.5	1 Tbsp	9
Rice with bananas	3.5	1 Tbsp	16
Rice with mixed fruit	3.5	1 Tbsp	9

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
6	10	20	6	1	0.5	36
12	17	31	14	1.4	0.1	70
13	20	31	7	2	0.9	46
10	19	27	7	0	1	31
10	12	23	6	1	0.5	34
16	29	44	9	0.6	1	43
19	28	49	15	2	1.3	84
10	13	26	13	2	0.7	70
8	16	18	8	1	0.5	41
8	14	21	5	1	0.6	34
12	12	22	6	0.1	0.5	27
11	14	21	5	0.7	0.6	29
22	26	57	5	0	1	30
8	33	21	2	0	0.5	13
8	12	20	3	0	0.2	14
10	16	27	2	0	0.5	14
9	15	24	3	0	0.4	14
7	12	19	3	0	0.4	14
6	11	16	3	0	0.3	14
3	3	6	2	0	0.1	8
6	8	12	3	0	0.2	14
8	16	19	3	0	0.2	13
8	7	13	3	0	0.3	14

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

BABY FOODS†

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<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	6
	113	1 jar (4 oz)	40
Oatmeal with applesauce & bananas	16	1 Tbsp	8
	113	1 jar (4 oz)	55
Oatmeal with pears and cinnamon	161	1 Tbsp	8
	99	1 jar (4 oz)	51
Rice with apple and mango	16	1 Tbsp	4
	99	1 pack	24
Rice with applesauce	16	1Tbsp	8
	113	1 jar (4 oz)	37
Rice with applesauce & bananas	16	1 Tbsp	8
	113	1 jar (4 oz)	54
Junior/3rd Foods®			
Mixed cereal with apples & bananas	15	1 Tbsp	6
	170	1 Jar (6 oz)	73
Oatmeal with apples & cinnamon	15	1 Tbsp	6
	170	1 Jar (6 oz)	66
Oatmeal with applesauce & bananas	15	1 Tbsp	7
	170	1 Jar (6 oz)	83
Rice with mixed fruit	15	1 Tbsp	7
	170	1 jar (6 oz)	80
FRUITS			
Strained/1st Foods®			
Applesauce	15	1 Tbsp	1
	71	1 jar (2.5 oz)	4
Banana	15	1 Tbsp	4
	17	1 jar (2.5 oz)	19
Peaches	16	1 Tbsp	3
	71	1 jar (2.5 oz)	12

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
3	5	9	3	0	0.2	13
21	36	64	20	0	1.4	87
5	7	11	3	0	0.2	12
34	52	77	20	1	1.5	94
4	8	11	3	0	0.2	13
26	47	69	16	1	1	70
2	3	6	3	0	0.2	11
11	21	35	18	0	1	70
4	3	7	3	0	0.1	13
28	22	51	24	0	0.9	102
3	6	11	3	0	0.2	13
23	45	77	19	0	1.4	90
4	5	9	2	0	0.2	11
41	58	99	31	1	2	141
3	4	8	2	0	0.2	10
37	49	90	25	1	1.9	116
5	7	10	2	0	0.2	11
53	78	117	27	1	2.2	128
4	6	10	3	0	0.1	12
46	70	114	31	0	1.5	134
0	1	2	2	0	0	8
0	4	8	10	0	0	40
1	4	7	3	0	0.2	13
6	19	33	15	0	1	60
1	3	4	2	0	0	8
6	11	16	10	0	0.5	40

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	ILE (mg)
For greatest accuracy, weigh food on scales that read in grams. All measures are level.			
Pears	16	1 Tbsp	2
	71	1 jar (2.5 oz)	7
Prunes	15	1 Tbsp	4
	71	1 jar (2.5 oz)	9
Strained/2nd Foods®			
Applesauce	15	1 Tbsp	2
	113	1 jar (4 oz)	11
Apple blackberry	15	1 Tbsp	1
	113	1 pack	6
Apple blueberry	15	1 Tbsp	2
	113	jar (4 oz)	11
Apple cherry	15	1 Tbsp	1
	113	jar (4 oz)	7
Apple mango kiwi	15	1 Tbsp	2
	113	jar (4 oz)	18
Apple strawberry banana	15	1 Tbsp	2
	113	jar (4 oz)	14
Apple sweet potato	15	1 Tbsp	1
	113	jar (4 oz)	10
Apricot mixed fruit	15	1 Tbsp	2
	113	jar (4 oz)	15
Banana	15	1 Tbsp	4
	113	jar (4 oz)	29
Banana apple pear	15	1 Tbsp	4
	113	jar (4 oz)	27
Banana Mango	15	1 Tbsp	4
	99	1 pouch	26
Banana mixed berry	15	1 Tbsp	4
	113	jar (4 oz)	29
Banana orange medley	15	1 Tbsp	4
	113	jar (4 oz)	27
Banana Peach Granola	15	1 Tbsp	6
	113	1 pack	47
Banana plum grape	15	1 Tbsp	3
	113	1 jar (4 oz)	26
Peaches	16	1 Tbsp	2
	113	jar (4 oz)	16

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
0	2	3	2	0	0.1	8
6	7	9	10	0	0.3	40
2	5	6	4	0	0.2	15
4	7	12	17	0	1	70
0	2	2	2	0	0	8
2	11	11	14	0	0.2	58
0	1	2	2	0	0	8
0	6	11	14	0	0	57
1	2	2	2	0	0	8
5	11	11	14	0	0.2	57
1	1	1	2	0	0	8
5	7	9	16	0	0.2	64
1	2	4	2	0	0	9
9	14	33	16	0	0.2	68
0	2	2	2	0	0.1	9
3	14	14	16	0	0.3	64
1	2	2	2	0	0.1	8
5	12	14	16	0	0.3	65
1	1	3	2	0	0.1	9
7	10	22	16	0	0.7	68
3	4	9	3	0	0.2	14
22	32	67	24	0	1.2	103
2	3	6	3	0	0.1	13
16	25	47	23	0	1	96
1	4	7	3	0	0.2	12
7	27	45	21	0	1	80
2	4	7	3	0	0.2	13
14	29	55	24	0	1.2	101
2	3	6	3	0	0.2	14
14	26	46	25	0.2	1.1	106
2	6	9	3	0	0.2	12
18	42	69	23	1	1.1	91
2	3	6	4	0	0.2	15
12	25	46	27	0	1.1	113
1	2	3	2	0	0.1	9
9	16	21	17	0	0.8	71

Baby Foods:

Breads
& Cereals

Fruits

Juices

Vegetables

Free
Foods

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Food	Weight (g)	Approx. Household Measure	ILE (mg)
For greatest accuracy, weigh food on scales that read in grams. All measures are level.			
Pear	16	1 Tbsp	2
	113	1 jar (4 oz)	14
Pear pineapple	16	1 Tbsp	2
	113	1 jar (4 oz)	14
Pear squash	14	1 Tbsp	4
	113	1 jar (4 oz)	29
Pear Strawberry Granola	15	1 Tbsp	6
	113	1 pack	45
Pear wild blueberry	15	1 Tbsp	1
	113	1 jar (4 oz)	9
Plum apple	15	1 Tbsp	1
	113	1 jar (4 oz)	7
Prune apple	15	1 Tbsp	2
	113	1 jar (4 oz)	12
Junior/3rd Foods®			
Apple banana	142	1 container	14
Apple pear raspberry	142	1 container	13
Applesauce	15	1 Tbsp	2
	170	1 jar (6 oz)	17
Apricot with mixed fruit	16	1 Tbsp	2
	170	1 jar (6 oz)	22
Bananas	15	1 Tbsp	4
	170	1 jar (6 oz)	44
Banana apple strawberry	142	1 container	33
Banana & pineapple	15	1 Tbsp	4
	170	1 jar (6 oz)	41
Banana & strawberry	15	1 Tbsp	4
	170	1 jar (6 oz)	41
Peaches	16	1 Tbsp	2
	170	1 jar (6 oz)	20
Pear	16	1 Tbsp	2
	170	1 jar (6 oz)	20
Plum apple	15	1 Tbsp	1
	170	1 jar (6 oz)	15
Fruit Pick Ups, Graduates™			
Apple Pick Ups	128	1 tray	4
Peach Pick Ups	128	1 tray	9

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	1	3	3	0	0.1	11
7	9	18	20	0	0.5	82
1	1	3	2	0	0.1	8
7	9	18	15	0	0.5	64
2	3	4	1	0	0.1	7
18	25	36	12	0	1.1	53
2	5	8	3	0	0.2	12
16	37	62	21	1	1.1	91
0	1	1	2	0	0.1	10
3	6	11	17	0	0.5	73
0	1	1	2	0	0.1	8
3	6	8	14	0	0.3	60
1	2	2	3	0	0.1	11
7	11	15	20	0	0.7	86
14	14	28	26	0	0.6	109
6	16	17	20	0	0.4	82
0	2	2	2	0	0	8
3	17	17	21	0	0.3	87
1	1	3	2	0	0.1	9
10	15	32	24	0	1	102
3	4	9	3	0	0.2	14
32	48	100	36	0	1.9	155
27	34	65	25	0	1	105
2	4	7	3	0	0.1	11
20	46	75	30	0	1.4	124
2	3	7	3	0	0.2	14
20	34	80	38	0	1.7	160
1	2	3	2	0	0.1	9
15	22	27	25	0	1.2	107
1	1	3	3	0	0.1	11
10	14	27	29	0	0.7	122
1	2	2	2	0	0.1	9
7	17	19	23	0	0.7	97
3	5	6	15	0	0.3	63
8	12	13	14	0	0.6	61

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	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
JUICES			
Apple juice	118	4 fl oz	5
Apple carrot juice	118	4 fl oz	6
Apple prune juice	118	4 fl oz	5
Mixed fruit juice	118	4 fl oz	2
Pear juice	118	4 fl oz	12
White grape juice	118	4 fl oz	4
Graduates® Beverage			
Tropical Fruit Splashers	118	4 ounces	19
VEGETABLES			
Strained/1st Foods®			
Carrots	14	1 Tbsp	11
	71	1 jar (2.5 oz)	55
Green beans	15	1 Tbsp	8
	71	1 jar (2.5 oz)	36
Peas	15	1 Tbsp	19
	71	1 jar (2.5 oz)	90
Squash	14	1 Tbsp	6
	71	1 jar (2.5 oz)	29
Sweet potatoes	14	1 Tbsp	4
	71	1 jar (2.5 oz)	22
Strained/2nd Foods®			
Butternut corn	15	1 Tbsp	7
	113	1 jar (4 oz)	52
Carrots	14	1 Tbsp	3
	113	1 jar (4 oz)	25
Carrots with brown rice	15	1 Tbsp	3
	113	1 jar (4 oz)	26
Corn & sweet potatoes	15	1 Tbsp	9
	113	1 jar (4 oz)	51
Creamed corn	15	1 Tbsp	10
	113	1 jar (4 oz)	73
Farmer's Market Vegetable Blend with Mixed Grains	15	1 Tbsp	8

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	5	12	13	0	0.7	54
4	7	11	13	0	0.2	51
1	5	12	15	0	0.2	63
1	2	2	14	0	0.3	57
2	12	12	13	0	0.2	55
12	12	12	18	0	0.4	77
9	15	34	17	0	0.7	70
3	27	10	1	0	0.2	5
14	136	49	5	0	1	25
5	8	10	1	0	0.2	5
21	38	48	4	0	1	25
7	21	23	1	0	0.4	7
33	101	108	5	0	2	35
2	4	5	1	0	0.2	5
12	20	27	5	0	1	25
3	6	7	2	0	0.2	10
13	31	34	11	0	1	50
5	5	8	2	0	0.2	8
35	36	63	13	0	1.4	60
1	3	4	1	0	0.1	5
11	25	34	7	0	0.9	35
2	3	5	1	0	0.1	6
14	24	37	9	1	0.9	49
5	8	11	2	0	0.2	10
27	51	68	17	0.6	1.4	77
6	8	12	2	0	0.2	9
45	59	87	16	0.5	1.6	64
4	9	12	2	0	0.2	8

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

BABY FOODS†

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
	115	1 container	88
Garden vegetables	15	1 Tbsp	6
	113	1 jar (4 oz)	49
Garden Vegetable with Whole Wheat Pasta	15	1 Tbsp	15
	99	1 container	96
Green beans	15	1 Tbsp	7
	113	1 jar (4 oz)	50
Harvest Vegetable with Mixed Grain	15	1 Tbsp	8
	99	1 container	55
Macaroni & Cheese with Vegetables	15	1 Tbsp	12
	99	1 container	78
Mixed vegetables	14	1 Tbsp	7
	113	1 jar (4 oz)	57
Peas	15	1 Tbsp	19
	113	1 jar (4 oz)	142
Spring garden vegetables	14	1 Tbsp	6
	113	1 jar (4 oz)	49
Spring Vegetable with Brown Rice	15	1 Tbsp	13
	99	1 container	85
Squash	14	1 Tbsp	4
	113	1 jar (4 oz)	34
Sweet potatoes	14	1 Tbsp	5
	113	1 jar (4 oz)	40
Sweet Potato Corn	15	1 Tbsp	7
	113	1 container	67
Junior/3rd Foods®			
Carrots	14	1 Tbsp	4
	170	1 jar (6 oz)	44
Creamed corn	15	1 Tbsp	10
	170	1 jar (6 oz)	111
Green beans	15	1 Tbsp	8
	170	1 jar (6 oz)	92
Green beans with rice	15	1 Tbsp	6

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
31	158	97	13	1	1.1	57
3	7	8	1	0	0.4	5
19	54	52	8	0.5	2.6	36
6	19	16	2	0	0.3	9
37	126	108	13	1	2	60
3	7	9	1	0	0.2	5
23	51	66	6	0	1.5	34
4	9	12	2	0	0.2	8
28	60	78	14	1	1	60
4	18	12	2	0	0.5	14
26	121	81	14	2	3	90
3	7	9	1	0	0.2	6
25	59	73	9	1	1.6	47
6	20	23	1	0	0.4	7
43	151	171	9	1	3.5	56
2	7	8	1	0	0.2	5
19	54	62	7	0.5	1.6	37
5	15	17	1	0	0.3	8
34	98	33	9	1	2	50
3	4	5	1	0	0.1	4
21	28	37	8	0	0.9	36
3	6	7	2	0	0.1	9
24	49	57	17	0	1.1	74
4	7	9	2	0	0.2	11
37	59	84	17	1	1.6	78
3	4	5	1	0	0.1	4
31	44	60	11	0	1.4	51
6	8	12	2	0	0.2	10
68	88	133	28	1	2.4	111
3	8	10	1	0	0.2	4
31	87	111	10	0	2	41
4	6	8	1	0	0.2	6

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	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
	170	1 jar (6 oz)	71
Mixed vegetables	15	1 Tbsp	9
	170	1 jar (6 oz)	99
Peas with rice	14	1 Tbsp	14
	170	1 jar (6 oz)	168
Squash	14	1 Tbsp	3
	170	1 jar (6 oz)	37
Sweet potatoes	14	1 Tbsp	6
	170	1 jar (6 oz)	78
Vegetable Pick Ups, Graduates®			
Carrot Pick Ups	71	1 tray	21
Green bean Pick Ups	113	1 tray	41
FREE FOODS			
Desserts			
Dutch apple dessert 2	15	1 Tbsp	0
	113	1 jar (4 oz)	3
Fruit medley dessert 2	15	1 Tbsp	2
	113	1 jar (4 oz)	11
Fruit medley dessert 3	15	1 Tbsp	1
	170	1 jar (6 oz)	7
Guava tropical dessert	15	1 Tbsp	1
	113	1 jar (4 oz)	6
Hawaiian delight 2	15	1 Tbsp	8
	113	1 jar (4 oz)	57
Hawaiian delight 3	15	1 Tbsp	8
	170	1 jar (6 oz)	85
Mango tropical dessert	15	1 Tbsp	1
	113	1 jar (4 oz)	10
Papaya tropical dessert	15	1 Tbsp	1
	113	1 jar (4 oz)	6
Peach cobbler 2	15	1 Tbsp	1
	113	1 jar (4 oz)	8
Peach cobbler 3	15	1 Tbsp	1
	170	1 jar (6 oz)	14
Tropical fruit blend 2	15	1 Tbsp	2
	113	1 jar (4 oz)	18

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
41	65	94	15	0	2	71
3	9	11	1	0	0.2	5
37	102	122	14	1	2.4	61
5	13	17	1	0	0.3	7
66	160	204	17	0	4.1	88
1	3	4	1	0	0.1	5
17	31	44	12	0	1.4	56
3	7	9	2	0	0.2	8
41	87	111	24	0	1.9	102
9	20	27	4	0	0.4	19
15	36	50	4	0	0.9	18
0	0	1	3	0	0	12
1	3	5	23	0	0.2	92
2	2	2	3	0	0.1	12
11	11	11	22	0	0.5	90
1	1	2	3	0	0.1	11
7	7	17	31	0	0.5	128
1	1	1	3	0	0	11
5	5	8	20	0	0	80
6	6	10	3	0	0.2	13
45	45	72	23	0	1.5	99
6	6	10	3	0	0.2	14
68	68	109	35	0	2.2	153
1	1	2	3	0	0	11
6	9	14	20	0	0	84
1	1	2	2	0	0	10
5	6	7	18	0	0	73
2	1	2	3	0	0.1	11
11	9	11	21	0	0.6	86
2	1	2	3	0	0.1	11
10	14	19	31	0	0.9	129
1	2	4	3	0	0.1	11
9	15	33	20	0	0.8	85

Baby Foods:

Breads
& Cereals

Fruits

Juices

Vegetables

Free
Foods

Use for your additional food choices.

[illegible][illegible]

TABLE FOODS

Serving Lists for ILE-, MET-,THR-, and VAL-Restricted Foods – Table Foods

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<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	9
Cream of Wheat, cooked	63	1/4 cup	50
Farina, cooked	60	1/4 cup	46
Grits, regular, cooked	58	1/4 cup	30
Malt-O-Meal®, cooked	60	1/4 cup	42
Oats, regular, quick cooked	59	1/4 cup	62
Wheatena®, cooked	61	1/4 cup	55
Cereals, Ready To Eat			
100% Bran®	15	1/4 cup	60
All-Bran®	16	1/4 cup	56
Alpha-Bits®	7	1/4 cup	24
Apple Jacks®	8	1/4 cup	15
Cap'n Crunch®	9	1/4 cup	19
Cap'n Crunch® Berries	9	1/4 cup	20
Cap'n Crunch® Peanut Butter	9	1/4 cup	27
Cheerios®	7	1/4 cup	30
Cinnamon Toast Crunch®	10	1/4 cup	19
Cocoa Krispies®	10	1/4 cup	16
Cocoa Pebbles®	10	1/4 cup	24
Cocoa Puffs®	9	1/4 cup	12
Cookie Crisp®	8	1/4 cup	17
Corn Chex®	10	1/4 cup	22
Corn Flakes®	7	1/4 cup	18
Corn Pops®	8	1/4 cup	16
Froot Loops®	7	1/4 cup	11
Frosted Flakes®	10	1/4 cup	15
Frosted Mini-Wheats®	5	1/4 cup	21
Fruity Pebbles®	10	1/4 cup	21

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
16	27	35	7	0	0.6	32
21	37	56	7	0	0.9	32
22	31	61	7	0	1.1	32
17	31	42	8	0	0.9	36
18	30	42	6	0	0.9	31
24	49	89	7	1	1.5	41
24	37	61	7	0	1.2	34
27	62	89	11	1	1.2	40
27	61	83	12	1	2.1	42
10	19	31	6	0	0.5	27
7	14	21	6	0	0.4	26
10	16	25	8	1	0.5	36
10	16	25	8	0	0.4	36
11	22	33	7	1	0.6	37
12	29	41	5	1	0.8	27
8	18	25	8	1	0.5	41
9	16	24	9	1	0.5	39
13	23	30	9	1	0.4	40
6	11	15	8	0	0.3	36
8	14	22	7	0	0.4	30
14	20	30	7	0	0.6	29
10	16	21	6	1	0.5	25
10	14	21	7	0	0.3	30
5	12	14	6	0	0.4	26
7	13	20	9	0	0.4	36
9	17	26	4	0	0.5	17
12	20	26	9	0	0.4	40

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Golden Grahams®	10	1/4 cup	24
Golden Puffs®	9	1/4 cup	18
Grape-Nuts®	29	1/4 cup	139
Grape-Nut Flakes®	10	1/4 cup	44
Honey Nut Cheerios®	9	1/4 cup	43
Honeycomb®	5	1/4 cup	12
King Vitamin®	5	1/4 cup	11
Kix®	6	1/4 cup	15
Life®	11	1/4 cup	108
Product 19®	8	1/4 cup	29
Puffed Rice	4	1/4 cup	13
Puffed Wheat	4	1/4 cup	25
Raisin Bran®	15	1/4 cup	39
Rice Chex®	6	1/4 cup	17
Rice Krispies®	7	1/4 cup	18
Shredded Wheat	12	1/4 cup	52
Special K®	8	1/4 cup	75
Total®	10	1/4 cup	39
Trix®	8	1/4 cup	18
Wheat Chex®	16	1/4 cup	67
Wheaties®	9	1/4 cup	33
Grains			
Corn			
Corn, cream style, canned	16	1 Tbsp	11
	64	1/4 cup	45
Corn on the cob, frozen, cooked	63	1 ear	79
Corn, sweet yellow, cooked	9	1 Tbsp	12
	36	1/4 cup	48
Popcorn			
Popcorn, butter, popped	2	1/4 cup	6
Popcorn, cheese flavor	3	1/4 cup	12
Popcorn, caramel, no peanuts	9	1/4 cup	14
Popcorn, plain, popped	2	1/4 cup	9
Rice, prepared			
Brown rice, cooked	12	1 Tbsp	12
	49	1/4 cup	48

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
12	20	30	9	0	0.5	39
8	16	22	8	0	0.5	37
58	107	171	23	1	3.1	102
18	34	54	8	0	1	37
17	36	56	7	0	0.8	34
6	10	16	4	0	0.3	20
6	9	14	4	0	0.4	19
8	17	20	5	0	0.5	21
37	81	121	8	0	1	40
17	25	37	6	0	0.7	27
8	13	16	3	0	0.2	14
10	18	28	2	0	0.4	11
13	35	53	11	0	1.1	46
10	16	21	6	0	0.4	25
7	16	27	6	0	0.5	27
23	43	65	10	0	1.3	42
42	70	91	6	0	1.6	29
17	33	49	8	0	1	35
10	15	23	7	0	0.3	33
27	48	75	13	0	1.7	55
15	29	42	7	0	1	33
6	11	16	3	0	0.3	12
23	45	64	12	0	1.1	46
41	79	113	14	1	2	59
6	12	17	2	0	0.3	9
25	48	69	8	1	1.2	35
4	7	9	1	1	0.2	11
6	13	15	1	1	0.3	14
7	14	16	7	1	0.3	38
5	9	12	2	0	0.3	8
6	10	16	3	0	0.3	13
25	42	67	11	0	1.3	54

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
For greatest accuracy, weigh food on scales that read in grams. All measures are level.			
Fried rice	9	1 Tbsp	16
	35	1/4 cup	61
Rice cake, brown, plain	9	1 piece	31
Rice cake, multigrain	9	1 piece	32
Rice pilaf, unprepared	10	1 Tbsp	28
	40	1/4 cup	112
Spanish rice	11	1 Tbsp	8
	44	1/4 cup	31
White rice, cooked	10	1 Tbsp	12
	40	1/4 cup	46
White rice, instant, cooked	10	1 Tbsp	10
	41	1/4 cup	41
White rice, medium grain, cooked	47	1/4 cup	48
White rice, medium grain, raw	49	1/4 cup	140
White rice, short grain, cooked	51	1/4 cup	52
White rice, short grain, raw	50	1/4 cup	141
Miscellaneous			
Chocolate fudge syrup	19	1 Tbsp	42
Chinese noodles/cellophane, dry	9	1 Tbsp	1
	35	1/4 cup	2
Flour (cake and all purpose)	8	1 Tbsp	29
	31	1/4 cup	111
Pasta			
Egg noodles, cooked	10	1 Tbsp	19
	40	1/4 cup	76
Macaroni, cooked	9	1 Tbsp	21
	35	1/4 cup	80
Spaghetti noodles, cooked	9	1 Tbsp	21
	35	1/4 cup	80
Spaghettios® with cheese	15.8	1 Tbsp	17
Snack Foods			
Cheetos®, Cheese Puffs/ Twists	28	1 oz	102
Cookies			
Chocolate chip cookie	10	1 piece	15

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
10	16	23	3	0	0.4	16
40	61	88	11	1	1.4	61
17	27	43	7	0	0.7	35
16	27	43	7	0	0.8	35
15	22	37	7	0	1	34
58	88	150	29	1	4	138
4	7	11	2	0	0.2	10
18	26	44	7	1	0.8	38
7	10	17	3	0	0.3	13
25	38	66	11	1	1.1	62
5	8	14	3	0	0.2	12
21	33	57	10	0	0.9	48
26	40	68	13	0	1.1	61
76	116	197	39	0	3.2	176
29	43	73	15	0	1.2	66
77	117	199	40	0	3.3	179
13	43	51	12	2	1	67
0	0	1	8	0	0	32
1	2	3	30	0	0	123
15	22	33	6	0	0.8	29
57	87	129	24	0	3.2	113
9	14	22	3	0	0.5	14
34	55	88	10	1	1.8	55
6	19	24	3	0	0.5	14
23	72	92	11	0	2	55
6	19	24	3	0	0.5	14
23	72	92	11	0	2	55
9	13	19	2	0	0.4	12
42	109	113	15	10	2.2	157
7	12	18	7	2	0.5	48

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
	28	1 oz	43
Oreo® cookie	11.5	1 piece	20
	28	1 oz	48
Oatmeal cookie, commonly prepared	25	1 piece	60
	28	1 oz	67
Oatmeal raisin cookie	15	1 piece	38
	28	1 oz	71
Sugar wafers, crème filling (small)	4	1 piece	5
	28	1 oz	38
Vanilla wafers	6	1 piece	11
	28	1 oz	53
Crackers			
Goldfish® crackers, original	0.6	1 piece	2
	28	1 oz	70
Ritz® crackers	3	1 piece	7
	28	1 oz	64
RyKrisp®	7	1 piece	31
Saltines	3	1 piece	10
	28	1 oz	93
Sandwich crackers with cheese filling	7	1 sandwich	25
Triscuits®	5	1 piece	16
	28	1 oz	92
Wheat Thins®	2	1 piece	5
	28	1 oz	67
Doo Dads®, original	4	1 Tbsp	13
	14	1/4 cup	46
Doritos®	2	1 piece	5
	28	1 oz	66
Fritos®	0.9	1 piece	2
	28	1 oz	66
Gelatin dessert, prepared	17	1 Tbsp	3
	68	1/4 cup	13
Ice cream cone, cake type	4	1 piece	12
Ice cream cone, sugar	10	1 piece	29
Pop-Tarts®			
Chocolate Pop-Tart®	52	1 piece	94

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
19	33	50	19	6	1.5	136
9	17	26	8	2	0.6	53
22	42	64	20	5	1.5	131
33	48	79	17	5	1.6	112
36	54	88	20	5	1.8	128
20	33	48	10	2	1	65
38	61	90	19	5	1.8	123
3	5	7	2	1	0.1	18
18	32	47	20	7	1.1	141
6	9	13	4	1	0.3	29
28	42	62	20	5	1.2	132
1	1	2	0	0	0	3
34	53	78	18	7	2	137
4	5	8	2	1	0.2	15
34	50	73	18	6	2	139
13	27	38	6	0	0.7	23
4	8	12	2	0	0.3	13
41	75	112	21	2	2.7	117
11	23	27	4	2	1	32
7	13	20	3	1	0.4	22
38	72	112	19	5	2.5	124
2	4	6	1	0	0.2	9
34	53	78	20	6	2.3	133
6	11	16	3	1	0.4	18
22	39	55	9	3	1.4	64
3	5	7	1	1	0.1	11
38	69	93	16	9	1.9	151
1	2	3	1	0	0.1	5
38	69	93	16	9	1.9	151
2	4	6	2	0	0.2	11
7	16	22	0	0	0.8	42
6	9	14	3	0	0.3	17
14	21	33	8	0	0.8	40
47	73	109	37	5	2.7	201

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Fruit Pop-Tart®	52	1 piece	94
Potato Chips (2" diameter)			
Potato chips, made from dried potatoes	2	1 piece	5
	28	1 oz	73
Potato chips	2	1 piece	6
	28	1 oz	79
Pretzels	6	1 piece	24
	28	1 oz	114
Taro chips	2	1 piece	2
	28	1 oz	24
Tortilla Chips			
Tortilla chip, nacho	4	1 piece	12
	28	1 oz	83
Tortilla chip, plain	4	1 piece	18
	28	1 oz	125
Tortilla chip, ranch	4	1 piece	11
	28	1 oz	78
Potatoes			
White Potatoes			
French fries, fast food, Burger King	74	Small order	80
	117	Medium order	126
	160	Large order	173
Potato, baked, no skin	8	1 Tbsp	6
	31	1/4 cup	25
Potato, hashed browns	10	1 Tbsp	11
	39	1/4 cup	44
Potato, mashed, with milk & margarine	13	1 Tbsp	11
	53	1/4 cup	46
Potato, no skin, boiled mashed	10	1 Tbsp	7
	39	1/4 cup	27
Potato, with skin, boiled mashed	10	1 Tbsp	8
	39	1/4 cup	30
Potato, raw, flesh & skin	9	1 Tbsp	6
	38	1/4 cup	25

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
47	73	109	36	7	2.4	212
1	5	7	1	1	0.1	11
19	72	97	15	11	1.3	158
2	5	8	1	1	0.1	11
31	71	110	14	10	1.9	154
11	15	29	5	0	0.6	23
50	70	134	23	1	2.8	108
1	2	3	1	1	0.1	10
9	30	36	19	7	0.7	141
7	11	16	2	1	0.3	20
46	79	113	18	7	2.3	146
7	15	16	3	1	0.3	19
46	104	114	19	6	2	134
6	11	15	3	1	0.3	20
43	80	106	18	7	2	141
44	81	121	29	9	2.4	207
70	129	192	45	15	3.8	328
96	176	262	62	26	5.2	448
2	6	9	2	0	0.2	7
10	22	34	7	0	0.6	29
4	11	16	3	1	0.3	22
16	42	62	11	5	1	85
5	10	15	2	1	0.3	15
20	40	61	9	2	1	60
3	6	10	2	0	0.2	9
11	24	37	8	0	0.7	34
3	7	11	2	0	0.2	9
12	27	41	8	0	0.7	34
3	6	9	2	0	0.2	7
12	25	38	7	0	0.8	30

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Potato salad, home-prepared	16	1 Tbsp	23
	63	1/4 cup	89
Tater Tots®, Ore Ida	10	1 piece	9
	28	1 oz	24
Sweet Potatoes			
Sweet potato, candied	105	1 piece	33
Sweet potato, no skin	21	1 Tbsp	17
	82	1/4 cup	67
Sweet potato, with skin	13	1 Tbsp	9
	50	1/4 cup	35
Yam, cubed, cooked	9	1 Tbsp	5
	34	1/4 cup	17
Yam, Hawaiian, cooked, cubed	9	1 Tbsp	5
	36	1/4 cup	21
FATS			
Butter			
Butter, stick	14	1 Tbsp	7
Butter, whipped	3	1 tsp	2
	9	1 Tbsp	5
Cream substitute	5	1 tsp	3
	14	1 Tbsp	8
	28	1 oz	16
Cool Whip®			
Cool Whip®, extra creamy	1.5	1 tsp	2
	4.5	1 Tbsp	7
Cool Whip®, regular	1.5	1 tsp	1
	4.5	1 Tbsp	4
Cream substitute, powdered	2	1 tsp	6
Margarine			
Margarine, imitation	5	1 tsp	2
	14	1 Tbsp	4
Margarine	5	1 tsp	3
	14	1 Tbsp	7
Margarine, soft tub	5	1 tsp	3
	14	1 Tbsp	7
Mayonnaise	5	1 tsp	3
	15	1 Tbsp	8

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
11	19	28	2	1	0.4	22
42	73	108	7	5	1.7	90
3	8	11	2	0	0.2	13
7	24	30	6	1	0.6	37
17	48	50	34	4	0.9	172
9	17	23	4	0	0.3	16
34	67	89	15	0	1.1	62
5	14	14	3	0	0.3	12
19	54	55	10	0	1	45
2	5	5	2	0	0.1	10
7	18	20	9	0	0.5	39
2	5	6	2	0	0.2	7
8	25	26	7	0	0.6	30
3	5	8	0	12	0.1	102
1	1	2	0	2	0	22
2	3	5	0	8	0.1	68
1	2	3	1	0	0	13
2	6	8	5	2	0.1	38
4	12	16	10	4	0.2	71
1	2	2	0	0	0	5
3	5	7	1	1	0.1	15
1	1	2	0	0	0	4
2	3	5	1	1	0.1	13
3	4	7	1	1	0.1	11
1	1	2	0	2	0	17
1	3	4	0	6	0.1	48
1	2	3	0	4	0.1	36
3	6	8	0	11	0.1	100
1	2	3	0	4	0	36
3	4	7	0	11	0.1	100
1	2	3	1	2	0.1	20
3	7	8	4	5	0.1	57

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Miracle Whip®	5	1 tsp	1
	16	1 Tbsp	3
Olives			
Black olives	4	1 piece	2
Green olives	3	1 piece	2
Ripe jumbo olives	8	1 piece	
Ripe small olives	3	1 piece	1
Salad Dressing			
Catalina dressing	16	1 Tbsp	2
French dressing	16	1 Tbsp	4
French dressing, low calorie	16	1 Tbsp	2
Italian dressing	16	1 Tbsp	2
Italian dressing, low calorie	14	1 Tbsp	3
Ranch dressing	16	1 Tbsp	11
Russian dressing	16	1 Tbsp	14
Russian dressing, low calorie	16	1 Tbsp	5
FRUITS			
Apricots			
Apricot, dried, uncooked	8	1 Tbsp	5
	33	1/4 cup	21
Apricot, dried, stewed, no sugar	16	1 Tbsp	4
	63	1/4 cup	14
Apricot, raw	83	1/2 cup	34
	35	1 piece	14
Apricot half, heavy syrup	65	1/4 cup	10
Apricot nectar	125	4 fl oz	14
Avocado, cubed, raw	9	1 Tbsp	8
	38	1/4 cup	32
Bananas			
Banana chips	28	1 oz	21
Banana, raw	75	1/2 cup	21
	118	1 medium	33
Blackberries			
Blackberries, canned, heavy syrup	16	1 Tbsp	5
	64	1/4 cup	19

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	1	2	1	3	0	25
2	3	5	2	8	0.1	80
1	2	2	0	1	0.1	7
1	1	2	0	1	0	3
	1	2	4	0	1	0.1
0	1	1	0	0	0	4
0	2	2	4	6	0.1	69
2	3	4	2	7	0.1	73
0	2	2	5	2	0	36
1	2	3	2	3	0.1	35
1	2	3	2	1	0.1	16
5	8	13	2	3	0.2	30
6	14	16	2	8	0.2	75
2	4	5	4	1	0.1	23
1	6	6	5	0	0.3	20
5	24	26	21	0	1.2	80
1	4	4	4	0	0.2	14
3	16	18	14	0	0.8	53
5	39	39	9	0	1.5	40
2	16	16	4	0	0.5	17
2	12	12	14	0	0.3	54
3	16	16	18	0	0.5	70
3	7	10	1	1	0.2	14
14	28	41	3	6	0.8	60
7	21	29	17	10	0.7	147
6	21	35	17	0	0.8	67
9	33	55	27	0	1.3	105
0	6	6	4	0	0.2	15
1	26	26	15	0	0.8	59

Table Foods:

Breads & Cereals

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Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
For greatest accuracy, weigh food on scales that read in grams. All measures are level.			
Blackberries, frozen	76	1/2 cup	23
Blackberries, raw	72	1/2 cup	14
Blueberries			
Blueberries, frozen, with sugar	115	1/2 cup	14
Blueberries, raw	74	1/2 cup	17
Cantaloupe, cubed	80	1/2 cup	17
Carambola, cubed, raw (starfruit)	66	1/2 cup	15
Casaba, cubed, raw	85	1/2 cup	26
Chayote			
Chayote, cooked	80	1/2 cup	26
Chayote, raw	203	1 piece	89
Cherries			
Cherries, sour, heavy syrup	128	1/2 cup	13
Cherries, sweet, raw	69	1/2 cup	14
Coconut, dried			
Coconut, dried, no sugar	5	1 Tbsp	14
Coconut, dried, sugar	5	1 Tbsp	6
Cranberry sauce with sugar	139	1/2 cup	14
Cranberries, raw, chopped	55	1/2 cup	18
Currants, black, raw	56	1/2 cup	22
Dates	74	1/2 cup	36
	8	1 piece	4
Figs			
Figs, canned, heavy syrup	130	1/2 cup	16
Figs, dried, uncooked	37	1/4 cup	33
Figs, raw	50	1 medium	12
Fruit cocktail, canned			
Fruit cocktail, heavy syrup	124	1/2 cup	12
Fruit cocktail, lite syrup	121	1/2 cup	12
Fruit, mixed, heavy syrup	128	1/2 cup	13
Fruit salad, heavy syrup	128	1/2 cup	13
Gooseberries, lite syrup	126	1/2 cup	25
Grapefruit			
Grapefruit juice, no sugar	124	4 fl oz	12
Grapefruit section, lite syrup	127	1/2 cup	8
Grapefruit raw	115	1/2 cup	9

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	30	23	12	0	0.9	48
1	14	14	9	0	0.5	38
7	13	20	26	0	0.5	97
9	15	23	11	0	0.6	42
10	14	26	7	0	0.7	28
7	15	17	5	0	0.4	22
9	26	26	5	0	0.8	22
1	25	38	4	0	0.5	20
2	81	128	9	0	1.7	39
13	26	26	30	0	0.9	116
7	15	7	11	0	0.7	43
6	13	21	1	3	0.3	33
3	5	9	3	1	0.2	23
4	14	14	54	0	0.3	209
2	15	25	7	0	0.2	27
11	22	34	9	0	0.8	36
16	32	53	55	0	1.8	207
2	3	6	6	0	0.2	23
4	16	18	30	0	0.5	113
13	31	45	24	1	1.2	93
3	12	14	10	0	0.4	37
12	12	25	23	0	0.5	91
12	12	24	18	0	0.5	69
13	13	26	24	0	0.5	92
13	13	13	24	0	0.4	93
13	25	38	24	0	0.8	92
4	12	12	11	0	0.7	48
6	13	14	20	0	0.7	76
8	15	17	12	0	0.9	48

Table Foods:

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Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
	123	1/2 fruit	10
Grapes			
Grape juice, no sugar	125	4 fl oz	9
Grapes, American, slip skin	46	1/2 cup	2
	12	5 pieces	1
Grapes, red/green	76	1/2 cup	8
	49	10 pieces	5
Grapes, Thompson, heavy syrup	128	1/2 cup	5
Honeydew balls, raw	89	1/2 cup	12
	125	1 wedge	16
Kiwi, raw	69	1 piece	21
Lemon, no peel, raw	7	1 wedge	2
Lemon juice, canned	15	1 Tbsp	1
	122	4 fl oz	5
Mango, sliced, raw	85	1/2 cup	15
Nectarine, raw	72	1/2 cup	6
	142	1 medium	13
Nopales			
Nopales, cooked	29	1 piece	15
Nopales, sliced, raw	43	1/2 cup	21
Orange grapefruit juice, canned	124	4 fl oz	12
Orange juice			
Orange juice, canned, no sugar	124	4 fl oz	9
Orange juice, frozen, diluted	124	4 fl oz	9
Orange raw	90	1/2 cup	23
	131	1 medium	33
Peaches			
Peaches, dried, cooked, no sugar	65	1/4 cup	21
Peach half, heavy syrup	56	1/4 cup	6
Peach half, lite syrup	63	1/4 cup	8
Peach, sliced, frozen, with sugar	63	1/4 cup	11
Peach, raw	39	1/2 cup	7
	150	1 medium	26

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
9	16	18	9	0	0.7	37
1	20	13	19	0	0.7	77
10	8	8	8	0	0.3	32
3	2	2	2	0	0.1	8
7	17	17	14	0	0.6	52
4	11	11	9	0.1	0.4	34
20	17	17	25	0	0.6	93
4	12	16	8	0	0.5	32
6	16	23	11	0	0.7	45
14	28	35	10	0	0.7	42
1	1	4	1	0	0.1	2
0	2	2	1	0	0.1	3
2	12	12	8	0	0.5	26
4	16	22	15	0	0.4	56
4	6	9	8	0	0.8	32
9	13	18	15	1	1.5	62
5	12	18	1	0	0.4	4
6	17	25	1.4	0	0.6	7
4	12	12	13	0	0.7	53
4	10	12	14	0	0.8	58
4	10	14	13	0	0.8	56
18	14	36	11	0	0.9	44
26	20	52	15	0	1.2	62
18	29	41	13	0	0.8	50
3	5	7	10	0	0.3	46
7	11	16	9	0	0.3	34
9	15	21	15	0	0.4	58
4	6	9	4	0	0.4	15
15	24	33	14	0	1.4	59

Table Foods:

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Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
For greatest accuracy, weigh food on scales that read in grams. All measures are level.			
Pears			
Pear, Asian, raw	122	1 piece	17
Pear half, dried, cooked in sugar	64	1/4 cup	17
Pear half, heavy syrup	67	1/4 cup	4
Pear half, lite syrup	126	1/2 cup	8
Pear, raw	70	1/2 cup	8
	178	1 medium	20
Persimmon, Japanese, raw	168	1 piece	42
Pineapples			
Pineapple, dice, raw	78	1/2 cup	15
Pineapple, heavy syrup	64	1/2 cup	6
	49	1 ring	4
Pineapple juice	125	4 fl oz	13
Pineapple, lite syrup	126	1/2 cup	11
	48	1 ring	4
Plantains			
Plantain, raw	37	1/4 cup	13
	179	1 medium	64
Plantain, sliced, cooked	39	1/4 cup	12
Plums			
Plums, no pit, lite syrup	126	1/2 cup	9
Plum, raw	83	1/2 cup	12
	66	1 medium	9
Prunes			
Plunes, dried	44	1/4 cup	18
Plunes, dried, cooked	70	1/4 cup	14
Plunes, heavy syrup	117	1/2 cup	23
Prune juice	124	4 fl oz	12
Raisins			
Raisins, golden	10	1 Tbsp	3
	41	1/4 cup	12
Raisins, seedless	10	1 Tbsp	6
	41	1/4 cup	23
Raspberries			
Raspberries, frozen, with sugar	63	1/4 cup	13

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
7	16	22	12	0	0.6	51
7	15	20	22	0	0.6	81
1	3	5	13	0	0.1	49
3	6	9	19	0	0.2	71
1	8	12	11	0	0.3	40
4	20	30	27	0	0.6	101
8	50	50	31	0	1	118
9	15	19	11	0	0.5	41
6	6	7	13	0	0.2	49
4	4	5	10	0	0.2	38
13	13	13	17	0	0.4	70
11	11	15	17	0	0.5	65
4	4	6	7	0	0.2	25
6	13	17	12	0	0.5	47
30	61	82	57	1	2.3	218
7	8	13	12	0	0.3	47
4	10	11	20	0	0.5	79
7	8	13	9	1	0.6	38
5	7	11	8	0	0.5	30
7	22	25	28	0	1	106
7	21	21	20	0	0.8	75
12	23	23	33	0	1	123
12	12	25	22	0	0.8	88
12	10	10	8	0	0.3	30
49	41	41	33	0	1.4	124
2	8	8	8	0	0.3	29
9	32	34	29	0	1.3	123
1	13	13	16	0	0.4	65

Table Foods:

Breads & Cereals

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Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Raspberries, heavy syrup	128	1/2 cup	26
Raspberries, raw	62	1/2 cup	12
Rhubarb, frozen, with sugar	120	1/2 cup	12
Strawberries			
Strawberries, raw	83	1/2 cup	13
	12	1 medium	2
Strawberries, sliced, frozen, with sugar	128	1/2 cup	15
Tangerines (mandarins)			
Tangerine, lite syrup	126	1/2 cup	15
Tangerine, raw	98	1/2 cup	17
	88	1 medium	15
Tangerine juice, with sugar	125	4 fl oz	6
Watermelon	76	1/2 cup	14
	286	1 wedge	54
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	96
	18	1 spear (5" long)	14
Asparagus, cooked	90	1/2 cup	74
	15	1 spear (5" long)	12
Asparagus, raw	67	1/2 cup	50
	16	1 spear (5" long)	12
Bamboo shoots			
Bamboo shoots, cooked	60	1/2 cup	31
Bamboo shoots, raw (1/2" pieces)	76	1/2 cup	67
Bean sprouts, mung, raw	7	1 Tbsp	9
	52	1/2 cup	69
Beet greens, cooked	72	1/2 cup	38
Beets			
Beets, canned, slices	85	1/2 cup	23
	8	1 slice	2
Beets, cooked	85	1/2 cup	43
	50	1 whole	25
Beets, raw	68	1/2 cup	33
	82	1 whole	39

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	38	26	30	0	1.1	116
1	19	19	7	0	0.6	30
4	12	24	37	0	0.5	139
2	17	16	6	0	0.6	27
0	2	2	1	0	0.1	4
1	20	19	33	0	0.7	123
13	9	24	20	0	0.6	77
2	16	21	13	0	0.8	52
2	14	18	12	0	0.7	47
3	8	10	15	0	0.6	62
5	21	12	6	0	0.5	23
17	77	46	22	0	1.7	86
25	73	99	3	1	2.6	2
4	11	15	0	0	0.4	3
31	83	113	4	0	2.2	20
5	14	19	1	0	0.4	3
21	56	77	3	0	1.5	13
5	13	18	1	0	0.4	4
10	30	37	1	0	0.9	7
23	65	81	4	0	2	21
2	5	9	0	0	0.2	2
18	41	68	3	0	1.6	16
15	55	55	4	0	1.9	19
9	23	27	6	0	0.8	26
1	2	3	1	0	0.1	3
16	42	50	8	0	1.4	37
10	25	30	5	0	0.9	22
12	32	38	7	0	1.1	29
15	39	46	8	0	1.3	35

Table Foods:

Breads & Cereals

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Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
For greatest accuracy, weigh food on scales that read in grams. All measures are level.			
Broccoli			
Broccoli, cooked, chopped	78	1/2 cup	94
	37	1 spear (5" long)	45
Broccoli, raw	46	1/2 cup	36
	31	1 spear (5" long)	24
Brussels sprouts, cooked	78	1/2 cup	78
	21	1 spear (5" long)	21
Cabbage, shredded			
Cabbage, Chinese, cooked	85	1/2 cup	76
Cabbage, Chinese, raw	35	1/2 cup	30
Cabbage, green, cooked	75	1/2 cup	23
Cabbage, green, raw	35	1/2 cup	21
Cabbage, red, cooked	75	1/2 cup	27
Cabbage, red, raw	35	1/2 cup	12
Cabbage, Savoy, cooked	73	1/2 cup	66
Cabbage, Savoy, raw	35	1/2 cup	35
Carrots			
Carrots, cooked	10	1 Tbsp	6
	78	1/2 cup	49
Carrots, raw	8	1 Tbsp	6
	64	1/2 cup	49
Carrots, raw	10	1 baby	8
	61	1 medium	47
	4	1 stick	3
Cassava, raw	408	1 piece	110
Cauliflower			
Cauliflower, cooked	62	1/2 cup	43
Cauliflower, frozen, cooked	90	1/2 cup	55
Cauliflower, raw	54	1/2 cup	38
Celery, diced			
Celery, cooked	75	1/2 cup	19
Celery, raw	7.5	1 Tbsp	2
	51	1/2 cup	11
	4	1 stick	1
Chard, Swiss, cooked	11	1 Tbsp	17
	88	1/2 cup	136
Chives, raw	3	1 Tbsp	4

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
29	79	111	6	0.3	1.9	27
14	37	53	3	0	0.9	13
17	40	58	3	0	1.3	16
12	27	39	2	0	0.9	11
19	71	91	7	0	2	30
5	19	25	2	0	0.5	8
8	43	59	2	0	1.3	10
3	17	23	1	0	0.5	5
9	26	32	3	0	1	16
4	15	18	2	0	0.5	9
11	31	38	5	0	1.1	22
5	14	17	3	0	0.5	11
13	45	56	4	0	1.3	18
7	24	30	2	0	0.7	10
2	16	6	1	0	0.1	4
13	122	44	6	0	0.6	27
2	15	6	1	0	0.1	3
13	122	44	6	0	0.6	26
2	19	7	1	0	0.1	4
12	117	42	6	0	0.6	25
1	8	3	0	0	0	2
45	114	143	155	1	5.6	653
16	42	57	3	0	1.1	14
21	53	73	3	0	1.5	17
11	41	68	3	0	1	14
5	18	25	3	0	0.6	14
0	2	2	0	0	0.1	1
3	10	14	2	0	0.4	8
0	1	1	0	0	0	1
2	9	13	0	0	0.2	2
18	76	100	4	0	1.7	18
1	4	4	0	0	0.1	1

Table Foods:

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Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Coleslaw	8	1 Tbsp	5
	60	1/2 cup	37
Coleslaw, fast food	66	1/2 cup	46
Collards			
Collards, cooked	95	1/2 cup	82
Collards, frozen, cooked	85	1/2 cup	103
Cucumber, raw, slices	52	1/2 cup	6
Eggplant, diced			
Eggplant, cooked	50	1/2 cup	18
Eggplant, raw	41	1/2 cup	18
Endive, raw	25	1/2 cup	18
Jicama, sliced, raw	60	1/2 cup	10
	6	1 slice	1
Kale			
Kale, cooked	65	1/2 cup	74
Kale, raw, chopped	34	1/2 cup	57
Kohlrabi, cooked	83	1/2 cup	69
Leeks			
Leeks, cooked	52	1/2 cup	15
Leeks, raw	45	1/2 cup	23
Lettuce, shredded			
Lettuce, bibb	28	1/2 cup	11
Lettuce, Cos/Romaine	24	1/2 cup	11
Lettuce, iceberg	36	1/2 cup	6
Lettuce, leaf	18	1/2 cup	15
Mushrooms			
Mushroom, common, cooked	10	1 Tbsp	5
	78	1/2 cup	41
Mushroom, common, raw	4	1 Tbsp	3
	35	1/2 cup	27
Mushroom, enoki, raw, whole	3	1 piece	3
Mushroom, shiitake, cooked	18	1 piece	10
	73	1/2 cup	40
Mushroom, shiitake, dry	3.6	1 piece	15
Okra			
Okra, cooked	80	1/2 cup	52

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
2	4	5	1	0	0.1	6
11	29	37	7	2	0.8	47
13	35	43	9	7	1	98
27	70	99	5	1	2.6	31
34	89	123	6	0	2.5	31
6	6	6	2	0	0.3	8
5	15	22	4	0	0.4	18
5	15	22	3	0	0.4	11
4	13	16	1	0	0.3	4
4	11	13	5	0	0.4	24
0	1	1	1	0	0	2
12	55	68	4	0	1.2	18
9	43	52	3	0	1	14
12	43	44	6	0	1.5	25
5	18	16	4	0	0.4	16
8	28	25	7	0	0.7	28
4	11	15	1	0	0.7	7
4	10	13	1	0	0.3	4
2	9	9	1	0	0.3	5
3	11	13	1	0	0.2	3
2	8	16	1	0	0.2	3
17	59	127	4	0	1.7	22
1	4	6	0	0	0.1	1
11	37	81	1	0	1.1	8
1	3	7	0	0	0.1	1
5	12	12	3	0	0.3	10
18	50	49	11	0	1.1	41
6	18	17	3	0	0.3	11
16	49	68	6	0	1.5	18

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Breads & Cereals

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Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Okra, raw	12	1 piece	8
	50	1/2 cup	35
Onion rings, breaded, fried	12	1/4 cup	26
	6	1 piece	13
Onions			
Onions, cooked	15	1 Tbsp	7
	105	1/2 cup	51
Onions, raw	10	1 Tbsp	1
	40	1/4 cup	6
Parsley, raw	4	1 Tbsp	5
	15	1/4 cup	18
	1	1 sprig	1
Parsnips, sliced, cooked	78	1/2 cup	39
Peas with carrots, frozen, cooked	10	1 Tbsp	12
	80	1/2 cup	93
Peas			
Peas, edible pod, cooked	10	1 Tbsp	19
	80	1/2 cup	150
Peas, green, cooked	10	1 Tbsp	19
	80	1/2 cup	154
Peas, edible pod, raw	6	1 Tbsp	10
	49	1/2 cup	79
Peas, green, frozen, cooked	10	1 Tbsp	19
	80	1/2 cup	148
Peppers			
Green chili			
Green chili, canned	70	1/2 cup	16
Green chili, hot, raw	45	1 piece	29
	75	1/2 cup	49
Jalapeño, chopped, canned	34	1/4 cup	10
Red chili, raw	38	1/4 cup	25
Pepper, sweet, cooked	12	1 Tbsp	4
	46	1/4 cup	14
Pepper, sweet, raw	9	1 Tbsp	2
	75	1/2 cup	18
Pumpkin			
Pumpkin, canned	16	1 Tbsp	5
	123	1/2 cup	42

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
3	8	11	1	0	0.2	5
11	33	46	4	0	1	19
10	18	26	4	2	0.3	33
5	9	13	2	1	0.3	17
2	5	5	1	0	0.2	6
12	35	33	11	0	1.4	46
0	2	2	1	0	0.1	4
1	8	8	4	0	0.4	15
2	5	7	0	0	0.1	1
6	18	26	1	0	0.5	6
0	1	2	0	0	0	0
16	31	31	15	0	1	63
5	16	13	1	0	0.3	5
36	125	106	8	0	2.5	39
1	12	32	1	0	0.4	5
10	92	255	6	0	2.8	42
8	20	23	1	0	0.5	8
65	161	186	11	0	4.1	62
1	6	16	0	0	0.2	3
5	49	134	4	0	1.4	21
8	19	22	1	0	0.5	8
62	154	178	11	0	4.1	63
6	18	21	3	0	0.5	15
11	33	38	4	0	0.9	18
18	56	63	7	0	1.5	30
4	11	13	2	0	0.3	9
9	28	32	4	0	0.7	16
1	4	5	1	0	0.1	2
5	16	18	3	0	0.4	12
1	3	3	0	0	0.1	3
5	27	27	5	0	0.7	23
2	5	6	1	0	0.2	5
15	39	47	10	0	1.4	42

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Pumpkin, cooked, mashed	123	1/2 cup	28
Pumpkin pie mix, canned	17	1 Tbsp	6
	68	1/4 cup	23
Purslane, cooked	29	1/4 cup	15
Radishes			
Radishes, Oriental, cooked	37	1/4 cup	11
Radishes, Oriental, raw	338	1 piece	88
Radishes, raw	58	1/2 cup	12
	5	1 medium	1
Sauerkraut	36	1/4 cup	8
Shallots, raw, chopped	10	1 Tbsp	11
Snap beans, raw	50	1/2 cup	33
Soups, Campbell's®, Dilute with water only.			
Asparagus cream soup, condensed	16	1 Tbsp	12
Celery cream soup, condensed	16	1 Tbsp	10
Minestrone soup, condensed	15	1 Tbsp	16
Mushroom cream soup, condensed	15	1 Tbsp	3
Potato cream soup, condensed	16	1 Tbsp	10
Scotch Broth, condensed	15	1 Tbsp	23
Tomato bisque soup, condensed	16	1 Tbsp	10
Tomato rice soup, condensed	16	1 Tbsp	8
Tomato soup, condensed	15	1 Tbsp	7
Vegetable beef soup, condensed	16	1 Tbsp	27
Vegetable soup, old fashioned, condensed	16	1 Tbsp	13
Vegetarian vegetable soup, condensed	15	1 Tbsp	13
Spaghetti sauce, (RTS) [†]	17	1 Tbsp	7
	66	1/4 cup	26
Spinach			
Spinach, cooked	11	1 Tbsp	17
	90	1/2 cup	137

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
10	26	31	6	0	0.9	25
2	5	6	4	0	0.2	18
8	21	26	18	0	0.7	70
4	15	21	1	0	0.4	5
2	10	11	1	0	0.3	6
20	85	95	14	0	2	61
6	13	20	2	0	0.4	9
1	1	2	0	0	0	1
3	9	11	2	0	0.3	7
3	10	11	2	0	0.3	7
11	40	45	3	0	0.9	16
5	10	15	1	1	0.3	11
4	8	11	1	1	0.2	12
5	13	22	1	0	0.5	10
3	4	4	1	1	0.2	12
4	8	12	2	1	0.2	12
10	19	27	1	0	0.6	10
4	8	11	3	0	0.3	15
3	6	8	3	0	0.3	15
3	6	8	2	0	0.2	10
12	22	32	1	0	0.7	10
3	10	13	1	0	0.3	8
3	10	13	2	0	0.3	9
2	7	7	2	0	0.3	10
7	26	26	6	1	1	37
6	14	18	0	0	0.3	3
50	114	151	3	0	2.7	21

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Spinach, raw	15	1/2 cup	22
Squash			
Acorn squash, cubed, cooked	103	1/2 cup	45
Butternut squash, cubed, cooked	103	1/2 cup	36
Spaghetti squash, cooked	78	1/2 cup	19
Squash, summer, cooked	90	1/2 cup	30
Squash, summer, raw	57	1/2 cup	24
Squash, winter, raw	58	1/2 cup	33
Summer squash, Zucchini, raw	62	1/2 cup	27
Tomatoes			
Tomato, cooked	120	1/2 cup	31
Tomato juice, canned	122	4 fl oz	18
Tomato paste	16	1 Tbsp	14
	131	1/2 cup	117
Tomato puree	16	1 Tbsp	5
	125	1/2 cup	39
Tomato, raw	90	1/2 cup	16
Tomato, stewed, canned	128	1/2 cup	28
Tomato sauce, canned	123	1/2 cup	33
Turnip greens			
Turnip greens, cooked	72	1/2 cup	42
Turnip greens, with turnips, frozen, cooked	82	1/2 cup	124
Turnips			
Turnips, cubed, cooked	78	1/2 cup	23
Turnips, cubed, raw	65	1/2 cup	23
Vegetable juice cocktail	121	4 fl oz	12
Vegetable mix, frozen, cooked	91	1/2 cup	126
Watercress, raw	2	1 Tbsp	2
	17	1/2 cup	16
FREE FOODS A			
Limit to prescribed number of servings.			
Apples			
Apple butter	17	1 Tbsp	3

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
8	18	24	1	0	0.4	3
14	34	49	15	0	1.2	58
11	28	40	11	0	0.9	41
5	14	20	5	0	0.5	21
12	20	37	2	0	1	14
10	16	30	2	0	0.7	9
10	25	36	5	0	0.6	20
11	18	33	2	0	0.8	11
11	32	32	5	0	1.1	22
5	21	18	5	0	0.9	21
4	21	14	3	0	0.7	13
35	174	115	25	1	5.7	108
1	6	5	1	0	0.3	6
11	46	41	12	0	2.1	48
6	24	16	4	0	0.8	16
10	29	32	8	0	1.1	33
10	50	33	7	0	1.6	30
19	45	56	3	0	0.8	14
53	128	158	4	0	2.5	29
7	16	18	4	0	0.6	17
7	16	20	4	0	0.6	18
4	12	12	5	0	0.8	23
31	105	136	12	0	2.6	54
0	3	3	0	0	0	0
3	23	23	0	0	0.4	2
1	3	3	8	0	0.1	31

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Apple juice	124	4 fl oz	2
Apple, sliced, raw, with skin	28	1/4 cup	2
Applesauce, canned			
Applesauce, canned, no sugar	122	1/2 cup	7
Applesauce, canned, with sugar	123	1/2 cup	9
Butterscotch chips	10	1 Tbsp	13
Catsup	9	1 packet	2
	15	1 Tbsp	3
Chocolate, semisweet	10	1 Tbsp	16
Chocolate flavor powder	10	1 Tbsp	11
Coffee, instant powder			
Coffee, instant powder, decaf	2	1 tsp	3
Coffee, instant powder, regular	2	1 tsp	3
Frosting, ready to eat			
Frosting, chocolate	21	1 Tbsp	9
Frosting, coconut	21	1 Tbsp	12
Frosting, cream cheese	17	1 Tbsp	0
Frosting, sour cream	17	1 Tbsp	1
Frosting, strawberry	17	1 Tbsp	0
Frosting, vanilla	17	1 Tbsp	1
Fruit ice	48	1/4 cup	5
Horseradish, prepared	15	1 Tbsp	38
Marshmallow crème	8	1 Tbsp	2
Marshmallows	7	1 piece	2
Mustard, yellow, prepared	5	1 packet	8
Papaya nectar, canned	125	4 fl oz	3
Papaya, cubed, raw	70	1/2 cup	6
Peach nectar	125	4 fl oz	13
Pear nectar	125	4 fl oz	4
Pickle			
Pickle, dill	7	1 piece	1
Pickle, sweet	6	1 piece	1
Pickle relish			
Pickle relish, dill	15	1 Tbsp	3

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	2	2	15	0	0.1	58
0	2	3	4	0	0.1	14
2	7	10	7	0	0.1	26
2	9	10	11	0	0.1	42
5	10	14	7	3	0.2	54
0	2	2	2	0	0.1	10
1	3	3	4	0	0.2	17
4	17	25	6	3	0.4	48
3	11	17	9	0	0.3	35
0	3	6	2	0	0.2	7
0	3	5	2	0	0.2	7
2	9	14	13	4	0.2	83
7	10	15	11	5	0.3	87
0	0	0	11	3	0	71
0	1	1	10	3	0	62
0	0	0	12	3	0	72
1	1	1	12	3	0	71
5	5	10	16	0	0.2	62
11	35	51	2	0	0.2	7
1	3	4	6	0	0.1	48
1	2	4	6	0	0.1	23
4	9	10	0	0	0.2	3
1	4	4	18	0	0.2	71
1	8	7	7	0	0.4	29
13	13	25	17	0	0.3	67
1	4	5	20	0	0.1	75
0	1	1	2	0	0	1
1	1	1	2	0	0	7
9	3	3	0	0	0.1	3

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Pickle relish, sweet	15	1 Tbsp	2
Pie filling			
Apple pie filling	62	1/4 cup	2
Cherry pie filling	65	1/4 cup	6
Peach pie filling	67	1/4 cup	7
Strawberry pie filling	62	1/4 cup	6
Soy sauce			
Soy sauce, shoyu	16	1 Tbsp	51
Soy sauce, tamari	18	1 Tbsp	88
Tatar sauce	14	1 Tbsp	13
FREE FOODS B			
<i>These foods contain little of no ILE, MET, THR, or VAL. 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	0
Cola	123	4 fl oz	0
Cornstarch	8	1 Tbsp	1
Corn syrup	20	1 Tbsp	0
Cranberry-apple juice drink	126	4 fl oz	1
Garlic cloves, raw	3	1 piece	7
Guava sauce, cooked	15	1 Tbsp	2
	119	1/2 cup	14
Guava, diced, raw	83	1/2 cup	25
Lemonade, frozen, concentrate	122	4 fl oz	1
Lemonade powder	14	1 Tbsp	0
Maple syrup	20	1 Tbsp	0
Molasses, blackstrap	20	1 Tbsp	0
Oil			
Olive oil	14	1 Tbsp	0
Vegetable oil	14	1 Tbsp	0
Oil and vinegar dressing	16	1 Tbsp	0
Orange drink powder	13	1 Tbsp	0
Shortening	12	1 Tbsp	0
Strawberry drink powder	10	1 Tbsp	0
Sugar			
Brown sugar	14	1 Tbsp	0
Granulated sugar	12	1 Tbsp	0
Powdered sugar	8	1 Tbsp	0

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
1	2	2	5	0	0.1	19
1	2	2	15	0	0.1	62
1	6	8	18	0	0.2	76
7	7	13	25	0	0.2	71
1	12	12	16	0	0.3	68
16	43	53	0	0	1.3	8
30	73	94	1	0	1.9	11
7	10	14	1	8	0.2	74
0	0	0	12	0	0	47
0	0	0	13	0	0	50
0	1	1	7	0	0	30
0	0	0	15	0	0	58
0	1	1	22	0	0.1	85
2	5	9	1	0	0.2	4
0	2	2	1	0	0.1	5
2	14	13	11	0	0.4	43
4	26	23	10	1	0.7	42
0	1	1	13	0	0.1	49
0	0	0	14	0	0	53
0	0	0	13	0	0	52
0	0	0	12	0	0	46
0	0	0	0	14	0	124
0	0	0	0	14	0	124
0	0	0	0	8	0	72
0	0	0	12	0	0	48
0	0	0	0	12	0	106
0	0	0	10	0	0	39
0	0	0	14	0	0	53
0	0	0	12	0	0	46
0	0	0	8	0	0	31

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
For greatest accuracy, weigh food on scales that read in grams. All measures are level.			
Table syrup	20	1 Tbsp	0
Tallow, beef	13	1 Tbsp	0
Tapioca, dry	10	1 Tbsp	0
Tea, brewed	118	4 fl oz	0
Thirst Quencher®	120	4 fl oz	0
Pedialyte® Unflavored	125	4 fl oz	0
LOW PROTEIN			
Aproten Anellini	62	2.2 oz dry	7
Aproten Bucatini	62	2.2 oz dry	7
Aproten Chicchi	62	2.2 oz dry	7
Aproten Ditalini	62	2.2 oz dry	7
Aproten Fettucini	62	2.2 oz dry	7
Aproten Fusilli	62	2.2 oz dry	7
Aproten Linguine	62	2.2 oz dry	7
Aproten Penne	62	2.2 oz dry	7
Aproten Pipe	62	2.2 oz dry	7
Aproten Rigatini	62	2.2 oz dry	7
Aproten Sedani	62	2.2 oz dry	7
Aproten Spaghetti	62	2.2 oz dry	7
Aproten Tagliatelle	62	2.2 oz dry	7
Alfredo Sauce Mix	8	1 Tbsp	17
American Cheese Singles	19	1 slice	2
Apple Breakfast Bars	63	1 bar	20
Artisan Bread	52	1/3 roll	18
Baby Boule Artisan Bread	56	1/4 boule	6
Bagel Bars - French Toast	53	1 bagel	6
Bagels - Cinnamon Raisin	53	1 bagel	17
Bagels - Onion	53	1 bagel	21
Bagels - Plain	53	1 bagel	21
Baking Mix	100	1 cup	16
Blueberry Breakfast Bars	71	1 bar	17
Blueberry Scones	58	1 scone	7
Brookelyn Dog Buns	89	1 bun	8
Brookelyn Dog	56	1 dog	21
Butterscotch Chip Cookies	35	1 cookie	4
Camburger Buns	80	1 bun	6
Camburgers	71	1 burger	57
Cheddar Shreds	30	1/3 cup	36

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
0	0	0	13	0	0	50
0	0	0	0	13	0	117
0	0	0	9	0	0	35
0	0	0	0	0	0	1
0	0	0	8	0	0	30
0	0	0	3	0	0	12
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.2	210
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
3	6	11	49	1	0.3	215
4	17	18	5	0	0.3	25
1	2	5	3	2.5	0.4	35
9	17	26	31	9	0.4	210
4	18	22	28	2	0.3	130
3	6	7	28	2	0.3	130
3	6	7	26	5	0.5	140
6	17	23	26	1.5	0.4	130
5	18	23	26	1.5	0.4	130
6	17	23	25	1.5	0.4	130
5	16	21	79	10	0.4	410
4	18	21	34	9	0.4	220
3	8	10	35	9	0.2	220
5	9	9	47	7	0.3	250
9	24	28	16	3.5	0.5	80
1	4	5	23	7	0.1	150
3	6	9	44	2.5	0.3	200
14	57	85	16	3	1.3	90
13	35	42	7	6	0.7	80

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Cheddar Whiz	28	2 Tbsps	39
Cheese Filled Meatballs	72	2 veggie balls	28
Cheese Pizza	139	1 pizza	38
Cheese Ravioli	54	4 raviolis	14
Chicken Consomme	3	1 teaspoon	1
Chocolate Cha-Chas	24	4 pieces	17
Cinnamon and Raisin Gems	45	1 cookie	17
Cinnamon Raisin Swirl Bread	50	1 slice	5
Corny Dogs	50	1 dog	11
Cranberry Scones	58	1 scone	3
Eggz	16	1/4 cup	6
Focaccia Sticks - Italian Style	51	1 stick	12
Fudgy Brownies	38	1/6 tray	13
Gingerbread	57	1/4 of a tray	6
Go! Pockets - Burrito	130	1 pocket	26
Go! Pockets - Cheesy Broccoli	130	1 pocket	89
Go! Pockets - Samosa	130	1 pocket	42
Gourmet Chocolate Chip Cookie Dough	28	1 cookie	2
Homestyle Bread	50	1 slice	5
Instant Noodle Soup - Beef	43	1.5 oz dry	20
Instant Noodle Soup - Chicken	43	1.5 oz dry	22
Jalapeno Cheese Singles	19	1 slice	20
Marinara Minis	65	1 marinara cup	33
Medley Meals - Barbecue Bake	320	1 tray	48
Medley Meals - Vegetable Masala	320	1 tray	42
Medley Meals - Thai	320	1 tray	115
Mini Pockets - PB&J	86	2 pockets	25
Mini Pockets - Pizza	84	2 pockets	26
MixQuick	100	1 cup	4
Mozzarella Shreds	30	1/3 cup	39
Pasta Duets - Creamy Garlic & Broccoli Rice	66	2.3 oz dry	24
Pasta Duets - Instant Stivaletti Alfredo	66	2.3 oz dry	26
Pasta Duets - Mac & Cheese	66	2.3 oz dry	27

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
17	36	45	4	6	0.75	70
9	32	41	20	4.5	1.2	130
9	39	45	56	8	1	300
7	15	17	24	3	0.4	120
0.2	1	1	1	0	0.2	5
8	17	23	14	9	0.3	140
6	16	19	24	10	0.3	180
5	5	10	27	1.5	0.2	140
5	13	15	24	7	0.3	160
2	3	5	35	9	0.2	220
1	3	6	12	2.5	0.1	70
3	13	16	24	3	0.3	120
4	16	18	22	8	0.27	160
2	5	7	26	8	0.2	170
5	26	48	48	4.5	0.9	230
27	89	122	53	8	2	300
5	37	63	46	5	1	240
1	2	3	16	6	0.2	120
1	5	8	27	2	0.1	130
5	18	26	34	0	1	140
6	20	29	35	0	1	150
10	18	25	3	2.5	0.4	35
7	33	20	3	2	1	35
10	63	96	109	3	1.9	470
13	44	61	63	4	1.6	300
36	108	158	63	7	2.9	340
13	23	29	41	7	0.5	230
32	25	31	32	5	0.7	180
2	5	8	80	9	0.2	400
15	37	48	7	6	0.7	80
12	24	33	54	0.5	0.6	230
8	26	25	55	0	0.6	220
9	28	27	54	1	0.5	230

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Food	Weight (g)	Approx. Household Measure	ILE (mg)
<i>For greatest accuracy, weigh food on scales that read in grams. All measures are level.</i>			
Pasta Duets - White Cheddar Mac	66	2.3 oz dry	28
Pasta Solo - Elbows	57	2 oz dry	7
Pea-Not Butter	28	2 Tbsps	33
Peanut Butter Chocolate Chip Cookies	35	1 cookie	3
Pierogi	58	4 pierogi	22
Pita Pockets	45	1/2 pita	4
Pizza Blanca	150	1 pizza	41
Pizza Primavera	165	1 pizza	65
Portabella Spinach Ravioli	56	4 raviolis	18
Pumpkin Raisin Cookies	34	1 cookie	4
Raspberry Gems	36	1 cookie	13
Shake N Cheese	3	1 teaspoon	6
Short Grain Rice	50	1/3 cup	8
Southwestern Biscuits	50	1 biscuit	11
Sugar Cookie Dough	28	1 cookie	1
Swiss Cheese Singles	19	1 slice	20
The Bigger Bagel - Apple Cinnamon	84	1 bagel	25
The Bigger Bagel - Garlic	81	1 bagel	25
The Bigger Bagel - Plain	81	1 bagel	24
Toasted Pierogies	60	3 pierogies	19
Toaster Topz - Banana Chip	52	1 toaster Topz	5
Tortilla Chips - Sea Salt	28	1 bag	3
Tortilla Chips - Sweet Chili	28	1 bag	3
Tortilla Wraps	53	1 tortilla	4
Tuscan Pizza Crusts	52	1/4 crust	4
Tweekz	96	3 pieces	39
Veggie Meatballs	64	2 veggie balls	20
Wheat Starch	100	3/4 cup	4
Wise Onion Rings	14	1 bag	4

MET (mg)	THR (mg)	VAL (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
10	29	13	54	1.5	0.5	240
3	6	3	49	0	0.1	200
14	26	40	5	9	0.65	100
2	3	5	23	8	0.2	160
8	21	28	26	1	0.4	120
3	5	5	25	1	0.3	120
9	44	50	53	10	1.1	300
25	67	81	54	8	2.5	290
7	16	25	24	2	0.6	120
1	4	6	24	2	0.6	120
5	12	19	21	5	0.3	130
2	7	8	2	0.5	0.1	10
6	7	12	42	0	0.3	180
4	12	15	24	9	0.3	180
1	1	2	18	6	0.2	120
9	17	26	3	2.5	0.4	35
8	25	34	40	3	0.6	170
8	25	34	37	3	0.6	160
8	24	32	37	3	0.5	160
7	18	24	29	7	0.4	180
1	5	7	34	5	0.1	160
3	2	3	18	8	0.2	145
3	3	5	19	8	0.2	143
0	4	20	34	4.5	0.2	180
3	5	5	29	1.5	0.3	130
10	42	50	27	10	1.2	200
20	29	27	20	3	1	110
3	3	7	88	0.5	0.3	370
1	4	5	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 PROPIMEX®-1

Yield: 8 fl oz

40 g Propimex-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
Isoleucine, mg	6	48
Methionine, mg	0	0
Threonine	5	40
Valine, mg	0	0
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 PROPIMEX®-2

Yield: 16 fl oz

40 g Propimex-2

3 Tbsp, **level**, sugar¹

1/2 tsp Kool-Aid or Wyler's® **Unsweetened** Soft Drink Mix²

Add water 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
Isoleucine, mg	96
Methionine, mg	0
Threonine	80
Valine, mg	0
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 PROPIMEX®-2

Yield: 8 fl oz

20 g Propimex-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 1 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
Isoleucine, mg	48	57	76
Methionine, mg	0	1	13
Threonine	40	60	69
Valine, mg	6	20	20
Protein, g	6.5	6.7	8.5
Energy, kcal	257	276	251

¹ Concentrated fruit “drinks” do not contain any protein (valine). Substitute when available.

ADDITIONAL TIPS FOR FLAVORING PROPIMEX MEDICAL FOOD

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

Use MMA food lists to calculate protein content of flavorings.

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

RESOURCES

Support Groups/Newsletters

Organic Acidemia Association

Kathy Stagni, Executive Director
9040 Duluth St.
Golden Valley, MN 55427
Email: mkstagni@gmail.com
Phone: (763) 559-1797 (Central Time)
Fax: (866) 539-4060 (Toll Free)

Menta Pitre, Director
201 E. 14th Place
Larose, LA 70373
E-mail: menta@ooanews.org
Phone: (985) 856-5631 (Central Time)

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 MMA 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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