



Use under medical supervision.

Abbott Metabolic Formulas

Phenex™ 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

Phenylketonuria



IMPORTANT PHONE NUMBERS

Metabolic Dietitian: _____

Metabolic Physician: _____

Other: _____

Goals: _____

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INTRODUCTION

FOOD GUIDE FOR PHE-RESTRICTED MEALS

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

PHE IN THE BODY

Many foods contain PHE, one of the 20 amino acids that compose protein. When protein is digested, PHE is split off and absorbed for use in the body. Also, PHE is changed into another amino acid, named tyrosine (TYR). TYR is useful to the body for creating skin coloring and compounds that help nerves work.

When PHE does not change to TYR, the body cannot handle all the PHE coming from digested protein, and symptoms result, such as mental retardation, skin rashes, convulsions, and a musty body odor. Limiting protein intake reduces PHE intake, so there is less chance PHE will build up in the body.

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

Table 1. Preparation of Phenex™ Medical Food

Step	Instructions
1	Mix a 24-hour supply of Phenex™ all at once or in individual servings as instructed by your metabolic dietitian.
2	Carefully follow mixing instructions on the Phenex can 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, Phenex-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 an older child/adult, Phenex-2 mixture may be consumed plain, chilled, or flavored. Recipes for flavoring Phenex are found in the PKU family guide and on pages 82-83 of this guide. Phenex-2 is available in Vanilla.



Foods NOT ALLOWED in PHE-restricted meals

- Cheese & dairy
- Dried beans & peas
- Eggs
- Fish & other seafood
- Meat
- Nuts
- Nut butters
- Poultry
- Seeds
- Foods with aspartame (NutraSweet®)

Foods TO LIMIT in PHE-restricted meals

- Bread
- Crackers
- Fruit
- Fruit juices
- Low-protein cereals
- Popcorn
- Potato chips
- Special low-protein foods
- Vegetables
- Vegetable juices

– Here are some examples:

- ♦ Package of crackers has 1.2 grams (g) of protein
 - $1.2 \text{ g} \times 50 = 60 \text{ mg PHE}$
- ♦ Canned mixed vegetables have 1 g of protein
 - $1 \text{ g} \times 40 = 40 \text{ mg PHE}$
- ♦ Dried apricots have 0.5 g of protein
 - $0.5 \text{ g} \times 30 = 15 \text{ mg PHE}$

Remember, food labels may use “rounded” figures, so this calculation is only an estimate.

- For greatest accuracy, weigh foods on a scale that reads in grams (g). If a scale is not available, use approved measuring cups and spoons for measuring portion sizes. Table 3 lists equivalent measurements, and Table 4 provides metric conversion factors.

TIPS

- Keep a list of your individualized goals (set by you and your health care team) on the inside cover of this guide (write in pencil).
- The amount of PHE can be calculated using milligrams (mg) or exchanges. One exchange is equal to 15 milligrams of PHE. See Table 2 for examples.
- **How do you know if products are PHE-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 PHE.
- **How do you estimate the amount of PHE in a food if you only know the protein content?**
 - There are approximately 50 mg of PHE in each gram of protein for breads and cereals, 40 mg of PHE in each gram of protein for vegetables, and 30 mg of PHE in each gram of protein for fruits.

Table 2. PHE Exchanges

Food group	~PHE (mg)	PHE exchange
Breads/cereals	30	2
Fruits	15	1
Vegetables	15	1
Free foods A	5	1/3
Fats	5	1/3
Free foods B	0	0

Example: The guidebook shows 4 fl oz of pear juice as having 13 mg of PHE. Thirteen mg is ~15 mg PHE (1 PHE exchange) for a fruit serving.

Table 3. 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 4. 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 PHE, TYR, and protein your child should eat daily. The food lists that follow will help you choose foods to manage your child's PKU diet. Each list is divided into groups with serving sizes that have approximately the same amounts of PHE: breads/cereals, fruits, vegetables, fats, free foods A, and free foods B. Check with your dietitian before your child eats 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 PHE to meet his/her needs. Remember, your child may learn to like these foods that are higher in PHE, 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 PHE may be added to the meal plan to meet the child's energy needs. Remember, however, that too many free foods can cause overweight or dental caries (tooth decay).

BABY FOODS[†]

Serving Lists for PHE- and TYR-Restricted Foods – 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>		
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 cookie
Biter biscuits	11	1 biscuit
Cereal Snackin Squares	20	12 pieces
Strawberry Banana Bar	19	1 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 apple bits	2	1 tbsp
Rice with apples	3.5	1 tbsp
Rice with bananas	3.5	1 tbsp
Rice with mixed fruit	3.5	1 tbsp
Cereals, Jarred		
Strained/2nd Foods®		
Banana oatmeal peach	16	1 tbsp
	113	1 jar (4 oz)

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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
23	8	6	1	0.5	36
33	13	14	1.4	0.7	70
39	16	7	2	0.9	46
24	21	7	0	1	31
24	9	6	1	0.5	34
47	20	9	0.6	0.5	43
55	18	15	2	1.3	84
28	10	13	2	0.7	70
25	9	5	1	0.6	34
17	10	6	0.1	0.5	27
23	11	5	0.7	0.6	29
44	38	5	0	1	30
23	14	2	0	0.5	13
20	15	3	0	0.2	14
25	16	2	0	0.5	14
18	8	3	0	0.4	14
18	10	3	0	0.4	14
13	11	3	0	0.3	14
7	4	2	0	0.1	8
9	7	3	0	0.2	14
12	7	3	0	0.2	13
13	9	3	0	0.3	14
10	4	3	0	0.2	13
68	26	20	0	1.4	87

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

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>		
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 jar (4 oz)
Rice with applesauce	16	1 tbsp
	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)
Pears	16	1 tbsp
	71	1 jar (2.5 oz)
Prunes	15	1 tbsp
	71	1 jar (2.5 oz)

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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)	
11	5	3	0	0.2	12	Baby Foods:
81	36	20	1	1.5	94	
9	5	3	0	0.2	13	Breads & Cereals
53	29	16	1	1	10	
5	3	3	0	0.2	11	
29	18	18	0	1	70	
9	4	3	0	0.1	13	
64	31	24	0	0.9	102	
9	9	3	0	0.2	13	Fruits
66	64	19	0	1.4	90	
13	5	3	0	0.2	12	
145	61	29	1	2.4	133	
9	4	2	0	0.2	10	Juices
102	53	25	1	1.9	116	
10	8	2	0	0.2	11	
114	88	27	1	2.2	128	
9	9	3	0	0.1	14	Vegetables
102	100	31	0	1.5	139	
1	0	2	0	0	8	
4	0	10	0	0	40	
7	1	3	0	0.2	13	Free Foods
35	6	15	0	1	60	
3	2	2	0	0	8	
13	9	10	0	0.5	40	
2	0	2	0	0.1	8	
9	1	10	0	0.3	40	
9	2	4	0	0.2	15	
41	10	17	0	1	70	

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>		
Strained/2nd Foods®		
Applesauce	15	1 tbsp
	113	1 jar (4 oz)
Apple blackberry	15	1 tbsp
	113	1 jr (4.25 oz)
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 with 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 (3.5 oz)
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
	99	1 jar (3.5 oz)

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PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
2	1	2	0	0	8
11	5	14	0	0.2	58
2	0	2	0	0	8
11	0	14	0	0	57
2	1	2	0	0	8
11	5	14	0	0.2	57
1	1	2	0	0	8
7	5	16	0	0.2	64
4	2	2	0	0	9
27	11	16	0	0.2	67
1	1	2	0	0.1	9
3	2	16	0	0.3	68
2	1	2	0	0.1	9
14	7	16	0	0.3	64
2	1	2	0	0.1	9
18	10	16	0	0.7	68
5	2	3	0	0.2	14
36	18	24	0	1.2	103
4	2	3	0	0.1	13
29	14	23	0	1	80
7	1	3	0	0.2	12
61	28	20	1	1	80
4	2	3	0	0.2	13
33	17	24	0	1.2	101
4	2	4	0	0.2	14
31	14	25	0.2	1.1	106
9	4	3	0	0.2	12
61	28	20	1	1	80

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

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>		
Banana plum grape	15	1 tbsp
	113	1 jar (4 oz)
Peaches	16	1 tbsp
	113	1 jar (4 oz)
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 jr (4 oz)
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 jar (6 oz)
Apple pear berry	142	1 jar (5 oz)
Applesauce	15	1 tbsp
	170	1 jar (6 oz)
Apricot with mixed fruit	16	1 tbsp
	170	1 jar (6 oz)
Banana	15	1 tbsp
	170	1 jar (6 oz)
Banana apple berry	142	1 jar (5 oz)
Banana & pineapple	15	1 tbsp
	170	1 jar (6 oz)

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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
4	2	4	0	0.2	15
29	14	27	0	1.2	113
3	2	2	0	0.1	9
19	11	17	0	0.8	71
3	1	3	0	0.1	11
19	8	20	0	0.5	82
3	1	2	0	0.1	8
19	8	15	0	0.5	64
9	4	1	0	0.1	7
68	28	12	0	1.1	53
8	4	3	0	0.2	12
60	33	21	1	1.1	91
2	1	2	0	0.1	10
17	6	17	0	0.5	73
2	1	2	0	0.1	8
12	5	14	0	0.3	60
3	1	3	0	0.1	11
24	9	20	0	0.7	86
14	14	26	0	0.6	109
17	9	20	0	0.4	82
2	1	2	0	0	8
17	7	21	0	0.3	87
2	1	2	0	0.1	9
27	15	24	0	1	102
5	2	3	0	0.2	14
54	27	36	0	1.9	155
36	17	25	0	1	105
5	2	3	0	0.1	11
53	24	30	0	1.4	124

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

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>		
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)
Fruit Pick-ups™, Graduates®		
Apple dices	128	1 tray
Peach dices	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 juices	118	4 fl oz
Pear juice	118	4 fl oz
White grape juice	118	4 fl oz
Graduates® Beverages		
Tropical Fruit Splashers	118	4 fl oz
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)

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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
4	2	3	0	0.2	14
43	24	38	0	1.7	160
3	1	2	0	0.1	9
31	14	25	0	1.2	107
3	1	3	0	0.1	11
29	12	29	0	0.7	122
3	1	2	0	0.1	9
31	10	23	0	0.7	97
14	4	15	0	0.3	63
20	8	14	0	0.6	61
4	2	13	0	0.7	54
8	6	13	0	0.2	51
4	2	15	0	0.3	63
2	1	14	0	0.2	57
12	2	13	0	0.2	55
12	2	18	0	0.4	77
12	5	17	0	0.7	70
9	6	1	0	0.2	5
43	31	5	0	1	25
10	6	1	0	0.2	5
49	31	4	0	1	25
16	9	1	0	0.4	7
73	44	5	0	2	33
8	6	1	0	0.2	5
38	33	5	0	1	25

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

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>		
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 (4oz)
Farmer's Market Vegetable Blend with Mixed Grains	15	1 tbsp
	113	1 jar (4 oz)
Garden vegetable	15	1 tbsp
	113	1 jar (4 oz)
Garden vegetable with Whole Wheat Pasta	15	1 tbsp
	99	1 jar (3.5 oz)
Green beans	15	1 tbsp
	113	1 jar (4 oz)
Harvest Vegetable with Mixed Grain	15	1 tbsp
	113	1 jar (4 oz)
Macaroni & Cheese with Vegetables	15	1 tbsp
	113	1 jar (4 oz)
Mixed vegetables	14	1 tbsp
	113	1 jar (4 oz)
Peas	15	1 tbsp
	113	1 jar (4 oz)

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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
10	4	2	0	0.2	10
49	18	11	0	1	50
8	6	2	0	0.2	8
59	46	13	0	1.4	60
3	2	1	0	0.1	5
26	16	7	0	0.9	35
5	3	1	0	0.1	6
36	21	9	1	0.9	49
8	8	2	0	0.2	10
60	63	17	0.6	1.4	77
7	10	2	0	0.2	9
55	76	16	0.5	1.6	64
12	8	2	0	0.2	8
88	60	13	1	1.1	57
13	14	1	0	0.4	5
99	107	8	0	2.6	13
14	9	2	0	0.3	9
90	62	13	1	2	60
7	5	1	0	0.2	5
54	38	6	0	1.5	34
7	12	2	0	0.2	9
87	54	16	1	1.1	68
24	7	2	0	0.5	14
180	54	16	2	3.4	103
8	6	1	0	0.2	6
63	46	9	1	1.6	47
18	11	1	0	0.4	7
142	91	9	1	3.5	56

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

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>		
Spring garden vegetables	14	1 tbsp
	113	1 jar (4 oz)
Spring Vegetable with Brown Rice	15	1 tbsp
	99	1 jar (4 oz)
Squash	14	1 tbsp
	113	1 jar (4 oz)
Sweet Potato Corn	15	1 tbsp
	113	1 jar (4 oz)
Sweet potatoes	14	1 tbsp
	113	1 jar (4 oz)
Junior/3rd Foods®		
Carrots	14	1 tbsp
	170	1 jar (6 oz)
Creamed corn	15	1 tbsp
	170	1 jar (6oz)
Green beans	15	1 tbsp
	170	1 jar (6 oz)
Green beans with rice	15	1 tbsp
	170	1 jar (6 oz)
Mixed vegetables	15	1 tbsp
	170	1 jar (6 oz)
	216	1 jar (7.5 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)
Veggie pickups™, Graduates®		
Carrot pickups	71	1 tray
Green bean pickups	71	1 tray

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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
7	4	1	0	0.2	5
57	34	7	0	1.6	37
16	12	1	0	0.3	8
104	77	9	1	2	50
4	3	1	0	0.1	4
35	24	8	0	0.9	36
9	6	2	0	0.2	11
71	45	17	1	1.6	78
7	4	2	0	0.1	9
53	29	17	0.2	1.1	74
3	2	1	0	0.1	4
39	27	11	0	1.4	51
7	10	2	0	0.2	10
83	116	28	1	2.4	111
7	6	1	0	0.2	4
83	71	10	0	2	41
8	6	1	0	0.2	6
90	66	15	0	2	71
8	8	1	0	0.2	5
94	88	14	1	2.4	61
119	112	18	1	3	78
16	9	1	0	0.3	7
199	114	17	1	4.1	88
4	1	1	0	0.1	5
53	15	12	0	1.4	56
9	6	2	0	0.2	8
104	68	24	0	1.9	102
28	15	4	0	0.4	19
38	31	4	0	0.9	18

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

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>		
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)

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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
0	0	3	0	0	12
2	1	23	0	0.2	92
2	2	3	0	0.1	12
11	11	22	0	0.5	90
2	1	3	0	0.1	11
17	7	31	0	0.5	128
1	0	3	0	0	11
7	3	20	0	0	80
10	5	3	0	0.2	13
72	41	23	0	1.5	99
11	5	3	0	0.2	14
124	61	35	0	2.2	153
2	1	3	0	0	11
11	7	20	0	0	84
1	1	2	0	0	10
7	7	18	0	0	73
2	1	3	0	0.1	11
12	6	21	0	0.6	86
2	1	3	0	0.1	11
20	10	31	0	0.9	129
4	2	3	0	0.1	11
27	11	20	0	0.8	85

Baby Foods:

Breads & Cereals

Fruits

Juices

Vegetables

Free Foods

Use for your additional food choices.

[illegible]

Food Categories						Food Name
PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)	
						by Foods:
						Breads & Cereals
						Fruits
						Juices
						Vegetables
						Free Foods

TABLE FOODS

Serving Lists for PHE- and TYR-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>		
BREADS AND 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	2 biscuits

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
23	30	7	0.1	0.6	32
49	29	7	0	0.9	32
64	42	7	0	1.1	32
42	35	8	0	0.9	36
48	30	6	0	0.9	31
83	59	7	1	1.5	41
67	36	7	0	1.2	34
72	54	11	1	1.2	40
77	24	12	1	2.1	42
29	20	6	0	0.5	27
18	9	6	0	0.4	26
24	19	8	1	0.5	36
24	19	8	0	0.4	36
34	27	7	1	0.6	37
44	26	5	1	0.8	27
24	13	8	1	0.5	41
23	6	9	0	0.5	39
20	26	9	0	0.4	40
15	13	8	0	0.3	36
20	14	7	0	0.4	30
29	23	7	0	0.6	29
26	6	6	0	0.5	25
21	17	7	0	0.3	30
17	10	6	0	0.4	26
22	9	9	0	0.4	36
25	15	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 Puffs	9	1/4 cup
Golden Grahams®	10	1/4 cup
Grape-Nuts®	29	1/4 cup
Grape-Nuts Flakes®	10	1/4 cup
Honey Nut Cheerios®	9	1/4 cup
Honeycomb®	5	1/4 cup
King Vitaman®	5	1/4 cup
Kix®	6	1/4 cup
Life®	11	1/4 cup
Lucky Charms®	9	1/4 cup
Product 19®	8	1/4 cup
Puffed Rice	4	1/4 cup
Puffed Wheat	3	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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
17	23	9	0	0.4	40
29	13	8	0	0.5	37
29	22	9	0	0.5	39
151	75	23	1	3.1	102
54	33	8	0	1	37
50	34	7	0	0.8	34
15	12	4	0	0.3	20
14	11	4	0	0.4	19
25	16	5	0	0.5	21
105	77	8	0	1.0	40
31	27	7	0	0.6	37
38	28	6	0	0.7	27
9	12	3	0	0.2	14
23	13	2	0	0.4	11
48	23	11	0	1.1	46
15	20	6	0	0.4	25
25	17	6	0	0.5	27
64	39	10	0	1.3	42
67	75	6	0	1.6	29
48	29	8	0	1	35
23	18	7	0	0.3	33
82	48	13	0	1.7	55
41	25	7	0	1	33
13	11	3	0	0.3	12
52	42	12	0	1.1	46
91	75	14	1	2	59
14	11	2	0	0.3	9
56	45	8	1	1.2	35

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>		
Popcorn		
Popcorn, butter, popped	2	1/4 cup
Popcorn, caramel, no peanuts	9	1/4 cup
Popcorn, cheese flavor	3	1/4 cup
Popcorn, plain, popped	2	1/4 cup
Rice, prepared		
Brown rice, cooked	12	1 tbsp
	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	60	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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
8	7	1	1	0.2	11
14	10	7	1	0.3	38
11	10	1	1	0.3	14
12	10	2	0	0.3	8
16	12	3	0	0.3	13
65	48	11	0	1.3	54
20	14	3	0	0.4	16
79	54	11	1	1.4	61
38	28	7	0	0.7	35
38	27	7	0	0.8	35
31	17	7	0	1	34
123	69	29	1	4	138
9	8	2	0	0.2	10
35	31	7	1	0.8	38
14	9	3	0	0.3	13
58	36	11	0	1.1	62
12	7	3	0	0.2	12
47	27	10	0	0.9	48
60	38	13	0	1.1	61
173	108	39	0	3.2	176
64	40	15	0	1.2	66
174	109	40	0	3.3	179
36	31	12	2	1	67
1	0	8	0	0	32
4	2	30	0	0	123
42	25	6	0	0.8	29
161	97	24	0	3.2	113

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>		
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
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
Sandwich crackers with cheese filling	7	1 sandwich

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
24	9	3	0	0.5	14
96	38	10	1	1.8	55
27	10	3	0	0.5	14
104	38	11	0	2	55
26	10	3	0	0.5	14
103	37	11	0	2	55
19	15	2	0	0.4	12
85	73	15	10	2.2	157
26	17	7	2	0.5	48
74	49	19	6	1.5	136
26	12	8	2	0.6	53
65	28	20	5	1.5	131
74	51	17	5	1.6	112
84	57	20	5	1.8	128
48	32	10	2	1	65
91	60	19	5	1.8	123
7	4	2	1	0.1	18
54	34	20	7	1.1	141
12	7	4	1	0.3	29
56	34	20	5	1.2	132
2	1	0	0	0	3
90	59	18	7	2	137
10	6	2	1	0.2	15
92	56	18	6	2	139
34	23	6	0	0.7	23
23	16	4	2	0.6	32

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>		
Saltines	3	1 piece
	28	1 oz
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
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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
14	8	2	0	0.3	13
126	51	21	2	2.7	117
21	13	3	1	0.4	22
117	73	19	5	2.5	124
7	4	1	0	0.2	9
98	59	20	6	2.3	133
19	12	3	1	0.4	18
67	43	9	3	1.4	64
6	5	1	1	0.1	11
90	74	14	9	1.9	151
3	2	1	0	0.1	5
90	74	16	9	1.9	151
5	1	2	0	0.2	11
19	3	10	0	0.8	42
16	9	3	0	0.3	17
39	22	8	0	0.8	40
140	83	37	5	2.7	201
140	83	36	7	2.4	212
5	5	1	1	0.1	11
77	66	15	11	1.3	158
6	5	1	1	0.1	11
88	73	14	10	1.9	154
31	19	5	0	0.6	23
147	92	23	1	2.8	108
3	2	1	1	0.1	10
36	24	19	7	0.7	141
15	13	2	1	0.3	20
106	90	18	7	2.3	146

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>		
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		
	14	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
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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
20	20	3	1	0.3	19
142	144	19	6	2	134
14	12	3	1	0.3	20
101	84	18	7	2	141
108	71	29	9	2.4	207
171	112	45	15	3.8	328
234	154	62	20	5.2	448
7	6	2	0	0.2	7
27	23	7	0	0.6	29
13	10	3	1	0.3	22
50	38	11	5	1	85
12	10	2	1	0.3	15
49	42	9	2	1	60
8	6	2	0	0.2	9
30	25	8	0	0.7	34
7	2	0	0.2	9	
32	27	8	0	0.7	34
7	4	2	0	0.2	7
30	18	7	0	0.8	30
21	16	2	1	0.4	22
85	66	7	5	1.7	90
9	5	2	0	0.2	13
25	15	6	1	0.6	37
51	21	34	4	0.9	172
21	14	4	0	0.3	16
81	56	15	0	1.1	62

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>		
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, liquid	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
	15	1 tbsp
Miracle Whip®	5	1 tsp
	16	1 tbsp

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
15	6	3	0	0.3	12
57	22	10	0	1	45
6	4	2	0	0.1	10
23	13	9	0	0.5	39
7	4	2	0	0.2	7
29	17	7	0	0.6	30
6	6	0	12	0.1	102
1	1	0	2	0	22
4	4	0	8	0.1	68
2	1	1	0	0	13
5	4	5	2	0.1	38
9	7	10	4	0.2	71
2	2	0	0	0	5
5	5	1	1	0.1	15
1	1	0	0	0	4
3	3	1	1	0.1	13
5	5	1	1	0.1	11
2	2	0	2	0	17
4	4	0	6	0.1	48
2	2	0	4	0.1	36
6	6	0	11	0.1	101
2	2	0	4	0	36
6	6	0	11	0.1	100
2	2	1	2	0.1	20
6	6	4	5	0.1	57
1	1	1	3	0	25
3	3	2	8	0.1	80

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>		
Olives		
Black olives	4	1 piece
Green olives	3	1 piece
Ripe jumbo olives	8	1 piece
Ripe small olives	3	1 piece
Rich's® Coffee Rich®	5	1 tsp
	15	1 tbsp
RichWhip®, liquid	14	1 tbsp
RichWhip®	4.5	1 tbsp
Salad Dressing		
1000 Island dressing	16	1 tbsp
Catalina dressing	16	1 tbsp
French dressing	16	1 tbsp
French dressing, low calorie	16	1 tbsp
Italian dressing	15	1 tbsp
Italian dressing, low calorie	14	1 tbsp
Ranch dressing	16	1 tbsp
Russian dressing	15	1 tbsp
Russian dressing, low calorie	16	1 tbsp
FRUITS		
<i>Weight for raw fruits is only for parts that can be eaten. Do not use any fruits that contain NutraSweet®, Sweet Mate®, or aspartame.</i>		
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	35	1 piece
	83	1/2 cup
Apricot half, heavy syrup	65	1/4 cup
Apricot nectar	125	4 fl oz

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
2	1	0	1	0.1	7
1	1	0	1	0	3
3	2	0	1	0.1	7
1	1	0	0	0	4
1	0	1	1	0	8
3	1	2	2	0.1	23
0	0	2	3	0	42
0	0	1	1	0	13
8	6	2	6	0.2	55
2	2	4	6	0.1	69
3	1	2	7	0.1	73
3	1	5	2	0	36
2	1	2	3	0.1	35
2	1	2	1	0.1	16
10	9	2	3	0.2	30
11	11	2	8	0.2	75
4	4	4	1	0.1	23
5	3	5	0	0.3	20
20	13	21	0	1.2	80
4	2	4	0	0.2	14
14	9	14	0	0.8	53
18	10	4	0	0.5	17
43	24	9	0	1.5	41
14	8	14	0	0.3	54
19	11	18	0	0.5	70

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>		
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		
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, chopped	55	1/2 cup
Currants, black, raw	56	1/2 cup
Dates	74	1/2 cup
	8	1 piece

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
9	4	1	1	0.2	14
36	18	3	6	0.8	60
24	15	17	10	0.7	147
37	7	17	0	0.8	67
58	11	27	0	1.3	105
6	8	4	0	0.2	15
26	32	15	0	0.8	59
23	30	12	0	0.9	48
14	14	9	0	0.5	38
17	6	26	0	0.5	97
19	7	11	0	0.6	42
18	11	7	0	0.7	28
13	15	5	0	0.4	22
26	17	5	0	0.8	22
29	19	4	0	0.5	20
95	65	9	0	1.7	39
26	13	30	0	0.9	116
17	10	11	0	0.7	43
17	11	1	3	0.3	33
7	3	3	1	0.2	23
14	3	54	0	0.3	209
6	2	7	0	0.2	27
28	11	9	0	0.8	36
37	11	55	0	1.8	207
4	1	6	0	0.2	23

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>		
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
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, raw balls	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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
12	21	30	0	0.5	113
28	15	24	1	1.2	93
9	16	10	0	0.4	37
12	12	23	0	0.5	91
12	12	18	0	0.5	69
13	13	24	0	0.5	92
13	13	24	0	0.4	93
25	13	24	0	0.8	92
13	4	11	0	0.7	48
43	8	20	0	0.7	76
15	9	12	0	0.9	48
41	7	9	0	0.7	37
15	4	19	0	0.7	77
6	5	8	0	0.3	32
2	1	2	0	0.1	8
14	8	14	0	0.6	52
9	5	9	0.1	0.4	34
13	10	25	0	0.6	93
13	9	8	0	0.5	32
19	13	11	0	0.7	45
21	21	10	0	0.7	42
3	1	1	0	0.1	2
2	0	1	0	0.1	3
12	2	8	0	0.5	26
14	9	15	0	0.4	56
12	2	8	0	0.8	32
30	10	15	1	1.5	62

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>		
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
Peach, sliced, frozen, with sugar	63	1/4 cup
Peach, raw	39	1/4 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, chunks, raw	83	1/2 cup
Pineapple, heavy syrup	49	1 ring
	64	1/4 cup
Pineapple juice	125	4 fl oz
Pineapple, lite syrup	48	1 ring
	126	1/2 cup

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
15	9	1	0	0.4	4
21	12	1.4	0	0.6	7
12	4	13	0	0.7	53
10	4	14	0	0.8	58
10	5	13	0	0.8	56
28	14	11	0	0.9	44
41	21	15	0	1.2	62
23	20	13	0	0.8	50
6	4	10	0	0.3	40
9	8	9	0	0.3	34
13	10	15	0	0.4	58
7	5	4	0	0.4	15
29	21	14	0	1.4	59
16	5	12	0	0.6	51
15	5	22	0	0.6	81
3	1	13	0	0.1	49
6	3	19	0	0.2	71
8	1	11	0	0.3	40
20	4	27	0	0.6	101
44	27	31	0	1	118
17	16	11	0	0.5	41
4	4	10	0	0.2	38
6	6	13	0	0.2	49
13	13	17	0	0.4	70
4	4	7	0	0.2	25
11	11	17	0	0.5	65

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>		
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
Plums, raw	83	1/2 cup
	66	1 medium
Prunes		
Prunes, dried	44	1/4 cup
Prunes, dried, cooked	70	1/4 cup
Prunes, heavy syrup	117	1/2 cup
Prune juice	124	4 fl oz
Raisins		
Raisins, golden, packed	10	1 tbsp
	41	1/4 cup
Raisins, seedless, packed	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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)	
18	12	12	0	0.5	47	Breads & Cereals
79	57	57	1	2.3	218	
10	8	12	0	0.3	47	
10	4	20	0	0.5	79	Fats
12	7	9	1	0.6	38	
9	5	8	0	0.5	30	
23	9	28	0	1	106	Fruits
21	7	20	0	0.8	75	
23	12	33	0	1	123	
12	12	22	0	0.8	88	
7	6	8	0	0.3	30	Vegetables
29	25	33	0	1.4	124	
7	1	8	0	0.3	29	
27	25	32	0	1.3	123	
13	13	16	0	0.4	65	Free Foods A
26	38	30	0	1.1	116	
19	19	7	0	0.6	30	
12	12	37	0	0.5	139	
16	18	6	0	0.6	27	Free Foods B
2	3	1	0	0.1	4	
19	23	33	0	0.7	123	
19	10	20	0	0.6	77	Low Protein
18	15	13	0	0.8	52	
16	13	12	0	0.7	47	

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>		
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 or 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		
Beets, canned, sliced	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)

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
8	4	15	0	0.6	62
11	9	6	0	0.5	23
43	34	22	0	1.7	86
62	41	3	1	2.6	2
9	6	0	0	0.4	3
74	51	4	0	2.2	20
12	9	1	0	0.4	3
50	35	3	0	1.5	13
12	8	1	0	0.4	4
32	18	1	0	0.9	7
68	42	4	0	2	21
8	4	0	0	0.2	2
62	26	3	0	1.6	16
49	44	4	0	1.9	19
22	19	6	0	0.8	26
2	2	1	0	0.1	3
41	34	8	0	1.4	37
24	20	5	0	0.9	22
31	26	7	0	1.1	29
38	31	8	0	1.3	35
90	47	6	0.3	1.9	27
43	22	3	0	0.9	13
54	23	3	0	1.3	16
36	16	2	0	0.9	11

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>		
Brussels sprouts, cooked	78	1/2 cup
	21	1 sprout
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
	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		
Celery, cooked	75	1/2 cup
Celery, raw	4	1 stick
	7.5	1 tbsp
	51	1/2 cup
Chard, Swiss, cooked	11	1 tbsp
	88	1/2 cup

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
58	31	7	0	2	30
16	8	2	0	0.5	8
39	26	2	0	1.3	10
15	10	1	0	0.5	5
24	13	3	0	1	16
14	7	2	0	0.5	9
29	17	5	0	1.1	22
13	8	3	0	0.5	11
42	23	4	0	1.3	18
22	12	2	0	0.7	10
5	4	1	0	0.1	4
39	27	6	0	0.6	27
5	1	1	0	0.1	3
39	28	6	0	0.6	26
3	2	1	0	0.1	4
37	26	6	0	0.6	25
1	1	0	0	0	2
106	69	155	1	5.6	653
41	25	3	0	1.1	14
52	32	3	0	1.5	17
35	28	3	0	1	14
18	8	3	0	0.6	14
1	0	0	0	0	1
2	1	0	0	0.1	1
10	5	2	0	0.4	8
13	8	0	0	0.2	2
100	61	4	0	1.7	18

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>		
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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
3	3	0	0	0.1	1
4	3	1	0	0.1	6
28	20	7	2	0.8	47
33	21	9	7	1	98
71	53	5	1	26	31
89	68	6	0	2.5	31
10	6	2	0	0.3	8
18	11	4	0	0.4	18
18	11	3	0	0.4	11
13	10	1	0	0.3	4
10	7	5	0	0.4	24
1	1	1	0	0	2
63	44	4	0	1.2	18
49	34	3	0	1	14
34	25	6	0	1.5	25
16	11	4	0	0.4	16
25	19	7	0	0.7	28
29	10	1	0	0.7	7
16	6	1	0	0.3	4
8	3	1	0	0.3	5
10	6	1	0	0.2	3
6	3	1	0	0.2	3
47	24	4	0	1.7	22
3	2	0	0	0.1	1
30	15	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	1	1 sprig
	4	1 tbsp
	15	1/4 cup
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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
5	4	0	0	0.1	1
12	8	3	0	0.3	10
49	32	11	0	1.1	41
17	12	3	0	0.3	11
49	65	6	0	1.5	18
8	10	1	0	0.2	5
35	45	4	0	1	19
29	19	4	2	0.5	33
15	9	2	1	0.3	17
5	5	1	0	0.2	6
37	36	11	0	1.4	46
3	1	1	0	0.1	4
10	6	4	0	0.4	15
2	1	0	0	0	0
6	3	0	0	0.1	1
22	12	1	0	0.5	6
23	16	15	0	1	63
11	7	1	0	0.3	5
91	54	8	0	2.5	39
11	12	1	0	0.4	5
90	98	6	0	2.8	42
19	11	1	0	0.5	8
152	86	11	0	4.1	62
5	6	0	0	0.2	3
44	49	4	0	1.4	21
19	11	1	0	0.5	8
153	87	11	0	4.1	63

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>		
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
Red chili, raw	38	1/4 cup
Pepper, sweet, cooked	12	1 tbsp
	46	1/4 cup
Pepper, sweet, raw, red	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
Rutabagas		
Rutabaga, cooked, mashed	60	1/4 cup
Rutabaga, raw	35	1/4 cup
	386	1 medium
Sauerkraut	36	1/4 cup
Shallots, raw, chopped	10	1 tbsp
Snap beans, raw	50	1/2 cup

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
16	11	3	0	0.5	15
28	19	4	0	0.9	18
47	32	7	0	1.5	30
10	7	2	0	0.3	9
24	16	4	0	0.7	16
3	2	1	0	0.1	2
13	9	3	0	0.4	12
5	1	0	0	0.1	3
38	7	5	0	0.7	23
5	7	1	0	0.2	5
43	57	10	0	1.4	42
28	37	6	0	0.9	25
6	8	4	0	0.2	18
24	30	18	0	0.7	70
17	7	1	0	0.4	5
8	5	1	0	0.3	6
68	37	14	0	2	61
21	5	2	0	0.4	9
2	0	0	0	0	1
10	8	4	0	0.4	24
11	8	3	0	0.4	13
120	89	32	1	4.6	139
8	5	2	0	0.3	7
8	7	2	0	0.3	7
34	21	3	0	0.9	16

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>		
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
Vegetable beef soup, condensed	16	1 tbsp
Vegetable soup, old fashioned, condensed	16	1 tbsp
Vegetarian vegetable soup, condensed	15	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, zucchini, 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

[†]RTS = Ready to serve.

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
12	10	1	1	0.3	11
10	7	1	1	0.2	12
19	10	1	0	0.5	10
6	4	1	1	0.2	12
11	8	2	0	0.2	12
22	16	1	0	0.6	10
10	7	3	0	0.3	15
10	5	3	0	0.3	15
8	5	2	0	0.2	10
26	18	1	0	0.7	10
13	6	1	0	0.3	8
12	6	2	0	0.3	9
7	3	2	0	0.3	10
26	13	6	1	1	37
15	13	0	0	0.3	3
121	102	3	0	2.7	21
19	16	1	0	0.4	3
45	39	15	0	1.2	58
36	31	11	0	0.9	41
18	15	5	0	0.5	21
20	15	2	0	1	14
23	18	2	0	0.7	9
33	28	5	0	0.6	20
27	20	2	0	0.8	11
34	22	5	0	1.1	22
19	12	5	0	0.9	21

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>		
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
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		
<i>Limit to prescribed number of servings.</i>		
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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
21	11	3	0	0.7	13
170	86	25	1	5.7	108
5	3	1	0	0.3	6
43	26	12	0	2.1	48
24	13	4	0	0.8	16
32	20	8	0	1.1	33
49	25	7	0	1.6	30
50	31	3	0	0.8	14
140	89	4	0	2.5	29
11	9	4	0	0.6	17
11	8	4	0	0.6	18
12	12	5	0	0.8	23
109	67	12	0	2.6	54
2	1	0	0	0	0
19	10	0	0	0.4	2
2	2	8	0	0.1	31
1	1	15	0	0.1	58
2	0	4	0	0.1	14
3	2	7	0	0.1	26
3	2	11	0	0.1	42
10	10	7	3	0.2	54
2	1	2	0	0.1	10
4	2	4	0	0.2	17
20	16	6	3	0.4	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>		
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 creme	8	1 tbsp
Marshmallows	7	1 piece
Mustard yellow, prepared	5	1 packet
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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
14	11	9	0	0.3	35
5	3	2	0	0.2	7
5	3	2	0	0.2	7
11	9	13	4	0.2	83
15	10	11	5	0.3	87
0	0	11	3	0	71
1	1	10	3	0	62
0	0	12	3	0	72
1	1	12	3	0	71
5	5	16	0	0.2	62
41	30	2	0	0.2	7
3	1	6	0	0.1	26
3	1	6	0	0.1	23
8	7	0	0	0.2	3
3	1	18	0	0.2	71
6	4	7	0	0.4	29
12	12	17	0	0.3	67
4	1	20	0	0.1	75
1	1	0	0	0	1
1	0	2	0	0	7
3	2	0	0	0.1	3
2	1	5	0	0.1	19
1	1	15	0	0.1	62
5	3	18	0	0.2	76
7	7	25	0	0.2	71
13	13	16	0	0.3	68

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>		
Soy sauce		
Soy sauce, shoyu	16	1 tbsp
Soy sauce, tamari	18	1 tbsp
Tartar sauce	14	1 tbsp
FREE FOODS B		
<i>These foods contain little or no PHE or TYR. 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, prepared	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
Vegetable oil	14	1 tbsp
Oil-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

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
56	39	1	0	1.3	8
96	62	1	0	1.9	11
11	8	1	8	0.2	74
0	0	12	0	0	47
0	0	13	0	0	50
1	1	7	0	0	30
0	0	15	0	0	58
1	0	22	0	0.1	85
5	2	1	0	0.2	4
0	1	1	0	0.1	5
1	5	11	0	0.4	43
2	9	10	1	0.7	42
1	0	13	0	0.1	49
0	0	14	0	0	53
0	0	13	0	0	52
0	0	12	0	0	46
0	0	0	14	0	124
0	0	0	14	0	124
0	0	0	8	0	72
0	0	12	0	0	48
0	0	0	12	0	106
0	0	10	0	0	39
0	0	14	0	0	53
0	0	12	0	0	46
0	0	8	0	0	31

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>		
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 Product Nutritional Profile		
Aproten Annellini	62	2.2 oz
Aproten Bucatini	62	2.2 oz
Aproten Chicchi	62	2.2 oz
Aproten Ditalini	62	2.2 oz
Aproten Fettucini	62	2.2 oz
Aproten Fusilli	62	2.2 oz
Aproten Linguine	62	2.2 oz
Aproten Penne	62	2.2 oz
Aproten Pipe	62	2.2 oz
Aproten Rigatini	62	2.2 oz
Aproten Sedani	62	2.2 oz
Aproten Spaghetti	62	2.2 oz
Aproten Tagliatelle	62	2.2 oz
Bagel Bars - French Toast	53	1 bagel
Bagels - Cinnamon Raisin	53	1 bagel
Bagels - Onion	53	1 bagel
Bagels - Plain	53	1 bagel
CBF Alfredo Sauce Mix	8	1 tbsp
CBF All Purpose Baking Mix	100	1 Cup
CBF American Cheese Singles - 2 pack	19	1 slice
CBF Apple Breakfast Bar	63	1 bar
CBF Artisan Bread	52	1/3 roll
CBF Baby Boule Artisan Bread	56	1/4 boule
CBF Blueberry Breakfast Bar	71	1 bar

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
0	0	13	0	0	50
0	0	0	13	0	117
0	0	9	0	0	35
0	0	0	0	0	1
0	0	8	0	0	30
0	0	3	0	0	12
17	16	49	1	0.3	215
17	16	49	1	0.3	215
10	9	49	1	0.2	210
17	16	49	1	0.3	215
17	16	49	1	0.3	215
17	16	49	1	0.3	215
17	16	49	1	0.3	215
17	16	49	1	0.3	215
17	16	49	1	0.3	215
17	16	49	1	0.3	215
17	16	49	1	0.3	215
23	12	26	5	0.5	140
23	13	26	1.5	0.4	130
24	13	26	1.5	0.4	130
21	11	25	1.5	0.4	130
13	6	5	0	0.3	25
2	0	79	10	0.4	410
20	17	3	2.5	0.4	35
22	7	31	9	0.4	210
6	4	28	2	0.3	130
6	4	28	2	0.3	130
21	7	34	9	0.4	220

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>		
CBF Blueberry Scones	58	1 scone
CBF Brooklyn Dog Buns	89	1 bun
CBF Brooklyn Dogs	56	1 dog
CBF Butterscotch Chip Cookies	35	1 cookie
CBF Camburger	71	1 burger
CBF Camburger Buns	80	1 bun
CBF Cheddar Shreds	30	1/3 cup
CBF Cheese Filled Meatballs	72	2 meatballs
CBF Cheese Pizza	139	1 pizza
CBF Cheese Ravioli	54	4 raviolis
CBF Chicken Consomme & Seasoning	3	1 tsp dry
CBF Chocolate Cha Cha's	24	4 pieces
CBF Cinnamon Raisin Gems	45	1 cookie
CBF Cinnamon Raisin Swirl Bread	50	1 slice
CBF Corny Dogs	50	1 dog
CBF Cranberry Scones	58	1 scone
CBF Focaccia Sticks - Italian Style	51	1 stick
CBF Fudgy Brownies	38	1/6 of tray
CBF Gourmet Chocolate Chip Cookie Dough	28	1 cookie
CBF HomeStyle Sliced White Bread	50	1 slice
CBF Jalapeno Cheese Singles - 2 pack	19	1 slice
CBF Mini Pockets PB&J	86	2 pockets
CBF Mini Pockets Pizza	84	2 pockets
CBF MixQuick	100	1 cup
CBF Mozzarella Shreds	30	1/3 cup
CBF Pasta Duets - Creamy Garlic & Broccoli Rice	66	dry (as packaged)
CBF Pasta Duets - Macaroni & Cheese	66	dry (as packaged)
CBF Pasta Duets - White Cheddar Mac	66	dry (as packaged)
CBF Pasta Solo - Elbows	57	2 oz dry

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
8	4	35	9	0.2	220
9	2	47	7	0.3	250
27	15	16	3.5	0.5	80
4	2	23	7	0.1	150
50	21	16	3	1.3	90
6	4	44	2.5	0.3	200
37	28	7	6	0.7	80
34	14	20	4.5	1.2	130
44	21	56	8	1.0	300
17	8	24	3	0.4	120
1	1	1	0	0.4	5
20	14	14	9	0.3	140
17	8	24	10	0.3	180
14	5	27	1.5	0.2	140
13	9	24	7	0.3	160
7	3	35	9	0.2	220
13	8	24	3	0.3	120
18	5	22	8	0.3	160
3	1	16	6	0.2	120
5	3	27	2	0.1	130
20	17	3	2.5	0.4	35
27	24	41	7	0.5	230
35	19	32	5	0.7	180
6	3	80	9	0.2	400
35	30	7	6	0.7	80
29	17	54	0.5	0.6	230
25	10	54	1	0.5	230
26	10	54	1.5	0.5	240
8	2	49	0	0.1	200

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>		
CBF Peanut Butter Chocolate Chip Cookies	35	1 cookie
CBF Pierogi	58	4 pierogi
CBF Pita Pockets	45	1/2 pita
CBF Pizza Blanca	150	1 pizza
CBF Pizza Primavera	165	1 pizza
CBF Portabella Spinach Ravioli	56	4 raviolis
CBF Raspberry Gems	36	1 cookie
CBF Shake 'N' Cheeze	3	1 tsp
CBF Short Grain Rice	50	1/3 cup dry
CBF Southwestern Biscuit	50	1 biscuit
CBF Sugar Cookie Dough	28	1 cookie
CBF Swiss Cheese Singles - 2 pack	19	1 slice
CBF Toaster Topz - Banana chip	52	1 toaster top
CBF Tortilla Wraps	53	1 tortilla
CBF Tuscan Pizza Crusts	52	1/4 crust
CBF Tweekz	96	3 pieces
CBF Veggie Meatballs	64	2 meatballs
CBF Wheat Starch	100	3/4 cup packed
CBF Wise Onion Rings	14	1 bag
Cheddar Whiz	28	2 tbsp
Dietary Specialties™ Imitation Rice	60	1/3 cup uncooked
Eggz	16	1/4 cup
Gingerbread	57	1/4 tray
Go! Pockets - Burrito	130	1 pocket
Go! Pockets - Cheesy Broccoli	130	1 pocket
Go! Pockets - Samosa	130	1 pocket
Instant Noodle Soup - Beef	43	1.5 oz
Instand Noodle Soup - Chicken	43	1.5 oz
Marinara Minis	65	1 marinara cup
Medley Meals - Barbecue Bake	320	1 tray

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
6	3	23	8	0.2	160
25	13	26	1	0.4	120
5	3	25	1	0.3	120
51	24	53	10	1.1	300
80	46	54	8	2.5	290
21	16	24	2	0.6	120
12	5	21	5	0.3	130
5	3	2	0.5	0.1	10
11	6	42	0	0.3	180
12	5	24	9	0.3	180
2	1	18	6	0.2	120
20	17	3	2.5	0.4	35
6	2	34	5	0.1	160
4	4	34	4.5	0.2	180
5	3	29	1.5	0.3	130
48	20	27	10	1.2	200
30	20	20	3	1	110
6	3	88	0.5	0.6	370
13	1	10	3	0.3	70
36	22	4	6	0.75	70
7	5	51	2	0.5	230
6	3	12	2.5	0.1	70
5	4	26	8	0.2	170
26	16	48	4.5	0.9	230
82	41	53	8	2	300
42	21	46	5	1	240
23	16	34	0	1	140
26	18	35	0	1	150
26	26	3	2	1	35
60	40	109	3	1.9	470

Table Foods:

Breads & Cereals

Fats

Fruits

Vegetables

Free Foods A

Free Foods B

Low Protein

TABLE FOODS

Name	Weight (g)	Approx. Household Measure
For greatest accuracy, weigh food on scales that read in grams. All measures are level.		
Medley Meals - Vegetable Masala	320	1 tray
Medley Meals - Thai	320	1 tray
Pasta Duets - Instant Stivaletti Alfredo	66	2.3 oz
Pea-Not Butter	28	2 tbsp
Pumpkin Raisin Cookies	34	1 cookie
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
Tortilla Chips - Sea Salt	28	1 bag
Tortilla Chips - Sweet Chili	28	1 bag

Use for your additional food choices.

PHE (mg)	TYR (mg)	CHO (g)	Fat (g)	Protein (g)	Energy (kcal)
50	27	63	4	1.6	300
115	65	63	7	2.9	340
24	9	55	0	0.6	220
31	34	5	9	0.65	100
5	2	24	2	0.6	120
34	17	40	3	0.6	170
34	17	37	3	0.6	160
32	16	37	3	0.5	160
22	11	29	7	0.4	180
3	8	18	8	0.2	145
4	9	19	8	0.2	143

Table Foods:
Breads & Cereals
Fats
Fruits
Vegetables
Free Foods A
Free Foods B
Low Protein

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RECIPES

KOOL-AID®-FLAVORED PHENEX™ -1

Yield: 8 fl oz

40 g Phenex-1

3 Tbsp, **level**, sugar¹

¼ tsp Kool-Aid or Wyler's® **Unsweetened** Soft Drink Mix²

Do not use mixes that contain NutraSweet® or aspartame.

Add water 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
Phenylalanine, mg	0	0
Tyrosine, mg	75	600
Protein, g	0.75	6.0
Energy, kcal	42	336

¹ Osmolality 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 PHENEX™ -2

Yield: 16 fl oz

40 g Phenex-2

3 Tbsp, **level**, sugar¹

½ tsp Kool-Aid or Wyler's® **Unsweetened** Soft Drink Mix²

Do not use mixes that contain NutraSweet or aspartame.

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
Phenylalanine, mg	0
Tyrosine, mg	1200
Protein, g	12.0
Energy, kcal	314

¹ Osmolality 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 PHENEX™ -2

Yield: 8 fl oz

20 g Phenex-2

3 fl oz concentrated apple, grape, or orange juice

Water (room temperature) to make 8 fl oz

Warm juice concentrate to room temperature. Place all ingredients in a blender and mix 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
Phenylalanine, mg	15	15	30
Tyrosine, mg	9	3	15
Protein, g	6.5	6.7	8.6
Energy, kcal	257	276	250
Osmolality	<1000	≈1050	<1000

(approximate
mOsm/kg water)

ADDITIONAL TIPS FOR FLAVORING PHENEX MEDICAL FOOD

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

Use PKU Food Lists to calculate PHE content of flavorings.

RESOURCES

Support Groups/Newsletters

Children's PKU Network

3306 Buman Rd.
Encinitas, CA 92024
Phone: 858-756-0079
Fax: 858-756-105
E-mail: pkunetwork@aol.com
Web site: www.pkunetwork.org

National PKU News

PO Box 43552
Montclair, NJ 07043
Phone: 973-619-9160
E-mail: info@pkunews.org
Web site: www.pkunews.org

How Much Phe

Email: support@howmuchphe.org
Website: www.howmuchphe.org

National PKU Alliance (NPKUA)

PO Box 1872
Eau Claire, WI 54702
Phone: 715-495-4008
Fax: 715-713-0138
Web site: www.npkua.org

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 PKU 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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