

PKU Diet

The most important part of PKU management is your PKU formula. This provides protein without phenylalanine, along with important vitamins and minerals.

Your formula is best used by your body when taken throughout the day in at least 3 divided servings.

Your formula prescription is:

A Low Protein diet is necessary to prevent high phe levels.

Your prescribed amount of protein from food is _____ **grams/day.**

Many foods do not need to be counted into this protein allowance (free foods – no limit) as they contain only small amounts of phe. In addition to reading food labels, you can use the list below and the attached guide on the Protein Content of Foods to help manage your diet.

FREE FOODS:

Beverages (protein free) – No limit

Fruit juice

Pop, lemonade, KoolAid, Gatorade

**Avoid aspartame-sweetened beverage

Fats and Oils (most are protein free) – No limit

Butter, margarine, oils, mayo, salad dressing (if has 0 gm pro on label)

Fruits (essentially protein free) – No limit

All fruits – fresh, canned, frozen. Try to include at least 3-4 servings each day

Apples, oranges, grapes, pears, melons, tangerines, peaches, pineapple, nectarines, strawberries, blueberries, raspberries, plums, kiwi, mango, grapefruit, fruit cocktail, etc.

** Some fruit should be used with caution, see list below

Vegetables (low in protein) – No limit on most

Try to include at least 3-4 servings/day – fresh or frozen are best

Beets, cabbage, carrots, celery, cucumber, lettuce, onion, bell peppers, zucchini, summer squash, asparagus, cauliflower, eggplant, tomatoes etc.

**Some vegetables must be counted or used with caution, see list below

Low protein foods – No limit

These include low protein breads, cereals, pastas, baking mixes, etc. that are obtained from the Special Products Distribution Center

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FOODS TO USE WITH CAUTION:

Fruits

Bananas and dried fruits have a slightly higher protein content than other fruits and should be limited to one serving/day = 1 medium banana, ¼ cup dried fruit

Vegetables

The following vegetables are bit higher in protein and may need to be limited to one serving/day – ½ cup: Spinach, broccoli, mushrooms, green beans, brussel sprouts

FOODS THAT MUST BE COUNTED:

All starches:

Hint: when reading a label, look for items that have 2 grams of protein or less per serving.

Breakfast foods: Toast, bagels, english muffins, waffles, pancakes, cereal, muffins/scones/donuts/danishes

Lunch/dinner foods: Bread, pita, rolls, tortillas, wraps, french fries, rice, pasta, potatoes, cous cous,

Snacks: Chips, popcorn, crackers, cookies

Higher protein vegetables

These vegetables are allowed, but must be counted in your protein allowance as they contain more phe than the other vegetables

Corn, peas, potatoes, sweet potatoes

French fries, onion rings

Dairy alternatives:

Almond, rice, hemp milk and their products

Daiya cheese, some coconut milks and their products

Foods that must be Avoided:

All high protein foods including, meat, dairy, fish, nuts and seeds, beans/lentils, soy products/tofu/tempeh, eggs