Finger Foods

PEELED FRUITS	Weight (g)	mg Phe
Apple wedges	10	1
Banana chunks	10	4
Cantaloupe chunks	10	3
FRESH OR CANNED		
Peaches	10	2
Pears	10	1
Plums	11	2
Fresh Strawberries	10	1
VEGETABLES		
Fresh, Frozen, or Cooked		
Carrot coins or sticks	10	3
Asparagus spears	10	6
Summer squash, seeded	10	4
Winter squash, cubed	10	5

FRUIT	Amount	Weight (g)	mg Phe
Fresh, canned, or frozen			
Blueberries	¼ cup	36	9
Canned	¼ cup	64	15
Cranberries	¼ cup	24	3
Sauce	¼ cup	70	3
Grapefruit, segments			
Fresh	¼ cup	43	9
Canned	¼ cup	48	9
Guava	1/3 guava	30	1
Kiwi, med, peeled	½ kiwi	38	11
Mango, sliced	¼ cup	48	6
Mandarin Orange	¼ cup	62	13
Orange, segments	½ orange	90	19
Papaya, cubed	¼ cup	35	7
Pineapple Chunks			
Fresh	¼ cup	38	5
Canned	¼ cup	45	6
Raisins, seedless	1 Tbsp	9	6
Raspberries			
Fresh	¼ cup	31	11
Frozen	¼ cup	63	16
Tangerine segments	½ tangerine	42	9

VEGETABLES	Amount	Weight (g)	mg Phe
Green Beans	¼ cup	34	17
Beets, sliced, cooked	¼ cup	43	21
Broccoli Flowerettes, raw	¼ cup	20	17
Cauliflowerettes	¼ cup	25	18
Cabbage shreds (green)	¼ cup	5	2
Cucumber slices, peeled	¼ cup	36	8
Lettuce, Iceberg	¼ cup	29	12
Mushrooms, raw	¼ cup	18	14
Bell peppers, raw	¼ cup	35	10
Pickles, dill	1 medium	60	11
Tomatoes, raw	¼ cup	40	9
Turnip sticks, cubes, raw	¼ cup	33	6

LOW PROTEIN PASTA	Weight (g)	mg Phe
ALL PASTA IS MEASURED DRY		
Aglutella, Spaghetti	50	20
Aglutella, Macaroni	50	20
Aproten, Spaghetti	56	17
Aproten, Ditalini	62	19
Cambrooke, Elbow Pasta	60	7
Cambrooke, Spaghetti	50	5
Dietary Specialties, Elbows	60	7
Ener-G Macaroni	57	5
Ener-G Spaghetti	57	5
LoProfin Spaghetti	56	6
LoProfin Macaroni/Penne	56	6

LOW PROTEIN SNACKS	Amount	mg Phe
LoProfin Crackers	5	5
Aproten, Cream Filled Wafer		
Vanilla	3	8
Chocolate	3	17
LoProfin, Cream Wafers		
Chocolate/Orange/Vanilla	4	2

SNACKS	Amount	mg Phe
Goldfish, original	5	9
Saltine Crackers	1	13
Ritz Crackers	1	10
Graham Cracker	½ full sheet	24
Marshmallow, mini	1/3 c = 13 g	5
Fruit Snacks, Betty Crocker	1 packet	3
Fruit Roll-ups, Betty Crocker	1	3
Potato Chips, plain or BBQ	3	15
Doritos, Ranch/ Nacho Cheeser	8	30
Pringles, Original/ BBQ	3	16
Pretzels, Rold Gold, tiny twists	3	23

CEREALS	Amount	Weight (g)	mg Phe
Cheerios , plain	¼ cup	10	4
Cheerios, Honey Nut	¼ cup	10	53
Cocoa Krispies	¼ cup	10	25
Cocoa Puffs	¼ cup	8	15
Corn Chex	¼ cup	8	27
Corn Pops	¼ cup	8	15
Froot Loops	¼ cup	7	19
Honeycombs	¼ cup	6	16
Kix	¼ cup	6	20
Rice Krispies	¼ cup	7	23
Trix	¼ cup	8	19
Very Berry Kix	¼ cup	8	15

15 mg Phe equals 1 food equivalent