

## PKU list of foods:

### Foods that are not allowed:

- ◆ All meats such as: beef, lamb, pork, ham, bacon, chicken, fish and fish products, organ meats (liver, heart, kidney), etc.
- ◆ Eggs
- ◆ All dairy products including: cottage cheese, cheese, milk, yogurt, ice cream, pudding, etc.
- ◆ Nuts and seeds
- ◆ Legumes
- ◆ **Ordinary** breads, flour cakes, and biscuits (made with yeast and/or gluten)
- ◆ Soya-Foods such as TVP (meat substitutes)
- ◆ Any food containing **aspartame** such as: diet sodas, diet jams, diet lemonades, etc.



### Foods that are restricted (these must be weighed at given amounts):

*Each weighed amount provides 50 mg of phenylalanine*

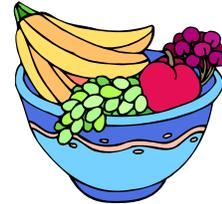
<b>Foods:</b>	<b>Amount allowed:</b>
◆ Potato chips	30 grams
◆ Potatoes: boiled, mashed, roasted, etc.	80 grams
◆ Broccoli	30 grams
◆ Peas: fresh, frozen, etc.	25 grams
◆ Spinach: boiled, steamed, etc.	25 grams
◆ Corn on the cob	55 grams
◆ Cereals (depending on type)	10-20 grams
◆ Rice: white or brown	45 grams
◆ Crackers and Snack foods	Varies
◆ Cookies and desserts	Varies



For specific questions about foods for the PKU diet please contact the CRC dieticians.

🌍 **Foods that are allowed (monitor these foods-do not allow excessive use):**

- ◆ Fruits: apples, oranges, bananas, melons, grapes, grapefruit, peaches, strawberries
- ◆ Vegetables: french beans, carrots, cauliflower, celery, cucumbers, lettuce, radishes, tomatoes



🌍 **"Free" foods:**

◆ **Desserts/Sweeteners:**

- Corn syrup, honey, sugar, molasses
- Candy and gum with allowed ingredients (no aspartame)
- Frosting
- Hunt's® Lemon Pudding (canned)
- Popsicles



◆ **Fats:**

- Oil, lard, bacon drippings
- Salad dressings-Catalina (Kraft), Italian

◆ **Beverages:**

- Apple juice
- Carbonated beverages (soda) without aspartame
- Gatorade®
- Kool-Aid®
- Lemonade (not diet)
- Tang
- Strawberry Quik® (powder only)
- Coffee and instant tea's

