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*

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

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