

LOW PROTEIN FOODS LIST

Recipe Ingredient	Amount	Phe (milligrams)	Protein (grams)	Energy (calories)
FRUITS AND VEGETABLES				
Fruits				
Apples, fresh, diced	1 cup	7	0.2	74
Grapes	½ cup	12	0.6	49
Raisins	¼ cup	24	1.2	108
Vegetables				
Carrots, raw, chopped or shredded	½ cup	18	0.6	24
Celery, raw, chopped	½ cup	13	0.4	10
Chiles, green, chopped	2 Tbsp	4	0.1	4
Corn, cooked or canned	¼ cup	63	1.4	33
Mushrooms, sliced	½ cup	28	0.7	9
Onions, green, chopped	1 Tbsp	4	0.1	2
Onions, red, white, or yellow, chopped	¼ cup	12	0.5	16
Parsley, fresh, chopped	1 Tbsp	3	0.1	1
Peppers, Bell, all colors, raw, chopped	¼ cup	10	0.3	8
Potato, raw, chopped	½ cup	75	1.8	65
Potato, raw, medium	1	194	4.7	169
BEVERAGES				
Orange juice	½ cup	11	0.9	56
Tomato juice	½ cup	20	0.9	21
SOUPS				
Bouillon (1 cube = 1 cup, prepared)	1 cube	32	0.6	28
Chicken Broth	1 cup	86	2.2	20
Swanson Vegetable Broth	1 cup	0	0	20
G. Washington Golden Broth, prepared	1 cup	0	0	5
BREAKFAST FOODS				
French Toast, Aunt Jemima	1 slice	205	4.1	126
Pancake	4 inch	95	1.9	74
Waffle, Eggo Homestyle	1	119	2.3	95
GRAIN PRODUCTS				
Noodles, Macaroni, and Spaghetti				
Macaroni (cooked)	1 cup	324	6.8	200
Spaghetti (cooked)	1 cup	324	6.8	196
Rice and Grains				
White Rice, Instant (cooked)	½ cup	90	1.6	90
White Rice, Long grain (cooked)	½ cup	114	2.2	194

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Brown Rice (cooked)	½ cup	116	2.2	110
Bread and Bread Products				
Bread crumbs	¼ cup	46	0.9	31
Bread, Regular White	1 slice	140	2.8	88
Tortilla, Flour, regular size	1	189	3.8	114
LOW PROTEIN				
Low Protein Mixes				
dp Wheat Starch	1 cup	11	0.3	450
Wel-Plan Baking Mix	1 cup	6	0.3	420
Egg Replacer (1 ½ tsp = 1 egg)	1 ½ tsp	0	0	14
Prono	1 cup	0	0	160
Low Protein Breads and Crackers				
Low Protein Bread (Best White Bread)	1 slice	13	0.3	102
Low Protein French Toast	1 slice	16	0.4	167
Low Protein Waffle	1	13	0.3	168
Old Fashioned Low Protein Pancake	4 inch	8	0.2	55
Rusks, Low protein (crushed)	¼ cup	5	0.1	70
Low Protein Tortilla	1	1	0.1	97
Low Protein Pasta				
Aglutella Macaroni (cooked)	1 cup	20	1.0	180
Loprofin Macaroni Penne (cooked)	1 ½ cup	6	0.2	200
Loprofin Vermicelli (cooked)	1 cup	7	0.3	240
Dietary Specialties Imitation Rice (cooked)	2/3 cup	7	0.2	210
Non-Dairy Creamers				
Cool Whip	¼ cup	12	0.2	36
Mocha Mix (½ cup + ½ cup water)	1 cup	16	0.4	160
Rich's Coffee Rich (½ cup + ½ cup water)	1 cup	22	0.4	170
SAUCES, FATS, AND CONDIMENTS				
Soy sauce, Kikkoman	1 Tbsp	48	1.3	10
Fats, Spreads, and Salad Dressings				
Butter	1 Tbsp	6	0.1	102
Butter (1 stick = ½ cup)	1 stick	48	0.8	816
Margarine	1 Tbsp	6	0.1	101
Margarine (1 stick = ½ cup)	1 stick	48	0.8	808
Margarine (without milk solids: Nucoa)	1 Tbsp	0	0	100
Margarine (without milk solids: Nucoa)	1 stick	0	0	800
Mayonnaise	1 Tbsp	8	0.2	100
Mayonnaise	½ cup	64	1.6	800
Miracle Whip	1 Tbsp	3	0.1	70

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Miracle Whip	½ cup	24	0.8	560
Vegetable oil (for sautéing)	1 Tbsp	0	0	100
Condiments, Olives, and Pickles				
Mustard	1 Tbsp	21	0.5	17
Pickle Relish, sweet	1 Tbsp	2	0.1	19
SWEETS				
Gelled Desserts				
Jello	1 cup	74	3.6	160
Frozen Desserts, Cones, and Dessert Toppings				
Vanilla Ice Cream	½ cup	210	4.2	170
Mocha Mix Frozen Dessert, Vanilla	½ cup	50	1.0	180
Sherbet, Berry Rainbow	½ cup	40	0.8	114
Orange Ice	½ cup	2	0.1	150
Sorbet, Strawberry	½ cup	6	0.2	120
BAKING INGREDIENTS				
Butterscotch Chips (Nestle)	¼ cup	48	1.0	247
Chocolate Chips	¼ cup	105	2.1	213
Cornstarch	1 Tbsp	0	0	35
Flour, All Purpose	1 cup	648	12.8	408
Flour (for thickener)	1 Tbsp	40	0.8	25
Flour, Whole Wheat	1 cup	940	18.4	460
Marshmallows, miniature	1/3 cup	5	0.2	42
Sugar, white granulated	¼ cup	0	0	193
Sugar, white granulated	1 tsp	0	0	16
VERY HIGH PROTEIN				
Dairy and Eggs				
Cheese, cheddar, grated	1/8 cup	372	7.1	106
Egg, whole, medium	1	300	5.6	67
Milk, 2%	1 cup	392	8.0	120
Whipped cream (ReddiWhip)	1 Tbsp	5	0.1	8
Meat and Poultry				
Bacon	1 slice	150	3.0	35
Pork or Ham, cooked	~2 Tbsp	173	4.0	25
Shrimp, cooked	1 ounce	250	5.9	28
Nuts, Nut Butters, and Seeds				
Pecans, chopped	1 Tbsp	35	0.7	46
Walnuts, chopped	1 Tbsp	50	1.1	51



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