

This "cheat sheet" was developed for the personal use of the Pallone family in managing Rosie's PKU diet. The values on this page are mostly from Virginia Schuett's PKU Food List but sometimes on the advice of our dietitian or simply a conversion from label packaging.

Canadian PKU and Allied Disorders Inc. (CanPKU) and the Pallone family are not liable for any errors or omissions in this list. It has been provided to you for the sole purpose of providing you with an example of how you can make the day to day management of the PKU diet simpler for yourself, your child and your friends and family.

All numbers represent the amount of EXCHANGES PER GRAM unless otherwise indicated. 1 exchange = 15mg of Phe. This cheat sheet will only work well for you if you are reliant upon a scale, as we are. With this cheat sheet, diet management become simple: just weigh the food, and multiply by the corresponding number on the cheat sheet and you have the amount of exchanges!

Per Rosie's dietitian, we calculate 1 gram of protein as 3.33 exchanges or 50mg of phe. This is based on the assumption that most foods we are needing to calculate this way are starch based foods.

The foods included on this list are simply the foods that Rosie regularly eats. Nothing has been included or omitted to reflect the nutritional value or lack thereof in the PKU diet. If you do not count phe in Exchanges as we do, this sheet would be easy to modify for other methods of counting. If you are handy with Excel, it would also be easy for you to modify the foods listed to reflect the preferences of the PKU diet you are managing. If you would like the excel version of this file, please email [nicole.pallone@canpku.org](mailto:nicole.pallone@canpku.org) to make your request.

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May 15, 2011: This information is compiled by a PKU parent. Canadian PKU and Allied Disorders Inc. (CanPKU) is not liable for any errors or omissions. Data is collected from various sources including the PKU Food List and vendor websites.

<b>Fruits &amp; Veggies (All values are EXCHANGES PER GRAM unless otherwise indicated. 1 g protein = 50mg phe = 3.33 exch)</b>					
acorn squash, baked	0.029	grapes, fresh	0.012	snap peas	0.060
Acorn squash, boiled	0.018	honeydew, fresh	0.020	snow peas	0.060
apricots, canned	0.018	kiwi, fresh	0.030	starfruit	0.024
apricots, dried	0.043	lemon	0.020	strawberries, fresh	0.013
apricots, fresh	0.034	lemon zest	0.034	sweet potato or yams, baked	0.069
artichoke, canned	0.077	lettuce, iceberg	0.017	sweet potato or yams, boiled	0.052
artichoke, marinated in oil	0.038	lettuce, romaine or leaf	0.039	tomatoes	0.018
asparagus, cooked	0.056	lime or lemon	0.013	turnip, cooked	0.009
asparagus, raw	0.050	mango	0.011	water chestnuts, canned, undrained	0.023
avocado	0.066	mushroom, cooked/canned/pickled	0.040	watermelon	0.010
banana	0.033	mushroom, fresh, white	0.057	zucchini, cooked	0.022
banana chips	0.058	mushroom, portobello, fresh	0.051	zucchini, raw	0.026
bean, green or yellow, raw or cooked	0.046	nectarine	0.014		
beets, cooked or canned	0.046	olives, black or green	0.020	<b>Fruit Snacks (each)</b>	
beets, pickled	0.015	onion, cooked	0.022	Dole peach cups, 113g	0.800
blackberries, fresh or frozen	0.028	onion, green	0.050	Fruit to go, squiggles - 1 whole	0.300
blueberries, fresh	0.017	onion, raw	0.033	Fruit to go, funbites - 1 package	0.300
blueberries, frozen	0.010	orange	0.014	Fruit to go, strips - 1	0.200
bok choy, raw	0.031	orange, mandarin	0.013		
broccoli, cooked	0.077	papaya	0.007	<b>Fruit Juices</b>	
broccoli, raw	0.076	peaches, canned	0.010	bolthouse farms, banana strawberry	0.013
brussel sprouts, cooked	0.052	peaches, fresh	0.013	bolthouse farms, berry boost	0.012
butternut squash, baked	0.023	pear, asian	0.009	carrot juice	0.018
butternut squash, boiled	0.032	pears, canned, drained	0.005	Dole, pineapple orange	0.007
cabbage, raw	0.023	pears, fresh	0.007	Dole, pineapple orange banana	0.006
cantelope	0.016	peas	0.135	grape juice	0.008
carrots, cooked	0.033	peppers, bell, all colours, cooked	0.017	lemonade, from frozen concentrate	0.003
carrots, raw	0.041	peppers, bell, all colours, raw	0.027	Ocean Spray, cranberry cocktail	0.000
cauliflower, cooked	0.044	persimmon	0.017	Ocean Spray, CranCherry	0.003
cauliflower, raw	0.043	pickles, bread & butter	0.013	Ocean Spray, CranGrape	0.003
celery, cooked	0.016	pickles, dill	0.011	Ocean Spray, CranRaspberry	0.002
celery, raw	0.014	pimientos	0.025	Welch's White Grape juice	0.008
cherries, fresh w/ pits	0.016	pineapple, fresh or canned	0.010		
corn, baby	0.100	plums, fresh	0.010	<b>Classico Tomato Sauces (per gram)</b>	
corn, creamed	0.055	pomegranate seeds	0.020	Roasted Garlic	0.030
corn, kernels	0.083	potatoes, baked and diced	0.059	Spicy red pepper	0.022
craisins	0.013	potatos, boiled	0.064	Spicy tomato & pesto	0.030
cucumber, raw	0.021	potato, raw	0.047	Sweet basil	0.030
eggplant, cooked	0.022	pummelo	0.015	Tomato & basil	0.030
eggplant, raw	0.029	radish	0.033		
garlic	0.100	raisins	0.092	<b>Calculation Example</b>	
grapefruit, fresh	0.027	raspberries, fresh	0.024	.2g protein per 15ml: $.2 \times 3.33 / 15 = 0.044$	

<b>Campbell's Condensed Soups (per gram)</b>		<b>Cambrooke Foods</b>		<b>Breakfast Cereals</b>	
broccoli cheese	0.030	asian dumplings	0.027	apple jacks	0.168
chicken broth	0.030	bread, artisan	0.014	cap'n crunch	0.140
chicken gumbo	0.051	camburger	0.048	cinnamon toast crunch	0.161
chicken w/ rice	0.060	calzones, BBQ	0.019	cocoa puffs	0.163
cream of broccoli	0.057	focaccia bread sticks	0.017	cookie crisp	0.152
cream of celery	0.029	fudgy brownies	0.030	corn pops	0.153
cream of mushroom	0.028	hamburger buns	0.005	crackel low protein cereal	0.017
cream of mushroom, low fat	0.058	hot dog (cambrooke)	0.032	dora, general mills	0.122
cream of mushroom w/ roasted garlic	0.043	meatballs, with cheese	0.032	froot loops, kellogg's	0.172
cream of onion	0.027	pierogi (cambrooke)	0.029	froot loops w/ marshmallows	0.148
cream of potato	0.045	pizza crust	0.021	golden grahams	0.161
old fashioned vegetable	0.056	pizza primavera	0.022	loprofin loops, low protein	0.004
tomato	0.036	tweekz nuggets	0.030	rice krispees	0.215
vegetable	0.060				
		<b>Other Low Protein</b>		<b>Other foods</b>	
<b>Spices &amp; Condiments</b>		animal pasta	0.008	apple chips, Seneca, all flavours	0.014
basil, dry, 1 tsp	0.700	aproten pasta, all types	0.020	arrowroot cookies	0.190
basil, fresh, 2g	0.200	banana muffins, maddy's, EACH	0.600	BBQ rice snaps	0.248
chili powder, 1 tsp	0.700	blueberry muffins, maddy's EACH	0.467	cheese slices, okanagan soya	0.100
cinnamon, 1 tsp	0.200	choco cream cookies	0.002	Cool Whip	0.185
curry, 1 tsp	0.600	chocolate chip cookies, pane riso, EACH	0.060	crunchies	0.233
garlic powder, 1 tsp	0.900	chocolate covered raisins	0.020	french fries (all types)	0.087
ginger, ground, 1 tsp	0.300	cinnamon chip muffin, Maddy's, EACH	0.533	hash browns	0.067
ketchup, per gram	0.040	cinnamon cookies, pane riso EACH	0.031	goldfish crackers, original, 8 crackers	1.000
miracle whip, low fat/light, per gram	0.025	coconut cookies, pane riso EACH	0.076	Juice Treats, per package	0.333
mustard, prepared, per gram	0.107	crackers, loprofin	0.007	marshmallows	0.029
Old El Paso taco sauce, per gram	0.020	Glutino brown rice bread	0.076	Minute Rice, prepared	0.160
onion powder, 1 tsp	0.300	loprofin pasta, dry	0.008	rice cakes, all flavours	0.200
oregano, dry, 1 tsp	0.400	Onion Rings, Wise	0.064	Rice Dream	0.006
paprika, 1 tsp	0.700	Peanut Butter, Dietary Specialties	0.015	Rice Dream Ice Cream	0.014
parsley, dried, 1 tsp	0.200	Pretzels	0.066	Rice Krispee treats	0.145
pepper, 1 tsp	0.500	Rice, Dietary Specialties, dry	0.008	ritz crackers	0.233
poultry seasoning, 1 tsp	0.200	Sugar Cookies, Maddy's, EACH (18 per mix)	0.087	saltines, EACH	0.900
rosemary, fresh or dried, 1 tsp	0.100	Tangles, BBQ, 42.5g bag	0.800	Tostitos White Corn bite size chips	0.325
sage, 1 tsp	0.200	Tangles, Original, 42.5g bag	1.267		
thyme, fresh, 1 tsp	0.100	Tangles, Salt & Vinegar, 42.5g bag	1.267	<b>Free Items:</b>	
thyme, ground, 1 tsp	0.300	yellow cake muffin, maddy's EACH	0.267	all hard candies w/out milk products	
				cornstarch, vanilla, sugars, corn syrup, honey	
				maple syrup, fruit butter, jams & jellies	
<b>Free Salad Dressings:</b>		<b>Free Condiments</b>		Jell-O Instant: butterscotch, lemon, vanilla	
Catalina, italian, golden italian,		worcestershire sauce, oils, vinegars,		Hunt's juicy jells, jolly rancher gels	
creamy cucumber		kraft horseradish, kraft sweet & sour		Del Monte gel snack cups, all flavours	

<b>FRUIT &amp; VEGGIES</b>		<b>FREE OTHER ITEMS</b>	
All fruit juices		all hard candies without milk/gelatin	
All fruits & berries EXCEPT avocado		jelly belly jelly beans	
All squash		skittles, rockets, nerds, etc	
apricots		lactose free margarine	
artichoke, canned	0.077	honey, maple syrup, fruit butters, jams	
asparagus, cooked or raw	0.056	cornstarch, vanilla, sugars, corn syrup	
avocado	0.066	Jell-O Instant (butterscotch, lemon, vanilla)	
banana chips	0.058	Hunt's Juice Jells, Jolly Rancher Gels;	
beets		Del Monte Gel Snack Cups (all flavors);	
bok choy		Lemon Meringue Pudding cups	
broccoli, cooked	0.077	<b>Breakfast Cereals &amp; Items</b>	
broccoli, raw	0.084	apple jacks	0.168
brussel sprouts, cooked	0.052	cinnamon toast crunch	0.161
cabbage		cocoa puffs	0.163
carrots		corn pops	0.140
cauliflower		froot loops, kellogg's	0.172
celery		frosted flakes	0.110
corn, baby	0.100	golden grahams	0.161
corn, creamed	0.055	Honey Nut Cheerios	0.315
corn, kernels	0.083	lucky charms	0.230
cucumber		rice krispees	0.215
daikon		Mini Eggo Waffles, per small round	1.68
eggplant		Peanut Butter, Dietary Specialties	0.015
garlic	0.100	<b>Salad Dressings &amp; Condiments</b>	
green/yellow/wax beans		Catalina, italian, golden italian,	FREE
lettuce		creamy cucumber, any oil/vinegar	FREE
lime/lemon		worcestershire sauce, ketchup, salsa	FREE
mushroom, fresh, white	0.057	kraft horseradish, kraft sweet & sour	FREE
mushroom, portobello, fresh	0.051	Bull's Eye BBQ Sauce	0.020
mushrooms - pickled or canned		butter	0.030
olives & pickles		French's Honey Mustard	0.080
onion		miracle whip, low fat/light	0.025
peas	0.135	mustard, prepared, per gram	0.107
peppers		Old El Paso taco sauce	0.020
potato, raw	0.047	soy sauce, 1 tbsp	1.5
potatoes, baked and diced	0.059	<b>Spices</b>	
potatoes, boiled	0.064	Basil, chili powder, paprika, per tsp	0.7
pummelo		Cinnamon, parsley, poultry seas., sage, TSP	0.2
radish		ginger, onion powder, thyme, per TSP	0.3
raisins		fresh basil, thyme, cilantro, rosemary, per GR	0.1
snap peas/snow peas	0.060	curry, 1 tsp	0.600
sweet potato or yams, baked	0.069	garlic powder, 1 tsp	0.900
sweet potato or yams, boiled	0.052	oregano,dry, 1 tsp	0.400
tomatoes		pepper, 1 tsp	0.500
turnip			
water chestnut			