

≤ 20 mg Phe Foods Available for KY Medicaid MCO Members

Product	Order Quantity	Package Size	Serving Size Quantity	Protein Content	Phe Content
STARCHES					
Pasta					
Ka Me Bean Threads	1 bag		1 cup	0.0 g	1 mg
Loprofin Spaghetti	6 boxes	500 g	3/4 cup (56 g)	0.2 g	6 mg
Loprofin Spirals	6 boxes	500 g	3/4 cup (56 g)	0.2 g	6 mg
Loprofin Penne	6 boxes	500 g	3/4 cup (56 g)	0.2 g	6 mg
Loprofin Lasagna	12 boxes	250 g	3/4 cup (56 g)	0.2 g	6 mg
Loprofin Animal Shaped Pasta	6 boxes	500 g	3/4 cup (56 g)	0.2 g	6 mg
Loprofin Elbow Pasta	12 boxes	250 g	3/4 cup (56 g)	0.2 g	6 mg
Loprofin Elbow Pasta	12 boxes	250 g	3/4 cup (56 g)	0.2 g	6 mg
Loprofin Vermicelli	12 boxes	250 g	3/4 cup (56 g)	0.2 g	6 mg
Phe-No-Menal Quardretti Pasta			3/4 cup dry	0.2 g	6 mg
Dietary Specialties Elbow Pasta	6 packages		3/4 cup (56 g)	0.5 g	7 mg
Cambrooke Pasta Solo Elbow Pasta	1 box		1/2 cup dry	0.1 g	8 mg
Promin (Tricolor Spirals, Tricolor Alphabets)	1 package	500 g	1/2 cup dry	0.2 g	11 mg
Promin (Shells, Alphabets, Cous Cous, Rigatoni, Orzo, Italian Herb Ziti)	1 package	500 g	1/2 cup dry	0.3 g	11 mg
Flavis Penne Pasta	1 box		1/2 cup dry	0.3 g	13 mg
Flavis Spaghetti	1 box		1/2 cup dry	0.3 g	13 mg
Flavis Fusili	1 box		1/2 cup dry	0.3 g	13 mg
Flavis Ditalini	1 box		1/2 cup dry	0.3 g	13 mg
Aproten Anellini	12 packages	17.6 oz	1/2 cup dry	0.4 g	13 mg
Aproten Spaghetti	12 packages	17.6 oz	1/2 cup dry	0.3 g	17 mg
Aproten Chichi Risotto	12 packages	500 g	1/2 cup dry	0.3 g	19 mg
Aproten Linguine	12 packages	17.6 oz	1/2 cup dry	0.4 g	19 mg
Aproten Bucatini	12 packages	17.6 oz	1/2 cup dry	0.4 g	19 mg
Aproten Rigatoni	12 packages	17.6 oz	1/2 cup dry	0.4 g	19 mg
Aproten Ditalini	12 packages	17.6 oz	1/2 cup dry	0.4 g	19 mg
Aproten Fusilli	12 packages	17.6 oz	1 cup dry	0.0 g	19 mg
Aproten Penne	12 packages	17.6 oz	7/8 cup dry	0.4 g	19 mg
Aproten Sedani	12 packages	500 g	½ cup dry	0.4 g	19 mg
Rice					
Dietary Specialties Rice	6 packages	17.6 oz bag	1/3 cup dry	0.5 g	7 mg
Loprofin Rice	6 boxes	500 g	3/4 cup (56 g)	0.2 g	8 mg
Promin Rice	1 package	500 g	1/2 cup dry	0.3 g	11 mg
CamBrooke Short Grain Rice	1 pouch		1/3 cup dry (50 g)	0.3 g	11 mg
Flavis Rice	1 box	400 g	1/4 cup dry	0.3 g	9 mg
Dietary Specialties Spanish Rice	12 packages	2 oz package	7/8 cup	0.9 g	18 mg

Aproten Pipe Rice	12 packages	500 g	1/2 cup dry	0.3 g	19 mg
Tortilla/Taco Shells					
CamBrooke Torilla Wraps	1 package	8 tortillas	1 tortilla (53 g)	0.2 g	4 mg
Latiara White Corn Taco Shells	1 package	12 shells	1 shell	0.4 g	20 mg
Latiara Yellow Corn Taco Shells	1 package	12 shells	1 shell	0.4 g	20 mg
Bread					
Ener-G Foods Corn Loaf	6 cases	12 slices	1 slice	0.0 g	6 mg
CamBrooke Cinnamon Raisin Bread	1 loaf	28 oz package	1 slice	0.2 g	14 mg
CamBrooke Homestyle White Bread	1 loaf	28 oz package	1 slice	0.3 g	15 mg
Bread (Other)					
CamBrooke Baby Boule	1 package	3 boules	1/4 boule	0.3 g	6 mg
CamBrooke Camburger Buns	1 package	8 buns	1 bun (89 g)	0.0 g	6 mg
CamBrooke Brookelyn Buns	1 loaf	6 buns	1 bun (89 g)	0.3 g	9 mg
CamBrooke Artisan	1 package	6 rolls	1/3 roll	1.4 g	11 mg
CamBrooke Focaccia Sticks	1 package	3 sticks	1 stick (51 g)	0.3 g	13 mg
Bagels					
Dietary Specialties Plain Bagels			1 bagel	0.4 g	9 mg
Cereal					
Cambrooke Creamy Hot Cereal, Cinnamon	1 pouch	680 g	1/4 cup (28 g)	0.1 g	3 mg
Milupa Honey Flakes Cereal	6 boxes	375 g	1 cup (60 g)	0.2 g	3 mg
Loprofin Loops Cereal	4 boxes	375 g	1 cup (28 g)	0.5 g	7 mg
Promin Banana Porridge		6 sachets	1 sachet	0.1 g	7 mg
Promin Original Porridge		6 sachets	1 sachet	0.1 g	8 mg
Milupa Chocolate Ringlets Cereal	6 boxes	250 g	3/4 cup (30 g)	0.3 g	9 mg
MEALS					
Soup					
George Washington Golden Broth	24 packets	1 oz. bags	2 Tbsp	0.0 g	0 mg
CamBrooke Chicken Consomme	1 package	6 oz jar	1 tsp	0.0 g	1 mg
Dietary Specialties Beef Noodle Soup	4 bags	12-34 g packe	1 packet	0.3 g	4 mg
Dietary Specialties Chicken Noodle Soup	4 bags	12-34 g packe	1 packet	0.3 g	4 mg
Phe-No-Menal Chicken Noodle Soup		17 g	1 packet	0.3 g	6 mg
Pizza Crust					

Chebe Pizza Crust Mix	8 packets	7.5 oz	1.5 Tbsp	0.0 g	3 mg
EGG, MEAT, & DAIRY SUBSTITUTES					
Eggs					
CamBrooke Eggz	1 package mix	1 package mix	1/4 cup (16 g)	0.1 g	6 mg
Country Sunrise Scrambled Egg Mix	1 bag	1.25 lb bag	1 ½ tbsp	0.0 g	6 mg
Meat Mix					
CamBrooke Corny Dogs	1 package	8 servings	1 dog (50 g)	0.3 g	13 mg
Sausage Mix-Promin		4 sachets	1/2 sachet	0.4 g	15 mg
Promin Tomato-Basil Sausage Mix		4 sachets	1/2 sachet	0.4 g	15 mg
Cambrooke Chicken Patty Mix		1 bag	1/4 cup dry	0.5 g	18 mg
Country Sunrise Burger Mix	1 bag	6-61 g pack	1 patty	1.0 g	20 mg
Country Sunrise Southwest Burger Mix	1 bag	6-61 g pack	1 patty	1.0 g	20 mg
Cambrooke Burger Patty Mix		1 bag	1/4 cup dry	0.6 g	20 mg
Milk					
Walden Farms Hazelnut Creamer	1 jar	12 oz	1 Tbsp	0.0 g	0 mg
Walden Farms Mocha Creamer	1 jar	12 oz	1 Tbsp	0.0 g	0 mg
Walden Farms French Vanilla Creamer	1 jar	12 oz	1 Tbsp	0.0 g	0 mg
Walden Farms Sweet Creamer	1 jar	12 oz	1 Tbsp	0.0 g	0 mg
Walden Farms Creamer	1 jar	12 oz	1 Tbsp	0.0 g	0 mg
Vance's DairiFree Milk	6 packets	8 oz	3 Tsp	0.0 g	0 mg
Vance's DairiFree Chocolate Milk	6 packets	8 oz	3 Tsp	0.0 g	0 mg
So Delicious Creamer	1 carton	1 pint	1 Tbsp	0.0 g	0 mg
So Delicious French Vanilla Creamer	1 carton	1 pint	1 Tbsp	0.0 g	0 mg
So Delicious Milk	1 package	1/2 gallon	1 cup	0.5 g	20 mg
So Delicious Shelf Stable Milks (Original, Unsweetned, Vanilla, Sugar Free Vanilla)	1 package	1/2 gallon	1 cup	0.0 g	20 mg
Cheese					
CamBrooke Shake 'N' Cheese	1package	4 oz	1 tsp	0.2 g	8 mg
Country Sunrise Cheese Flavored Sauce Mix	1 case	1.5 lb bag	31 1/4 cup servings per bag	0.0 g	14 mg
CamBrooke American Cheese Slices	1 package	32 slices	1 slice	1.0 g	20 mg
CamBrooke Swiss Cheese Slices	1 package	32 slices	1 slice	1.0 g	20 mg
CamBrooke Jalapeno Cheese Slices	1 package	32 slices	1 slice	0.0 g	20 mg
QUICK FOODS & SNACKS					
Breakfast Bars					

Milupa Apricot Energy Bars	10 boxes	75 g	1 bar	0.2 g	3 mg
Milupa Fruit Energy Bars	10 boxes	75 g	1 bar	0.2 g	4 mg
Milupa Apple Cinnamon Energy Bars	10 boxes	75 g	1 bar	0.3 g	8 mg
Snacks					
Cambrooke Tortilla Chips, Sea Salt		24 bags	1 bag	0.0 g	3 mg
Cambrooke Tortilla Chips, Sweet Chili		24 bags	1 bag	0.0 g	4 mg
Flavis Fruit Bars		1 box	1 bar	0.0 g	4 mg
Brothers Fruit Crisps Fuji Apples	24 pouch cas	2 lbs	1/2 cup pouch	0.0 g	4 mg
Snyders Pretzel Sticks Honey Mustard	4 pack	8 oz	30 sticks	0.0 g	5 mg
Snyders Pretzel Sticks Snack Pack Size	36 pack	1.5 oz	1 package	0.0 g	5 mg
Crunchies Mixed Fruit	12 packets	1.2 oz (36 g)	1/4 cup	0.0 g	5 mg
Brothers Fruit Crisps Asian Pear	24 pouch cas	2 lbs	1/2 cup pouch	0.0 g	6 mg
Wise Onion Rings	36 bags	1 oz bag	1 package	1.0 g	6 mg
Glutino Pretzel Twist	6 pack	14 oz	24 pretzels (30 g)	0.0 g	9 mg
Glutino Pretzel Sticks	6 pack	14 oz	24 pretzels (30 g)	0.0 g	9 mg
Glutino Pretzel Chips	3 pack	6 oz	11 pretzels (30 g)	0.0 g	9 mg
Crackers					
Dietary Specialties Graham Crackers	6 packages	15.52 oz	4 cookies	0.3 g	5 mg
Cambrooke Crackers, Original		1 box	9 crackers	0.3 g	10 mg
Cambrooke Savory Cracker Thins		1 box	2 crackers	0.3 g	14 mg
Loprofin Crackers	6 boxes	150 g	5 crackers	0.4 g	15 mg
Absolutely G.F. Crackers, Original		1 box	9 crackers	0.3 g	16 mg
Absolutely G.F. Crackers, Toasted Onion		1 box	9 crackers	0.3 g	16 mg
Absolutely G.F. Flatbreads, Everything		1 box	2 pieces	0.3 g	16 mg
Absolutely G.F. Flatbreads, Original		1 box	2 pieces	0.3 g	16 mg
Absolutely G.F. Flatbreads, Toasted Onion		1 box	2 pieces	0.3 g	16 mg
DESSERTS					
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Jeannie Jel Desserts Peach	1 box	3.6 oz	1/2 cup	0.0 g	0 mg
Jeannie Jel Desserts Orange	1 box	3.6 oz	1/2 cup	0.0 g	0 mg
Jeannie Jel Desserts Strawberry	1 box	3.6 oz	1/2 cup	0.0 g	0 mg
Jeannie Jel Desserts Blueberry	1 box	3.6 oz	1/2 cup	0.0 g	0 mg
Jeannie Jel Desserts Green Apple	1 box	3.6 oz	1/2 cup	0.0 g	0 mg
Jeannie Jel Desserts White Grape	1 box	3.6 oz	1/2 cup	0.0 g	0 mg
My*T*Fine Pudding (Butterscotch, Tapioca, Lemon, Vanilla)	12 boxes	2.75 oz	1/2 cup	0.0 g	0 mg

Cookies/Brownies					
CamBrooke Sugar Cookie Dough	1 tub	3 lb tub	1 cookie (28 g)	0.2 g	2 mg
Dietary Specialties Chocolate Chip Cookies	6 packages	6 oz box	2 cookies	0.2 g	3 mg
CamBrooke Chocolate Chip Cookie Dough	1 tub	3 lb tub	1 cookie (28 g)	0.2 g	3 mg
Glutino Lemon Wafers	12 pack	7 oz	3 wafers (30 g)	0.1 g	4 mg
CamBrooke Peanut butter Chocolate Chip	1 package	12 cookies	1 cookie (35 cookies)	0.2 g	6 mg
Flavis Frollini Cookies		1 bag	4 cookies	0.2 g	8 mg
Country Sunrise Microwave Brownie	1 bowl	1 bowl	1/8 bowl portion	0.0 g	12 mg
CamBrooke Fudge Brownie	1 package	6 Brownies	1/6 of the tray	0.3 g	18 mg
BAKING					
Baking Mix					
Dietary Specialties Bread Machine Mix	6 packages	4 lb. bag	1/4 cup	0.0 g	0 mg
CamBrooke Quick Mix	1 bag	2 lb bag	1 cup	0.3 g	1 mg
Maddy's Sugar Cookie Mix	4 cans	14 oz	1 cookie (22 g)	0.3 g	1 mg
Phe-No-Menal Shortcake Mix		400 g	1/4 cup	0.0 g	1 mg
CamBrooke All Purpose Baking Mix	1 bag	2 lb bag	1 cup	0.4 g	2 mg
Well-Plan Baking Mix	18 boxes	400 g	1/3cup (39 g)	0.1 g	2 mg
Country Sunrise Chocolate Chip Cookie Mix	228 g bag		1/12 batch (0.5 oz coc	0.0 g	3 mg
Country Sunrise Sugar Cookie Mix	228 g bag		1/12 batch (0.5 oz coc	0.0 g	3 mg
Chebe Cinnamon Roll Mix	8 packets	7.5 oz	1.5 Tbsp	0.0 g	3 mg
Chebe Breadstick Mix	8 packets	7.5 oz	1.5 Tbsp	0.0 g	3 mg
Chebe All Purpose Flour Mix	8 packets	7.5 oz	1.5 Tbsp	0.0 g	3 mg
Phe-No-Menal Pancake and Dumpling Mix		500 g	100 g	0.2 g	4mg
Maddy's Yellow Cake Mix	4 cans	14 oz	1 slice (34 g)	0.1 g	5 mg
Dietary Specialties Vanilla Cake Mix	6 boxes	13.2 oz box	1/12 box	0.1 g	5 mg
Dietary Specialties Chocolate Cake Mix	6 boxes	13.6 oz box	1/12 box	0.1 g	6 mg
Country Sunrise Pancake Mix	1 bag	2 lb bag	2 pancakes	0.0 g	7 mg
Maddy's Cinnamon Mix	4 cans	15 oz	1 muffin (37 g)	0.3 g	8 mg
Maddy's Fudge Brownie Mix	4 cans	14 oz	1 brown (26 g)	0.3 g	8 mg
Maddy's Blueberry Muffin Mix	4 cans	15 oz	1 muffin (35 g)	0.2 g	8 mg
Maddy's Banana Muffin Mix	4 cans	15 oz	1 muffin (37 g)	0.3 g	9 mg
Loprofin Bake Mix	5 boxes	500 g	1/3 cup (39 g)	0.3 g	10 mg
Cambrooke Redit Dough	1 box	720 g	1 sheet (120 g)	0.3 g	12 mg
Country Sunrise- Brownie Mix	1 bag	13 oz	1/16 bag (1 brownie)	0.0 g	12 mg
Country Sunrise Potato Dumpling and Pancake	1 bag	1 lb bag	35 per bag	0.0 g	17 mg

Baking Ingredients					
Health Plus Pur Psyllium Husk	1 bag	24 oz	2-3 Tbsp	0.0 g	0 mg
Ener G Foods Xantham Gum	12 packages	6 oz	2 Tbsp	0.0 g	0 mg
Ener G Foods Egg Replacer	12 packages	16 oz	1 1/2 tsp	0.0 g	0 mg
CamBrooke Wheat Starch	1 package	2 lb pouch	3/4 cup	0.4 g	6 mg
Plymouth Pantry White Bark Coating	1 package	24 oz bar	15 g	0.2 g	12 mg
Plymouth Pantry Chocolate Bark Coating	1 package	24 oz bar	15 g	0.3 g	12 mg
SPREADS & SAUCES					
Sauces					
Walden Farms Alfredo Sauce	1 jar	12 oz	1/4 cup	0.0 g	0 mg
Walden Farms Garlic and Herb Sauce	1 jar	12 oz	1/4 cup	0.0 g	3 mg
CamBrooke Alfredo Sauce Mix	1 package	4 oz jar	1 Tbsp	0.4 g	13 mg
Peanut Butter/ Spreads					
Walden Farms Peanut Butter Spread	1 jar	12 oz	2 Tbsp	0.0 g	1 mg
Walden Farms Chocolate Peanut Butter Spread	1 jar	12 oz	2 Tbsp	0.0 g	1 mg
Walden Farms Cinnamon Raisin Peanut Butter Spead	1 jar	12 oz	2 Tbsp	0.0 g	1 mg
Dietary Specialties Peanut Butter	1 jar	16 oz	2 Tbsp	0.3 g	8 mg
Dips & Dressings					
Walden Farms Ranch Dressing	1 jar	12 oz	2 Tbsp	0.0 g	0 mg
Walden Farms Ranch 6 Pack	6 packets	1 oz	2 Tbsp	0.0 g	0 mg
Walden Farms Creamy Bacon Dressing	1 jar	12 oz	2 Tbsp	0.0 g	0 mg
Walden Farms 1000 Island Dressing	1 jar	12 oz	2 Tbsp	0.0 g	0 mg
Walden Farms Bacon Ranch	1 jar	12 oz	2 Tbsp	0.0 g	0 mg
Walden Farms Sundried Tomato Dressing	1 jar	12 oz	2 Tbsp	0.0 g	0 mg
Walden Farms Creamy Italian Dressing	1 jar	12 oz	2 Tbsp	0.0 g	1 mg
Walden Farms Ranch Dip	1 jar	12 oz	2 Tbsp	0.0 g	1 mg
Walden Farms Mayo	1 jar	12 oz	1 Tbsp	0.0 g	1 mg
Walden Farms Ranch Mayo	1 jar	12 oz	1 Tbsp	0.0 g	1 mg
Walden Farms Ceasar Dressing	1 jar	12 oz	2 Tbsp	0.0 g	2 mg
Walden Farms Asian Dressing	1 jar	12 oz	2 Tbsp	0.0 g	2 mg
Walden Farms Sesame Ginger Dressing	1 jar	12 oz	2 Tbsp	0.0 g	2 mg
Walden Farms Blue Cheese Dressing	1 jar	12 oz	2 Tbsp	0.0 g	2 mg
Walden Farms Chocolate Syrup	1 jar	12 oz	2 Tbsp	0.0 g	3 mg

Walden Farms Chocolate Dip	1 jar	12 oz	2 Tbsp	0.0 g	4 mg
Walden Farms Marshmallow Dip	1 jar	12 oz	2 Tbsp	0.0 g	9 mg
Walden Farms Caramel Dip	1 jar	12 oz	2 Tbsp	0.0 g	9 mg
Walden Farms French Onion Dip	1 jar	12 oz	2 Tbsp	0.0 g	9 mg