

The *Simplified* PKU Food Plan

A simpler way to count

How it works: On this plan, you have a large selection of fruits, vegetables, and low protein foods you can enjoy without counting protein! You only count a smaller list of foods that are higher in protein. Your protein limit is ____ g per day from these foods.



Don't count

Don't Count many fruits, most vegetables, and very low protein foods.

Count

Count everything else within your protein limit of ____ g per day.

"NO" Foods

Please remember: **"NO" foods** are still NO foods (meat, eggs, dairy, beans, nuts, seeds).

How do I **count** everything else?

- Read food labels to identify grams of protein – watch out for serving sizes!
- Website: HowMuchPhe.org
- Website: [Food-A-Pedia \(supertracker.usda.gov/foodapedia.aspx\)](http://Food-A-Pedia (supertracker.usda.gov/foodapedia.aspx))
- Book: *Low Protein Food List for PKU*

The Simplified PKU Plan gives you more foods to choose from when you are hungry!

Don't Count

- | | | | |
|---|---|--|--------------------------|
|  | Apple |  | Acorn squash |
|  | Apricot |  | Butternut squash |
|  | Banana |  | Cabbage/Sauerkraut |
|  | Blackberries |  | Carrots |
|  | Blueberries |  | Cauliflower |
|  | Cantaloupe |  | Celery |
|  | Cherries |  | Cucumber |
|  | Cranberries |  | Eggplant |
|  | Honeydew |  | Green beans |
|  | Grapefruit |  | Greens (raw only) |
|  | Grapes |  | • Beet, collard & turnip |
|  | Jackfruit |  | Jicama |
|  | Juice |  | Lettuce |
|  | Kiwi |  | Onions |
|  | Mango |  | Parsnips |
|  | Olives |  | Peppers |
|  | Orange |  | Pumpkin |
|  | Peach |  | Radishes |
|  | Pear |  | Spaghetti squash |
|  | Pineapple |  | Spinach (raw only) |
|  | Plum |  | Summer Squash |
|  | Raspberries |  | Tomatoes |
|  | Strawberries |  | Turnips |
|  | Watermelon |  | Yuca |
|  | Low protein foods with less than 20 mg of Phe per serving from low protein food companies |  | Zucchini |
|  | Ketchup, mustard, pickles, margarine, butter, oil & vinegar dressing, jam & jelly, honey, maple or fruit syrups | | |

Count everything else, including:

1 g protein for every ½ cup

- Broccoli
- Greens (cooked)
 - Beet, collard & turnip
- Kale (cooked or raw)
- Mushrooms
- Low protein foods > 20 mg Phe

2 g protein for every ½ cup

- Avocado (½ avocado fruit)
- Brussels sprouts
- Corn
 - 2 cups popcorn
- Potatoes (includes sweet potatoes/yams)
 - ½ cup or 1 small order of fries
 - 1 oz or 15 potato chips
- Spinach (cooked)

Count

"No" Foods

- Meat, fish, seafood, eggs, dairy
- Dried beans, peas, lima beans, legumes, soy, nuts, seeds, peanut butter
- Regular grains (breads, rice, pasta, cereals, etc.) are usually too high in protein to fit into the regular PKU Food Plan.