

# Counting...

1 popsicle 

+1 popsicle 

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2 popsicles 

Popsicles have zero (0) milligrams of Phe and are a FREE food!

## What is a “milligram (mg)?”

We count money in dollars...



...We count time in minutes...

...We count Phe from food in “milligrams (mg)!”

Example:

$$\begin{array}{r} 1 \text{ mg of Phe} \\ + 2 \text{ mg of Phe} \\ \hline 3 \text{ mg of Phe} \end{array}$$