

Weighing Your Food

Step 1:



What are you going to eat?
How about cooked rice noodles?

Step 2:




Weigh your food on a scale!

Step 3:



= 70 grams

Please write how much your food weighs on your diet record!
Fill in the **green box** with the answer!

Food	Weight (grams) 	Phe (milligrams)
Cooked Low Protein Pasta	70 grams	35 milligrams

Ask Mom:

How many milligrams of Phe are in 70 grams of cooked rice noodles?

35 milligrams

Fill in the **yellow box**.

Let's Practice Adding Phe!

Dinner: Rice noodles with broccoli, bell peppers, and soy sauce



Vegetable Stir Fry:

20 grams of cooked broccoli = 23 mg of Phe

28 grams of cooked peppers = FREE

5 grams of soy sauce = 16 mg of Phe

How much Phe is in the vegetable stir fry?

23 mg of Phe in cooked broccoli
+ Cooked peppers are FREE/uncounted
23 mg of Phe in broccoli and peppers

23 mg of Phe in broccoli and peppers
+ 16 mg of Phe in soy sauce

39 mg of Phe in broccoli, peppers, and soy sauce

+



Cooked rice noodles




70 grams of rice noodles = 35 mg of Phe

How much Phe is in dinner?

39 mg of Phe in broccoli, peppers, and soy sauce
+ 35 mg of Phe in cooked rice noodles

74 mg of Phe in dinner

Here is your very own diet record!

Food	Weight (grams) 	Phe (milligrams)
Cooked Broccoli	20 grams	23 mg
Cooked Bell Peppers	28 grams	FREE
Soy Sauce	5 grams	16 mg
Cooked Rice Noodles	70 grams	35 mg