How To Use Howmuchphe.org

You can find out how many milligrams of Phe your food has by looking at howmuchphe.org!

How you do it:

Step #1: Using the search box on howmuchphe.org, look up the food you want to find.

Step #2: Weigh your food!

Step #3: Enter in the weight of the food in the white box. If you click on the green calculator box, howmuchphe.org calculates the Phe for you!

Step #4: Record the Phe on your diet records or click the fork and knife button to track it on howmuchphe.org.