

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

Enter product or food item Enter brand name

Food BRAND

SERVING SIZE	XXX
WEIGHT	XXX
PHE (mg)	XXX
EXCHANGES	XXX
PRO (g)	XXX
mg PHE/g	XXX
CALORIES	XXX

CALCULATE BY

GRAMS

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.