Filling Out Your Diet Record

Step # 1: Choose what you want to eat!

Step # 2: Find the scale to weigh your food!

Step # 3: Put your food on the scale!

Step # 4: Write how much your food weighs in your diet record!

Step # 5: Find out how much Phe is in the food you weigh!
You can find this out by using howmuchphe.org

Step # 6: Write the amount of Phe in your food on your diet record!
Step #1: Weigh the low protein cheese.

Step #2: Multiply the weight of the cheese times the number in the pink box!

19 grams of low protein cheese
× 1.05

= 20 milligrams of Phe