

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!

Weight
(grams)



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!

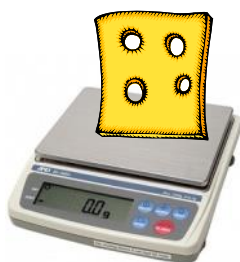
Phe
(milligrams)

Multiplication Can Help With Your Diet Record!

Info found on howmuchphe.org


SLICE(S)	1
WEIGHT	19g
PHE (mg)	20mg
EXCHANGES	1.33
PRO (g)	0.4g
mg PHE/g	1.05
CALORIES	35

Step #1: Weigh the low protein cheese.



= 19 grams

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

Weight (grams)	
19 grams	

×

Mg Phe/g Food
1.05

=

Phe (milligrams)
20 milligrams

19 grams of low protein cheese
× 1.05

20 milligrams of Phe