

Simplified PKU Diet

Free Fruits

- Apples – fresh and dry
- Apricots – fresh and dry
- Bananas
- Berries (all varieties)
- Cherries
- Cranberries – fresh and dry
- Grapefruit
- Grapes
- Guava
- Jackfruit
- Kiwi
- Lemons
- Limes
- Mango
- Melon (all varieties)
- Olives
- Oranges*
- Papaya
- Peaches
- Pears – dry and fresh
- Persimmon
- Pineapple
- Plantains
- Plums
- Pomegranates
- Prunes
- Raisins

Free Vegetables

- Acorn Squash
- Bok Choy
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chayote Squash
- Cucumber
- Green Beans
- Eggplant
- Jicama
- Leeks
- Lettuce
- Onions
- Parsnips
- Peppers (all varieties)
- Pumpkin
- Radishes
- Rutabaga
- Sauerkraut
- Spaghetti Squash
- Summer Squash (zucchini and yellow)
- Tomatoes
- Turnips
- Yucca (Cassava Root)

*Limit orange juice to 1 cup per day

For any questions on specific items, please contact your metabolic dietitian.

Please remember your NO foods are still NO foods

Developed by IMD Nutrition, Children's Hospital Colorado