Simplified PKU Diet

Measure and Count Phe/Protein

- Dried Fruit (except apples, apricots, craisins, pears, prunes, raisins)
- Artichokes
- Arugula
- Asparagus
- Avocado
- Broccoli
- Brussels Sprouts
- Corn
- Kale, mustard greens, Swiss chard
- Mushrooms
- Peas
- Limit orange juice to 1 cup per day

Do Not Measure and Count Phe/Protein

- Potatoes
- Seaweed/Nori
- Sundried Tomatoes
- Spinach
- Yams/Sweet Potatoes
- All other fruits and vegetables (see separate sheet for specific list)
- Low protein foods less than 20 mg of phe per serving from low protein food companies

Please remember your NO foods are still NO foods

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

Developed by IMD Nutrition, Children’s Hospital Colorado