

# Simplified PKU Diet

Measure  
and Count  
Phe/Protein

- Dried Fruit (except apples, apricots, raisins, pears, prunes, raisins)
  - Artichokes
  - Arugula
  - Asparagus
  - Avocado
  - Broccoli
  - Brussels Sprouts
  - Corn
  - Kale, mustard greens, Swiss chard
  - Mushrooms
  - Peas
  - Potatoes
  - Seaweed/Nori
  - Sundried Tomatoes
  - Spinach
  - Yams/Sweet Potatoes
- Limit orange juice to 1 cup per day

Do Not  
Measure  
and Count  
Phe/Protein

- 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

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