

Protein Content of Foods for PKU

Food	Amount	Grams of Protein
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Higher protein vegetables

Corn, cooked or canned	¼ cup(40gm)	1
Potato	½ cup (85gm)	2
Sweet potato	½ cup (85gm)	2
French fries	small order (120 gm)	4
Hashbrowns	¾ cup (100gm)	2
Onion rings	Approx 10-11 (100gm)	5
Peas	¼ cup (30gm)	1.5

Starches

White Bread	1 slice	2
Pasta, cooked	½ cup	3.5
Rice noodles, cooked	1 cup	1.5
Rice, cooked	½ cup	2
Cous cous	½ cup cooked	3
Quinoa	½ cup cooked	4
Bagel	½ bagel	3.5
Oatmeal, cooked	½ cup	3
Cream of Wheat	½ cup	2
Cold cereal	¾ cup	1.5-2.5
Pita	½ (6 ½ inch diameter)	3
Tortilla wrap	10 inch	6
Corn tortilla	6 inch	1-2
Hamburger/ hot dog bun	1 reg. size	3-4

Dairy Alternatives

Daiya cheese shreds	¼ cup	1
Daiya cheese slices	1 slice	1
Daiya cheese wedges	28gm	1
Almond milk (** check label)	1 cup	1
Rice milk	1 cup	1
Coconut milk	1 cup	0-1
Hemp milk	1 cup	0-4
Coconut milk ice cream	½ cup	1

Snack Foods

Popcorn	½ cup popped	1
Saltine crackers	3 crackers	1
Chips	10-15 chips (28gm)	2
Cookies (Oreos, etc)	2 cookies	1-2

Miscellaneous

Sushi:		
Veggie roll	5 pc	3-4
Cucumber avocado roll	4 pc	4
Yam roll	4 pc	3