

Foods for the PKU Diet

Are you looking for a dairy substitute?

Fairly new on the market is **So Delicious' line of Coconut milk products** which are low in protein and available in regular grocery stores. Be sure you don't buy the So Delicious almond plus/almond milk or soy milk ice cream products by mistake as these are higher in protein. Only the coconut milk ones are low. Check the label to make sure they contain 1g protein or less to know you are buying the right one.

They have beverages, creamers, yogurt cups, yogurt drinks, ice creams and ice cream bars available. So Delicious Coconut milk drinks now come in single serving tetra's as well. Most of the ice-creams have 1g protein per serving (with the exception of the ones with almond & peanut butter in the names – those are higher – be sure to check the label). Most of the yogurts have less than 1 g protein with the exception of the greek yogurts which are higher.

While the So Delicious Almond milks are too high in protein, **Silk Pure Almond Milk** can fit into the PKU diet. These are also available in Single serving tetras.

Food	Serving Size	Where to Buy	Protein (g)	Phe (mg)	Calories (kcal)
So Delicious Coconut Milk Yogurt – all flavors	170g	WF	0.6	28	130-170
So Delicious Coconut Milk Yogurt beverage – original/ vanilla/chocolate/straw	1 cup	WF	1	27-29	70 -150
So Delicious Coconut Milk Beverage – original/vanilla/chocolate/unsweetened	1 cup	WF	0.5	20	50-90
So Delicious Coconut Milk Beverage – sugar free vanilla/original	1 cup	WF	0	20	45-50
So Delicious Coconut Milk Creamer – French vanilla/hazelnut & original	1 tbsp	WF	0	0	10-20
So Delicious Coconut Milk ice cream – various flavors (no nuts in title)	½ cup	WF	1	30-50	100-190
So Delicious Coconut milk ice-cream bars	1 bar	WF	1	3-50	60-170
Silk Pure Almond Milk – original, vanilla, dark chocolate, unsweetened	1 cup	WF	1	50*	30-120
Almond Breeze Non-Dairy Beverage – all flavors	½ cup	WF	0.7	39	15-45
Imagine Foods Rice Dream – original, original enriched, vanilla, vanilla enriched	1 cup	WF	0.5	21	120
Imagine Foods Rice Dream – chocolate enriched	1 cup	WF	1.2	25	170
Good Karma Whole Grain Ricemilk- choc, vanilla, unsweetened, original	1 cup	WF	1	50*	120
Good Karma Flax Milk - vanilla, unsweet, orig	1 cup	WF	0	25*	25-60
Good Karma, frozen bars	1 bar	WF	0	25*	200
Good Karma Organic Rice Divine Non Dairy Frozen Dessert (all flavors except choc p'nut butter fudge and Mudd Pie – which have 1g pro/1/2 cup)	½ cup	WF	0.4	18-25	140-170
Chapman's Sorbet, all flavors	½ cup	SS	0.2	6	100
Haagen Dazs Sorbet, Zesty lemon	¼ cup	Most stores	0	0	61
Safeway Select Sherbet	½ cup	SW	0.8	38	140
Carnation Coffeemate, liquid, all flav except choc	1 tbsp		0.2	7	35
Carnation Coffeemate, powder, all flav except choc	4 tsp		0.1	5	60

International Delight, all flavors except chocolate	1 tbsp		0.2	7	45
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Craving Cheese?

Why not try some Daiya Cheese (dairy free and vegan) wedges or shreds. These are available in many local stores and used in several vegetarian restaurants in town.

Food	Serving Size	Where to Buy	Protein (g)	Phe (mg)	Calories (kcal)
Daiya Cheese Wedges & Shreds - cheddar/mozzarella/pepper jack	1oz (3cm cube) or ¼ cup shreds	SS,S0,TF, PS, IGA	1	81	90
Galaxy Nutritional Foods – Rice Vegan Slices	1 slice	WF	0.7	36	40
Vegan Rella	1 oz	WF	0.8	37	70
Whitehall Imitation Sandwich cheese slices	1 slice	WF	0.7	29	57

Not using low protein noodles? Want something you can find at a local store?

Why not give miracle noodles a try. These are made from water soluble fibre and are very low calorie/calorie free and very low in protein. Check out their website for more details and where to buy: www.miraclenoodle.com/storelocator

You could also try cellophane noodles or rice noodles. These are usually found in the ethnic section of the grocery store.

Try making a vegetarian taco in a corn tortilla or taco shell. Many store bought tortilla's/tacos can fit into your phe budget and can be tasty if filled with lettuce, cut up olives and sautéed mushrooms and a small bit of Daiya cheese.

Food	Serving Size	Where to Buy	Protein (g)	Phe (mg)	Calories (kcal)
Konjac/Miracle Noodles – black Shiritaki/angel hair/fettucini/rigatoni	1/3 pouch	FF See website	0	0	0-150
Cellophane noodles (Chinese), dry	¼ cup		0.1	4	123
Chow Mein Noodles, fried type	¼ cup		0.9	45	59
Rice Noodles, cooked	¼ cup		0.4	22	48
Soba (yaki Soba) Noodles, cooked	¼ cup		1.4	62	28
La Choy Chow Mein Noodles, cooked	¼ cup	Most stores	1.5	73	75
White Rice, basmati, cooked	¼ cup	Most stores	1.3	69	62
White Rice, glutinous “sticky”, cooked	¼ cup	Most stores	0.9	47	42
White Rice, instant, cooked	¼ cup	Most stores	0.8	45	45
Brown Rice, long-grain, cooked	¼ cup	Most stores	1.3	65	54
Old El Paso Corn tortilla, mini size	1 tortilla	Most stores	0.3	15	23
Old El Paso Corn tortilla, regular size	1 tortilla	Most stores	0.8	43	55
Old El Paso Corn white corn taco shell	1 shell	Most stores	0.7	37	56

Looking for a ready-made soup?

Food	Serving Size	Where to Buy	Protein (g)	Phe (mg)	Calories (kcal)
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Campbell's Healthy Request Tomato Soup, condensed	½ cup	SW,SS, SO	1.7	36	90
Imagine foods - Creamy Butternut Squash Soup	1 cup	WF	0.5	25	90
Imagine foods- organic vine ripened tomato soup	1 cup	WF	1	35	100
Pacific Natural Foods – Organic French onion soup	1 cup	SW	1	43	30

Need some easy snacks?

Food	Serving Size	Where to Buy	Protein (g)	Phe (mg)	Calories (kcal)
Hunts Lemon Pudding	1 container	SW, SS	0	0	150
Hunts Strawberry/Orange Juicy Gels	1 container	SW, SS	0	0	95
Hunts Snack Pack Gel Snacks	1 container	SW, SS	0	0	100
Apples, dried pieces	¼ cup	Most stores	0.4	10	120
Banana, dried chip	¼ cup	Most stores	0.6	21	124
Good Health apple chips	6 chips	WF	0.1	3	70
Seneca Apple chips	1 bag	WF	0.1	4	100
Sun-Rype Fruit Source 100% Fruit bar	1 bar		0.1	8	130
Let's Do Organic Gummie treats	1 pouch	WF	0.2	5	80
Kellogg's Rice Krispie treats	1 bar		0.6	26	90
Good Health Veggie Sticks	1 oz (28g)	WF	1.0	45	130
Garden Veggie Straws or chips	1 oz (28g)	WF, CC	1.0	27	135
Terra exotic original Vegetable chips	1 oz (28g)	WF	1.0	36	150
Indian Life – Masala Peas	1/3 cup	SW,SS, SO	2	100*	150
Jello Instant pudding, dry mix (banana cream, butterscotch, cheesecake, French vanilla, Lemon pudding, white chocolate flavors) – add your favorite non-dairy beverage to make up	1 pkg	Most stores	0	0	Approx 400
Biscoff Spread	2 tbsp	SW, TF, SO,LD	1.0	50	180

Looking for some convenient and ready made sauces to spice up your meals?

Many store bought sauces can add some zing to your food. Here are a few examples:

Food	Serving Size	Where to Buy	Protein (g)	Phe (mg)	Calories (kcal)
Patak's Mild/Madras/Hot or Vindaloo Curry Paste	2 tbsp	SW,SS, SO	1	50*	90
Patak's Butter Chicken Curry Paste	2 tbsp	SW,SS, SO	1	50*	60
Patak's Tandori/Tikka Curry Paste	2 tbsp	SW,SS, SO	1	50*	35
Patak's Mild Curry Cooking Sauce	½ cup	SW,SS, SO	1	50*	80
A Taste of Thai – Garlic Chili Pepper Sauce	1 tbsp	SW,SS, SO	0.1	3	10
Kikkoman Plum Sauce	2 tbsp	SW,SS, SO	0.4	8	80
Kikkoman Sweet & Sour Sauce	2 tbsp	SW,SS, SO	0.4	20	35
Kikkoman Teriyaki Sauce	1 tbsp	SW,SS, SO	1.1	43	15
Kikkoman Thai Style Chili Sauce	2 tbsp	SW,SS, SO	0.4	12	70
Bull's Eye Original Barbecue Sauce	1 tbsp	SW,SS, SO	0.2	6	25
Pace Chunky salsa, all varieties	1 tbsp	SW,SS, SO	0.2	5	5
Kraft Sweet'n Sour Sauce	1 tbsp	SW,SS, SO	0	0	20

Ragu Old world style pizza sauce	¼ cup	SW,SS, SO	1.1	29	30
Old El Paso Taco Seasoning Mix, mild, dry	2 tsp	SW,SS, SO	0.1	2	15

WF= Whole Foods SW= Safeway SS = Superstore SO= Save-on Foods IGA
TF= Thrifty Foods PS =Price Smart FF = Famous Foods CC=Costco LD=London Drugs

*Items with a star have approximate nutrition analysis based on the grams of protein on the label.

Wondering if you can eat Gluten Free foods?

You have probably noticed more and more gluten free foods on the market. Some of these are lower in protein than their non-gluten free counter parts, but not all. Generally if a gluten free food has 1g protein per serving or less in it, you should be able to fit it into the PKU diet.

Food	Serving Size	Where to Buy	Protein (g)	Phe (mg)	Calories (kcal)
Kinnickinnick Foods – homestyle waffles	1 waffle		1.2	61	110
Nature’s Path gluten free waffle – buckwheat wildberry/mesa sunrise/wheat free blueberry	1 waffle		1.0	42	100
Van’s Wheat Free Waffles – homestyle/blueberry and apple cinnamon	1 waffle		1.0	60	105
Ener-G Foods – corn loaf	1 slice		0	6	40
Ener-G Foods – light brown or white rice loaf	1 slice		0	3	50
Ener-G Foods – light tapioca loaf	1 slice		0	3	45
Ener-G Foods – pizza shell	1 serving (21g)		0.4	29	60
Ener-G Foods – rice starch loaf	1 slice		0	7	90
Ener-G Foods – Tapioca dinner rolls	1 roll		0	41	100
Ener-G Foods–Tapioca hot dog /hamburger bun	1 bun		0	48	120
Glutino- Premium Bread w/Fiber	1 slice		0.8	39	90
Glutino- Premium Bread w/Flax	1 slice		1.2	63	100
Glutino- Premium Cinnamon Raisin Bread	1 slice		0.7	34	110
Glutino- Premium Harvest Corn Bread	1 slice		0.5	28	90
Glutino- Pizza Crust	1 crust		1.4	82	270
Kinnickinnick Foods – gluten free blueberry, carrot or chocolate chip muffins	1 muffin		1.3 – 1.6	68-82	170 -190
Glutino – Pizza or sesame flavored bread sticks	9 sticks		0	3	60
Glutino – Multigrain or original crackers	8 crackers		0.8 (0.7)	43 (37)	140
Glutino – sesame ring pretzels	NA		1	46	150
Glutino – snack pack pretzels	24 pretzels		0.2	9	140
Glutino – vegetable crackers	8 crackers		1.0	53	130
Glutino – pretzel sticks	33 pretzels		0.2	9	140
Snyder’s Gluten free pretzel sticks	40 sticks		0.1	6	120
Ener-G foods cinnamon cookies	2 cookies		0.0	1	160
Glutino Chocolate chip cookies	4 cookies		1.3	66	130
Glutino Chocolate Vanilla Creme cookies	2 cookies		1.2	59	140
Glutino Strawberry flavored wafers	3 cookies		0.1	4	150
Glutino vanilla crème cookies	2 cookies		0.9	38	140
Glutino Chocolate & banana organic bar	1 bar		1.0	52	100
Glutino Chocolate wafers	4 cookies		1.0	44	160
Glutino lemon flavored wafers	3 cookies		0.1	4	160
Glutino vanilla wafers, chocolate coated	4 cookies		1.0	44	160

Glutino wildberry organic bar	1 bar		0.7	39	100
Pane Riso – Chocolate chip, Cinnabear, Cinnamon, coconut and orange cookies	6 cookies		0-0.2	2-7	130-150
Glutino Gluten Free Pantry Muffin & Scone mix, dry	2 ½ tbsp		0.8	47	100
Glutino Gluten Free Pantry Old Fashioned Cake and Cookie Mix	3 tbsp		0.5	24	130
Glutino Chocolate covered pretzels	9 pretzels		1.4	65	160
Glutino Dark & Milk Chocolate Candy bars	1 bar		1.0	41-44	140
Let's Do Gluten Free Ice cream cones	1 cone		0	0	10