

The Simplified PKU Diet



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What is the simplified PKU diet?

The simplified PKU diet makes life easier. It gives you more freedom by removing the burden of counting milligrams (mg) of PHE in every single food. With the simplified PKU diet, you:

- count grams of protein *not* mg of PHE.
- only count protein for *certain* foods.
- eat unlimited amounts of *certain* fruits and veggies and low protein foods.
- avoid *all* high protein foods.



Why try the simplified PKU diet?

1. “Free foods” make meal planning and cooking easier.
2. It’s easier to find protein content for foods and track protein intake.
3. It’s easier to eat out with friends or at school.
4. It puts the focus on fruits and vegetables – promoting a healthy diet.
5. It’s an easier method for adolescents and adults to return to diet.

Will it keep my blood Phe values within range?

Yes! Individuals that follow the simplified diet have been shown to have similar blood PHE levels to when they followed the traditional PKU diet.

It’s called the “simplified diet” NOT the “relaxed diet”. Though it provides more freedom, the simplified diet, if followed correctly, is tailored to keep blood PHE levels within treatment range (120-360 umol/L).

What is my protein allowance?

Your recommended daily intake of protein from food is: _____

"THE RULES"

1. Fruits do not need to be counted. BUT bananas and dried fruit are higher in PHE. They should be limited to 1 serving per day.
2. Most vegetables do not need to be counted. BUT some vegetables are higher in protein and should be counted. A list of free veggies is on the next page. **You must count all vegetables not on the list.**
3. Specialty low-protein foods that are **less than** 20 mg of PHE per serving can be eaten freely.
 - a. *Example: Low protein American cheese singles contain 20 mg of PHE per slice; therefore low protein cheese needs to be counted.*
 - b. *Example: Aprotin Linguine contains 17 mg of PHE per serving; therefore low protein pasta does not need to be counted.*
4. Protein-free and aspartame-free beverages do not need to be counted.
5. Fats and oils (butter, margarine, olive oil, etc.) do not need to be counted.
6. Bread, cereal, and other packaged products **must** be counted. Read the nutrition facts label to find the amount of protein per serving.
7. High protein foods such as meat, chicken, fish, nuts, dairy, beans, egg, legumes, and soy protein must be **avoided**.
8. Always read food labels!
 - a. Look at the **serving size & servings per container**
 - i. If you eat 2 servings of this item, you will be eating twice the amount of protein listed (4 grams instead of 2 grams).
 - b. **Protein** is listed in grams (g). Look for products with 2 g or less per serving.
 - c. What if the label says 0 g of protein but I know it has some protein in it?
 - i. Count it as 0 grams of protein, even if you have multiple servings.
 - d. What if the label contains protein but only lists free fruits and vegetables in the ingredients?
 - i. Count it as 0 grams of protein
 - e. What if the label lists <1 gram of protein but contains non-free foods in the ingredients?
 - i. Count it as 0.5 grams of protein

Nutrition Facts	
Serving Size 1 oz. (28g/About 21 pieces)	
Servings Per Container About 2	
Amount Per Serving	
Calories 170	Calories from Fat 110
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%
Vitamin E 6%	Thiamin 4%
Riboflavin 2%	Niacin 4%
Vitamin B ₆ 2%	Phosphorus 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Free Foods!

Vegetables

Bok Choy
Breadfruit
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Garlic
Green Beans
Eggplant
Jicama
Leeks
Lettuce
Olives
Onions
Parsnips
Peppers (all types)
Plantains
Pumpkin
Radishes
Rutabaga
Sauerkraut
Squash (all types)
Tomatoes
Turnips
Yucca

***If it's not on this list – count it!**

All fruits

***Limit bananas and dried fruit
to 1 serving per day**



Specialty low-protein foods

***Count low-protein foods greater
than 20 mg PHE per serving**



Protein-free
& aspartame-free
drinks

-AND-

Fat & Oils

EXAMPLE

- **Protein allowance: 4 grams of protein/day**
- *Remember to drink formula throughout the day – starting with breakfast!*
- Breakfast:
 - 1 slice of Cambrooke Homestyle Bread with jam and butter
 - 1 apple
- Snack: 1 orange
- Lunch:
 - Vegetarian Fajita Tacos
 - 1 cup of bell peppers and onions
 - 2 low-protein tortilla wraps
 - 2 tablespoons of Daiya cheddar shreds (*COUNT: 0.5 gram of protein*)
- Snack: Carrot sticks with 2 tbsp of vegan ranch dressing
- Dinner:
 - 1 cup of salad with lettuce and tomatoes and Italian dressing
 - Spaghetti and Veggie Meatballs
 - 1 cup of Aprotin Spaghetti
 - 1/3 cup of tomato sauce
 - 3 Cambrooke Veggie Meatballs (*COUNT: 1.5 grams of protein*)
- Dessert:
 - 1 So Delicious Coconut Almond Minis Bar (*COUNT: 2 grams of protein*)

Total: 0.5 gram + 1.5 grams + 2 grams = 4.0 grams of protein

RESOURCES

1. Tools for counting protein:
 - a. Howmuchphe.org - website
 - b. Go Low Pro - app
 - c. MyFitnessPal – app and website
 - d. ChooseMyPlate.gov – Supertracker website
 - e. MyPlate - app
 - f. Mdapp.org - website
 - g. Nutrition facts labels
2. Your metabolic nutritionists!
 - a. Amy Cunningham, Kea Crivelly, Grace Noh and Caroline Cerminaro
 - b. Email: tumetabnutr@tulane.edu; Main office number: 504-988-5101