The Simplified PKU Diet





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.

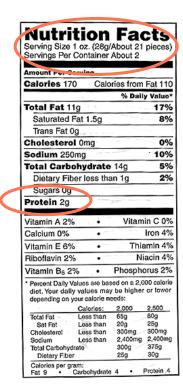
It's called the "simplified diet" NOT the "relaxed diet". Though it provides more freedom, the simplified diet, if followed correctly, is tailored to keep blood PHE levels within treatment range (120-360 umol/L).

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: Aproten 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 was 0.5 grams of protein



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 Aproten 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

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!

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