

Methods for tracking Phe intake

It is important to do all you can to protect your brain from the toxic effects of high or unstable phenylalanine (Phe). Tracking your daily Phe intake is a key part of how you manage **your** PKU each and every day. There are a few different methods for you to track Phe intake. Always work together with your dietitian to find the way that works best for **you**.

Counting milligrams (mg) of Phe

By using a PKU food reference guide, you can easily track your Phe intake using this method. If you do not have a PKU food reference list handy, you can use this calculation as a reliable way to estimate the amount of Phe contained in a food and beverage by using the protein amount and serving size listed on the label.

$$1 \text{ g Protein} = 50 \text{ mg Phe (approximately)}^{1,2}$$

Be careful – all foods and beverages are not created equal. The actual Phe content can vary between brands of types of food, so it is important to always refer to an approved PKU food reference guide or check with your dietitian.

It is also important to select one consistent PKU food reference guide and stick with it. Do not use multiple sources to calculate your daily intake.

Counting exchanges of Phe

Tracking Phe intake by counting exchanges is another reliable way to monitor your intake, as most PKU food reference guides will include exchange calculations.

$$1 \text{ g Protein} = 50 \text{ mg Phe (approximately)}^{1,2}$$

$$15 \text{ mg Phe} = 1 \text{ Exchange}^{2,3}$$

$$1 \text{ g Protein} = 4 \text{ Exchanges (always round exchange calculations up)}^{2,3}$$

Counting exchanges is an accurate way to track your daily intake; however, it is important to select one consistent PKU food reference guide. Phe exchange values can vary between food reference guides. Always check with your dietitian if you have questions.

Counting grams (g) of protein

The total protein content for packaged foods and beverages will always be included on the food label and is based on the serving size for that specific package.

This method is not the most accurate way to track your daily Phe intake; however, it may be easier to do when counting milligrams is too difficult.

If an item's food label says:

- 0 g of protein it can still contain up to 0.49 g per serving^{2,4}
- 1 g of protein it can contain anywhere from 0.50 to 1.49 g per serving^{2,4}

It is important to always double check information found on a food label against an approved PKU food reference guide or with your dietitian. Pay attention to the serving sizes as these can vary between the same type of foods.

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%

