

Worksheet 26-2: Diet Prescription—Meal Plan for Child with PKU

P.H.'s mother is seeing an outpatient dietitian to determine the phenylalanine content of the current meal plan for P.H. Use the USDA National Nutrient Database (available at <http://www.nal.usda.gov/fnic/foodcomp/search/>), Table 26.8, and Box 26.1 to search for the phenylalanine and kcalorie content of the sample menu you have planned based on her preferences and tolerances. Check to make sure the meal plan is meeting the nutrition needs for 5-year-old P.H. (210-450 mg phenylalanine and 1700 kcal). Note that the current phenylalanine-free formula they are using provides 22 kcalories per ounce.

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Food/Beverage	Phe (mg)	Kcal
Breakfast		
½ cup Cinnamon Toast Crunch Cereal	30	80
1 medium apple	8	72
8 ounces phenylalanine-free formula	0	170
Lunch		
2 slices low-protein bread	30	200
1 slice low-protein cheese	30	00
8 medium baby carrots, raw	21	28
1 tablespoon low-fat mayonnaise	2	120
8 ounces phenylalanine-free formula	0	170
½ cup grapes	0	31
PM Snack		
4 ounces phenylalanine-free formula	0	88
1 cup popcorn	35	35
Dinner		
½ cup medium-grain brown rice, cooked	110	109
½ cup stir-fried broccoli	7	29
1 teaspoon butter	2	14
½ cup applesauce	0	97
8 ounces phenylalanine-free formula	0	170
Bedtime Snack		
8 ounces phenylalanine-free formula	0	170
2 graham cracker squares	40	59
Total:	345	1740