

The National Society for Phenylketonuria (United Kingdom) Limited

# Dietary Information for the Treatment of PHENYLKETONURIA

All items must be checked with your Doctor or dietitian before use

# 2007/2008 REVISION

The Society is grateful to the dietitians for their work in producing this revised dietary information, which will continue to be revised annually.

Any alterations made during the course of the year will be announced in the Society's newsletter and via the web site.

Whilst every effort has been made to ensure the accuracy of this data, the responsibility for its use resides with the user and not with the suppliers or the National Society for Phenylketonuria.

Any changes which we are aware of will be notified to you via the web site.

# FOR THE SOLE USE OF DIETITIANS, THEIR PATIENTS AND NSPKU

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THE NATIONAL SOCIETY FOR PHENYLKETONURIA IS VERY GRATEFUL TO VITAFLO LTD FOR THEIR SPONSORSHIP OF THIS DIETARY INFORMATION BOOKLET.

# **PHENYLKETONURIA**

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#### THIS LIST REPLACES ALL PREVIOUS INFORMATION

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# **PKU DIET - BASIC PRINCIPLES**

A normal diet contains more phenylalanine than can be tolerated by the person with PKU. The treatment therefore consists of a diet containing only the amount of phenylalanine which is essential for growth and development.

- Meat, fish, cheese, eggs, milk, nuts and seeds are rich in protein and therefore phenylalanine so they are not allowed.
- b) Other foods which contain some protein such as potato and cereals are given in small measured quantities so that the blood phenylalanine, which is measured regularly, is kept within safe limits. These measured foods are spread out between the day's meals. The quantities allowed will vary from person to person and from time to time in the same person.
- c) Most fruit, some vegetables and salads can be taken in normal quantities. Sugar, jam, syrups and fats such as butter, lard and cooking oil can be used in normal quantities. There are many manufactured foods which are low in protein and which are available on prescription for the person with PKU. These include low protein bread, biscuits, flour, pasta and rice which can be taken freely and used to provide variety in the diet. You can cook in all the usual ways (fry, grill, bake etc) and you can use herbs, spices and flavourings to add interest.
- d) As high protein foods such as meat, fish, cheese and eggs cannot be eaten these have to be replaced by a special protein mixture which does not contain phenylalanine. These protein substitutes (names include XP AnalogLCP, Aminogran Food Supplement, Easiphen, XP Maxamaid, XP Maxamum, Minaphlex, PK Aid 4, Phlexy -10 system, PKU gel, PKU Express, PKU Cooler 10,15,20) are all available on prescription. They will provide the essential 'safe' protein for growth and development. Your paediatrician or dietitian will advise you which is best for your child, the amount required and how it should be taken.

The protein substitute is an extremely important part of the diet for the person with PKU and it must be taken regularly with meals and evenly spread over the day. This helps to keep the phenylalanine levels steady throughout the day.

Vitamins and minerals must also be included in the diet. If they are not already included in your protein substitute your dietitian will advise on the best preparation to take. Take only those prescribed by your doctor.

# TRAFFIC LIGHT SYSTEM

The diet is described by the traffic light system:

Red - STOP! Do not eat these foods

Amber - Go Cautiously. These foods can be eaten in controlled amounts.

Green - Go! These foods may be eaten in normal quantities

# **RED LIST - STOP!**

# FOODS NOT ALLOWED BECAUSE THEY ARE HIGH IN PROTEIN AND PHENYLALANINE

MEAT - All kinds - beef, lamb, pork, ham, bacon, chicken and game.

Offal – liver, tongue, kidney.

Sausages, canned meat e.g. corned beef; meat products e.g. beefburgers, meat paste

FISH - All kinds including shellfish, frozen or tinned.

EGGS - All kinds

**CHEESE** – All kinds including cheese spreads. Some vegan cheese is suitable. See exchange list in this booklet.

#### **NUTS AND SEEDS**

FLOUR-BASED FOODS e.g bread, flour, cakes and biscuits

**SOYA** – Foods made from soya such as TVP (meat substitute).

#### **QUORN AND TOFU**

# ASPARTAME and SALT OF ASPARTAME with ACESULFAME K.

(Aspartame can also be found combined with another sweetener called Acesulfame K. This combined sweetener must be avoided but Acesulfame K on its own is suitable).

Aspartame (and salt of aspartame with acesulfame K) is an artificial sweetener which can be found in fizzy drinks, squashes, cordials, alcoholic drinks, puddings, crisps and some chewing gums. Aspartame contains phenylalanine and therefore it must not be taken. As well as the use of aspartame in drinks etc. it can be found in some table top sweeteners e.g. Canderel, Flix and granulated sweeteners.

Foods and drinks containing aspartame will be labelled either:-

Artificial Sweetener: Aspartame OR

Artificial Sweetener:E951

Foods containing salt of aspartame with acesulfame K will be labelled:

Artificial Sweetener: Salt of Aspartame and Acesulfame K: E962

The food or drink will also be labelled 'Contains a source of phenylalanine'

Aspartame is also used in some drugs. Please check with your doctor before taking any drugs.

All drugs which contain aspartame must declare this ingredient (and all other ingredients) in the patient information sheet which is dispensed with the drug.

It is usually the sugar- free drugs which might contain aspartame so ask your doctor to prescribe a sugar-containing drug.

If your pharmacist does not give you an information sheet with your drug please ask him/her to check that there is no aspartame in the drug you have been given.

All other artificial sweeteners are suitable e.g Sucralose, Saccharine

# AMBER LIST - GO CAUTIOUSLY

# FOODS CONTAINING SOME PHENYLALANINE TO BE TAKEN WITH CAUTION.

# BASIC LIST OF 50mg. EXCHANGES OF FOOD

# THESE ITEMS SHOULD BE MEASURED ACCURATELY. WEIGH FOOD AFTER COOKING UNLESS OTHERWISE STATED.

#### **VEGETABLES** Potatoes:-Boiled.boiled and mashed milk free Jacket (all these ways of cooking) 80g Roast 55g Chips – frozen, fresh, oven, crinkle 45a Canned, new (drained weight) 100g Croquette 40g Instant Mashed Potato -dry powder 10g Yams, boiled 60g Bamboo Shoots, raw 60g Broccoli Tops-fresh, boiled 30g Brussels Sprouts - boiled 35q Spinach, boiled 25q Spring Greens 35q Peas-fresh, frozen & Petit Pois 25g **Broad Beans** 20g Frozen mixed Vegetables 30q Baked beans - ordinary, barbecue, Curried 20g Sweetcorn kernels & baby corn-Canned and drained 35g Corn on the cob, raw or cooked weiaht 55q Length of cob 4cms Plain popped Popcorn 10a Tofuti Creamy Smooth Un-popped Popcorn 10g

# SOUP IN A CUP

Tesco Carrot and Coriander - 1 sachet Waitrose Tomato and Basil - 1 sachet

CEREALS	
Kelloggs Cornflakes Frosties Rice Krispies Sugar Puffs Weetabix, Weetaflakes Shredded Wheat Ready Brek (Weetabix) Puffed Wheat Bran Flakes Oatmeal (raw) Rolled Oats Rice (raw) white or brown Rice(boiled)white/brown	15g 20g 15g 15g 10g 10g 10g 10g 10g 15g 45g
FRUITS Avocado pear, flesh only Passion Fruit	55g 35g
DAIRY Milk Single Cream Double Cream Soured Cream DAIRY-LIKE	30ml 40ml 60ml 35ml
Cheezly Cheddar style	30g

25g

See NSPKU web site for more useful exchanges www.nspku.org

**Footnote:** Weights are given to nearest 5 g

THE FOLLOWING FRUITS AND VEGETABLES IF TAKEN IN LARGE QUANTITIES ADD A SIGNIFICANT AMOUNT OF PHENYLALANINE TO THE DAY'S INTAKE. Restrict to ONE serving of any ONE item per day. These foods may be used in SMALL quantities such as in vegetable stews, sauces and fruit salad.

### **FRUIT**

Banana e.g. one small one per day
Dates
Figs, dried
Fruit mincemeat (sweet mincement without nuts)
Physalis
Dried Banana Chips
Small packs of dried fruit mixture

#### **VEGETABLES**

Asparagus
Beansprouts
Plantain
Seakale
Sugar Snap Peas
Mange Tout Peas
Tinned Sweet Chestnuts – up to 100g free

# GREEN LIST – GO! FOODS CONTAINING SMALL QUANTITIES OF PHENYLALANINE WHICH CAN BE USED IN NORMAL QUANTITIES. TAKE CARE TO AVOID EXCESS

#### **FRUIT**

Most types (fresh, tinned, raw, cooked in sugar and dried except where stated) including apples, apricots, bilberries, blackberries, blueberries, cherries, clementines, cranberries, currants (black, red), custard apples, damsons, figs (fresh NOT dried), fruit pie filling, fruit salad, gooseberries, grapes, grapefruit, greengages, guavas, jack fruit, kumquats, lemons, limes, loganberries, lychees, kiwi fruit, kumquats, mandarins, mangoes, mangosteens, melon, water melon, medlars, mulberries, nectarines, olives, oranges, paw paw (papaya), peaches, pears, pineapple, plums, pomegranate, prickly pear, prunes, quince, raisins, raspberries, rhubarb, satsumas, sharon fruit, star fruit, strawberries, sultanas, tamarillo, tangerines, mixed peel, angelica, glace cherries and ginger.

All fruit crisps eg apple, pineapple- see free list for examples

#### **VEGETABLES**

Artichoke (Globe and Jerusalem), aubergine, all green beans (French beans, runner beans, dwarf beans) beetroot, cabbage, capers and caperberries, carrots, cassava (yucca), cauliflower, celeriac, celery, chicory, coconut milk (fresh milk only **not canned**), courgettes, cucumber, endive, fennel, garlic, gherkin, karela, kohl rabi, Lady finger (okra), leek, lettuce, marrow, mooli, mushrooms, mustard and cress, onion, pickled onion, parsley and all herbs, pak choi, parsnip, peppers (all colours), pumpkin, radish, squash – butternut squash, acorn squash, spaghetti squash, swede, sweet potato, tomato, turnip, watercress, water chestnuts.

All crisps made from cassava and/or tapioca (but check no aspartame) - see free list for examples

All clear pickles in vinegar e.g. Pickled onion, gherkins, red cabbage.

#### **CEREALS**

Cornflour, arrowroot, custard powder (NOT instant custard), blancmange powder – vanilla and fruit flavoured (NOT blancmange mix or chocolate flavour), cassava flour, sago, tapioca and tapioca starch but NOT ready to serve milk puddings including sago and tapioca.

### **FATS**

Butter, margarine (but NOT margarine which has a protein content of over 0.5g per 100g), lard, vegetable fats and oils (liquid and solid).

A list of suitable low fat spreads appears in the manufactured foods section on page 12.

#### **MISCELLANEOUS**

Sugar: white, brown, caster, icing; glucose, ready to roll icing (except chocolate). Tate and Lyle Light Cane. Jam, honey, marmalade, golden syrup, pouring syrup, treacle, maple syrup, boiled sweets, rock, candy sherbet, barley sugar and candy floss.

Food essences and colourings: e.g. vanilla, cochineal, peppermint, almond essence. Salt and pepper, herbs and spices, curry powder, vinegar, mustard, mint sauce and mint jelly. Soy sauce – 2 tablespoons per day limit

Baking powder, bicarbonate of soda and cream of tartar.

Vegetarian Jellies without gelatine e.g. Agar Agar and Supercook Vege-gel.

#### **DRINKS**

Water, soda water, mineral water, fizzy drinks e.g. lemonade, coke, fruit cordial and squash, black tea and green tea (not instant tea), black coffee and pure fruit juices. Rice Milk – Waitrose, Rice Dream – original and Provamel Rice Drink

Remember to check all drink labels routinely for aspartame as recipes change constantly.

#### ALCOHOL - Advice for adults

The following information can be used as a guide to the protein content of alcoholic drinks. Please consult your dietitian and/or doctor about alcohol before using this information as individual treatment varies and you should follow the advice of your own medical advisors. We would advise that women should not take alcohol during pregnancy. National guidelines should be observed.

There are some alcoholic drinks which contain only a trace of protein and therefore can be taken without counting them as phenylalanine exchanges in the diet. They are as follows: Cider – dry, sweet and vintage; vermouth – sweet and dry; wine – red and white – sweet, medium and dry; champagne; spirits – whisky, gin, rum, brandy, vodka (make sure all mixers are aspartame free); liqueurs – cherry brandy and Curacao; port and sherry. Bottled shandy (not shandy made in the pub which is stronger) Alcopops e.g. Hooch. Some alcopops contain aspartame but this will be declared on the bottle label if present. Alcoholic fruit drinks e.g. Source.

**NB** All beers, lagers and cream liqueurs contain significant phenylalanine and you should consult your dietitian or refer to the NSPKU leaflet on alcohol.

SOME MANUFACTURED FOODS LISTED ON PAGE 12.

PRESCRIBABLE FOODS SEE PAGE 7.

# SPECIAL LOW PROTEIN/PHENYLALANINE PRESCRIBABLE PRODUCTS ALLOWED FREELY

These foods can be used *without counting in the diet;* check that the name on the packet or tin exactly matches the name listed below and the brand specified. The items are as purchased and many need special preparation and additional ingredients added must be selected appropriately for your low phenylalanine diet. The pack weights have been included.

#### **BISCUITS**

#### **GLUTEN FREE FOODS LTD**

SHS INTERNATIONAL LTD.

PK Foods Aminex Low Protein Rusk 200g PK Foods Aminex Low Protein Biscuits 200g PK Foods Aminex Low Protein Cookies 150g PK Foods Low Protein Crispbread 75g PK Foods Low Protein Chocolate Chip Cookies 150g

PK Foods Low Protein Orange Cookies 150g PK Foods Low Protein Cinnamon Cookies 150g

# 1 17 1 00d3 E0W 1 10tell1 Oll Illamon 000kles 100

Loprofin Low Protein Sweet Biscuits 150g
Loprofin Low Protein Orange Cream Wafers 100g
Loprofin Low Protein Vanilla Cream Wafers 100g
Loprofin Low Protein Chocolate Cream Wafers 100g
Loprofin Low Protein Crackers (savoury) 150g
Loprofin Low Protein Herb Crackers 150g
Loprofin Low Protein Cinnamon Cookies 100g
Loprofin Low Protein Chocolate Chip Cookies 100g

Juvela Low Protein Cinnamon Cookies 125g

Loprofin Low Protein Chocolate Flavour Cream Biscuits 125g

Juvela Low Protein Orange Flavour Cookies 125g Juvela Low Protein Chocolate Chip Cookies 110g

#### **ULTRPHARM LTD.**

Aproten Low Protein Biscuits 180g
Aproten Crispbread 280g
Ultra PKU Savoy Biscuits 125g
Ultra PKU Cookies – Aniseed flavour 250g
Ultra PKU Biscuits 200g
Harifen Low Protein Cracker Toast 200g
Harifen White Chip Cookies 200g
Valpiform Low Protein Shortbread Biscuits 120g
Valpiform Low Protein Cookies with Chocolate Nuggets 135g
Valpiform Low Protein Savoury Bites Herb Flavour 100g

#### **PASTA**

#### **GLUTEN FREE FOODS LTD**

PK Foods Low Protein Pasta Spirals 250g

#### SHS INTERNATIONAL LTD.

Loprofin Low Protein Rice 500g Loprofin Low Protein Pasta Spirals 500g Loprofin Low Protein Macaroni 250g Loprofin Low Protein Penne 500g Loprofin Low Protein Vermicelli 250g

Loprofin Low Protein Long Spaghetti 500g

Loprofin Low Protein Lasagne 250g

Loprofin Low Protein Snack Pot 47g - 8 pots/case

Flavours: Curry, Tomato and Basil and Sweet and Sour

(Snack Pot contains phenylalanine. Please consult your dietitian about how to use this in your diet.)

#### FIRSTPLAY DIETARY FOODS LTD.

Promin Low Protein Pasta (six shapes) - Macaroni

All in 500g pack Short Cut Spaghetti

Shells Spirals Alphabets Elbows

Promin Low Protein Tricolur Pasta (four shapes) - Shells All in 500g packs. Spirals

Alphabets Elbows

Promin Lasagne Sheets 200g pack

Promin Low Protein Pastameal – 500g

Promin Low Protein Couscous – 500g pack Promin Low Protein Imitation Rice – 500g pack

\*Promin Pasta in Sauce: Tomato, Pepper and Herb
Cheese and Broccoli

4 sachets in a box

\*NB Pasta in Sauce: Please consult your dietitian about how to use these in your diet

Available from: FirstPlay Dietary Foods Ltd., 338, Turncroft Lane, Offerton, Stockport,

SK1 4BP Tel: 0161-474-7576

#### ULTRAPHARM LTD.

Aproten Pastas: Macaroni (Rigatini) 500g

Flat Noodles (Tagliatelle) 250g Short Macaroni (Ditalini) 500g

Spaghetti 500g

#### **BREAD, FLOUR and MIXES**

#### **FATE SPECIAL FOODS**

Fate Low Protein All-Purpose Mix 500g

Fate Low Protein Cake Mix 2x 250g

Fate Low Protein Chocolate Flavour Cake Mix 2 x 250g

N.B. Fate low protein products can only be obtained directly from Fate Special Foods. Please ask your chemist to telephone 01215-22-44-33 to arrange direct delivery to your chemist.

### **GENERAL DIETARY LTD**

Ener-G Low Protein Rice Bread - sliced 600g

#### **GLUTEN FREE FOODS LTD**

PK Foods Low Protein White Sliced Bread 550g

PK Foods Low Protein Flour Mix 750g

#### SHS INTERNATIONAL LTD.

Loprofin Low Protein Loaf - sliced and unsliced 400g Loprofin Bread Low Protein White Rolls 4 rolls in a pack Loprofin Low Protein Part-Baked Rolls 4 rolls in a pack Rite-Diet Low Protein White Bread (unsliced) with added fibre. 400g Juvela Low Protein Loaf sliced and unsliced 400g Juvela Low Protein Bread Rolls 5 rolls in a pack Juvela Low Protein Pizza Bases 2 x 180g

Loprofin Low Protein Mix 500g Juvela Low Protein Mix 500g Rite-Diet Low Protein Flour Mix 400g Rite-Diet Low Protein Baking Mix 500g

#### ULTRAPHARM LTD.

Aproten Low Protein Flour 500g Ultra PKU Flour Mix 500g

Ultra PKU Fresh Bread 400g Ultra PKU Fresh Pizza Base 5 x 80g (For this bread and pizza base your chemist needs to contact Ultrapharm directly to obtain these products. Not available through wholesalers. Telephone:01491-570000)

# **BREAKFAST CEREALS** SHS INTERNATIONAL LTD

Loprofin Low Protein Breakfast Cereal Loops 375g

#### FIRSTPLAY DIETARY FOODS LTD

Hot Breakfast - Original

Apple and Cinnamon Flavour Chocolate Flavour Banana Flavour

# **PUDDINGS AND DESSERTS GLUTEN FREE FOODS LTD**

PK Foods Low Protein Orange Jelly Mix (4 x 80g) carton PK Foods Low Protein Cherry Jelly Mix (4 x 80g) carton

#### FIRSTPLAY DIETARY FOODS LTD

Promin Low Protein Rice Pudding Mix - Flavours: Original, Apple, Banana, Strawberry -4 sachets per box

#### MISCELLANEOUS FOODS

#### FIRSTPLAY DIETARY FOODS LTD

Promin Low Protein Burger Mix (2 x 62g sachets)

Contains some phenylalanine. Please consult your dietition about use.

### **FAT and FAT and CARBOHYDRATE PRODUCTS**

#### SHS INTERNATIONAL LTD

Calogen LCT Emulsion – Unflavoured, Banana, Strawberry and Butterscotch 250mls and 500mls bottles.

Duocal - Liquid 250mls

Duocal -super soluble 400g can.

#### **EGG REPLACERS**

#### **GENERAL DIETARY**

Ener-G Egg Replacer 454g

#### **GLUTEN FREE FOODS LTD**

PK Foods Low Protein Egg Replacer 350g

#### SHS INTERNATIONAL LTD.

Loprofin Egg Replacer 2 x 250g

Loprofin Egg White Replacer 100g

# PROTEIN FREE HIGH ENERGY BAR SHS INTERNATIONAL LTD.

Duobar available in Neutral, Toffee and Strawberry 8 x 45g bars Loprofin Low Protein Crunch Bar 8 x 41g

#### VITAFLO INTERNATIONAL LTD.

Vitabite 7 x 25g bars per box

LOW PROTEIN DRINKS - \* These products contain some phenylalanine. Check with your dietitian how much of these drinks you can have.

#### **MILUPA**

\*Milupa lpd 400g

250ml = half an exchange when made as instructions

#### SHS INTERNATIONAL LTD.

\*Loprofin PKU Long Life Milk Drink 200ml cartons

Contains approx. half an exchange per carton

\*Sno-Pro Drink 200ml cartons

Contains half an exchange per carton.

#### ITEMS WHICH MAY BE PURCHASED BY MAIL ORDER

#### THE FOLLOWING PRODUCTS ARE NOT ACBS PRESCRIBABLE

### CHEESE SUBSTITUTES – not protein free.

These products contain significant phenylalanine. Check with your dietitian about how to count these in your own diet.

#### **GENERAL DIETARY**

Low protein "Cheeses"

Ener-G Cheddar 900g Pack (2lbs) 30g = 1 exchange

Ener-G Mozarella 900g (2lbs) 30g = 1 exchange

Tel. 020-8336-2323 for further details.

# LOW PROTEIN FOOD MANUFACTURERS' CONTACT NUMBERS

Useful if there is a query.

 Fate Special Foods
 01215-224433

 FirstPlay Dietary Foods Ltd
 0161 474 7576

 General Dietary Ltd
 0208-336-2323

 Gluten Free Foods
 0208-953-4444

 Gluten Free Foods
 0208-953-4444

 SHS/Nutricia
 01225-717640 or 711593

 Ultrapharm Ltd
 01491-570000

 Vitaflo Ltd
 0800-515174

# MANUFACTURED FOODS OF NEGLIGIBLE PHENYLALANINE CONTENT ALLOWED FREELY

These foods have been selected taking into account the normal portion size.

# MARGARINES, FATS AND 'MOCK' CREAM

All vegetable oils, lard and solid vegetable fats are allowed freely.

Butter and margarine contain only traces of milk protein and can therefore be used freely if they contain 0.5g protein per 100g or less- which is the same as butter.

Some lower calorie spreads often have added

buttermilk which increases the protein but the

following are suitable.

#### **Anchor**

Lighter Spreadable

#### **Arla Foods**

Lurpak Lighter Spreadable

### **Asda**

Light Sunflower Spread You'd Butter Believe It Light Smart Price Reduced Fat Spread

#### St Ivel

Gold Low Fat Spread

#### **Tesco**

Healthy Living Enriched Sunflower Spread

#### Van den Berghs

I Can't Believe it's Not Butter Flora Light Spread

#### **GRAVY**

The following gravies, when made up as directed, can be used without counting in the diet to a limit of 100mls per serving. (Protein content no more than 0.3gms per 100mls)

#### Asda

Vegetable Gravy Granules Gravy Granules for Meat Granules for Chicken

#### Bisto

Bisto Powder Bisto Favourite Gravy Granules Bisto Vegetarian Granules Gravy Granules for Chicken Dishes Gravy Granules with Onion

# Comptons

Gravy Salt

# **Cross and Blackwell**

**Gravy Browning** 

# **McDougals**

Thickening Granules

#### **Morrisons**

Vegetable Gravy Granules Onion Gravy Granules Chicken Gravy Granules Beef Gravy Granules Instant Gravy Mix

# Sainsbury's

Low Price Gravy Granules Gravy Granules for Vegetarian Dishes

#### Somerfield

**Gravy Granules** 

#### **Uncle Roy's**

Old Fashioned Gravy Salt

#### STOCK CUBES

The following stock cubes can be used For soups, gravies and stock

#### Marigold

Organic Swiss Vegetable Bouillon Cubes

# Ready to Serve Crackers, Crisps, Pancakes

# **Blue Dragon**

Rice Flour Pancakes

# Taj Brand

Cassava Chips – unsalted Cassava Chips – Chilli Lemon

#### Tesco

Crispy Thins (Cassava) Sweet Chilli Flavour

#### Waitrose

Indonesian Style Vegetable Crackers

# Humdinger

Fruit Crisps – exotic Pineapple Crisps

# **Marks and Spencer**

Organic Apple Crisps

### **Tyrrells**

All Natural Apple Crisps

#### Whitworths

**Apple Crisps** 

# DESSERTS, PUDDINGS, SWEET SAUCES, FRUIT BARS AND SNACKS AS PURCHSED (not made up)

All cornflours and custard powder allowed Freelv.

DO NOT use instant custard mixes.

#### Asda

Raspberry Dessert Sauce Strawberry Sauce

#### **Askeys**

Topping Syrup: Toffee Strawberry Raspberry Butterscotch

# **Betty Crocker**

Chocolate

Creamy Style Premium Frosting Vanilla Flavour

#### **Del Monte**

Fruitini Fruit Juice Jelly Fruitini Squeezie: Blackcurrant, Strawberry, Apple

#### Dole

Fruit in Jelly Bowls – all flavours Fruit in Juice Fruit Parfait – Peaches & Vanilla Cream, Apple & Caramel, Pineapple & Coconut

#### Ella's Kitchen

Organic Fruit Smoothies

# **Empire Food Brokers Ltd**

Marshmallow Fluff- Vanilla

# **Empire Food Brothers**

Fruit Leather - Apple

# **Fiddes Payne**

Rose Petals Violet Petals

#### **Foundation Foods**

Rich's Rich Whip Cream

### Fresh and Natural Foods

Fruit Juice Nuggets Sour String

# **Fruit Bowl Stream Foods**

Fruit Flakes- 1 bag free School Bars

#### **Glicks**

Jell Dessert - Raspberry, Orange, Cherry

#### Greens

Lemon Pie Filling Quick Jel Carmelee

#### **Just Wholefoods**

Vegetarian Jelly Crystals- all flavours except raspberry

#### Kalibo

Cool Fruits

# Kelloggs

Winders

#### L'Chaim

Fruit Snacks: Fire Stars Mini Cones

# **McDougall Foods**

Bob the Builder Cake Decorations

#### **Pearce Duffs**

Blancmange powders all flavours but **not** Chocolate

#### **Premier Foods**

Hartleys Individual Jellies – all flavours (NOT low sugar)

#### **Rowse**

Luxury Strawberry Sauce Luxury Ginger Sauce Raspberry Coulis

# Sainsbury's

Summer Fruit Sauce

# Silver Spoon

Treat Syrups: Strawberry Maple Strawberry Crusha Blasters

#### Sunwheel

Fruit Spread: Pear and Apple Pear and Raspberry Pear and Prune

### Supercook

Vege-gel
Silver Balls
Multicoloured Strands
Hundreds and Thousands
Jelly Diamonds
Writing Icing
Barbie Fun Sprinkles
Barbie Glitter Writing Icing
Vanilla Butterice
Easy Ice Vanilla
Edible Wafer Paper
Rice Paper

#### Tesco

Fruitime: Fruit Pieces in Juice Jelly Pots Toffee Dessert Sauce Raspberry Dessert Sauce Strawberry Dessert Sauce

#### Waitrose

Raspberry Coulis Mango and Lime Coulis Blackcurrant Coulis

# SWEET AND SAVOURY - SAUCES, PICKLES AND SPREADS

All the following table sauces and dips Contain no more than 1.5gms protein per 100g

#### Asda

Brown Sauce Lemon Curd and Smart Price Mango Chutney Tomato Ketchup and Smart Price All Mayonnaise Curry Ketchup Barbecue Relish Juicy Onion Relish Smart Price Hamburger Relish Garlic Ketchup Oyster Sauce Hot Chilli Sauce Sweet Chilli Sauce Hot Chilli and Jalepeno Relish Mild Salsa Dip Sweet Thai Chilli Hot Salsa Dip

#### **Best Foods UK Ltd**

Napolina Pizza Toppings: Tomato Sauce with Herbs

# **Blue Dragon**

Dipping Sauce Sweet Chilli Sauce

#### **Branston**

Branston Pickle Branston Smooth Branston Small Chunk Branston Piccalilli Tomato and Red Pepper Relish Sweet Onion Relish

#### Colmans

Seafood Sauce Tartare Sauce

# **Crosse and Blackwell (Nestle)**

**Browning** 

Waistline Creamy Dressing

#### **Discovery**

**Buffalo Wings Sauce** 

#### Duerr's

Lemon Curd

#### **Encona**

West Indian Pepper Sauce

### Free & Easy

Gluten Free Bread Flavour Sauce Mix

# **General Mills**

Taco Spice Mix Fajita Spice Mix

#### Geeta's

Mango Chutney

### **Geo Organics**

Sweet Chilli Sauce

#### Heinz

Tomato Ketchup and Organic Salad Cream Ploughman's Pickle Sandwich Spread - original & Light

#### **Hellmans**

Mayonnaise - Real, Light & Extra Light Squeezy Light and Ordinary Curry Sauce Chip Dip

#### **HP Foods**

HP Sauce **HP Barbecue Classic Daddies Tomato Ketchup** Fruity Sauce

Lea and Perrins: Worcestershire Sauce Worcestershire and Tomato Table Sauce Chilli and Garlic Sauce Mild Indian Curry Sauce

# Marks and Spencer

Reduced Fat French Dressing Classic French Dressing Piccalilli Seafood Dressing Balasamic & Blueberry Dressing Honey and Mustard Dressing Avocado, Mint & Chive Dressing Classic Mayonnaise Reduced Fat Mayonnaise Mayonnaise and Garlic Burger Mayonnaise Peri Peri Mayonnaise Hollandaise Sauce Cranberry, Orange and Port Glaze Sweet & Spiced Mango Chutney Wild Berry & Apple Chutney Beetroot & Bramley Apple Chutney **Brown Sauce** Sweet Chilli Dipping Sauce Fire Roasted Pepper Salsa Caramelised Red Onion Chutney Fruit Chutney Ploughman's Pickle Cranberry & Pomegranate Vinaigrette Fruit Chutney Tomato Ketchup Salad Cream Count on Us: Balsamic Vinegar, Olives and Herb Sunblush Tomato and Roasted Onion Dressina Basil, Pesto Dressing

**Morrisons** Lemon Curd and Bettabuy Lemon Curd Brown Sauce and Spicy Salad Cream Mayonnaise & Lemon Garlic Mayonnaise Reduced Fat Mayonnaise Bettabuy Mayonnaise Country Pickle Bettabuy Sweet Pickle Bettabuy Brown Sauce Balsmaic Vinegar Dressing Thousand Island Sundried Tomato Dressing Bettabuy Salad Cream

Lime & Ginger Dressing

BBQ Sauce Worcestershire Sauce Honey and Mustard Dressing Caramelised Red Onion Chutney

#### Nestle

Gales Lemon Curd

# **Pringle**

Mild Salsa Dip Salsa Heaven

# Sainsbury's

Tomato Ketchup & Basics
Lemon Curd & Basic (NOT Luxury)
Brown Sauce and Basics
French Mayonnaise & French Light
Mayonnaise & Basics
French Dressing
Salad Cream
BBQ Sauce
Seafood Sauce
Hollandaise Sauce

#### Schwartz

Spice Mixes for vegetables and salads Shotz – sachet seasoning Seasoned Salad Dressing Mix Spanish Roasted Vegetables

#### **Sharwoods**

Green Label Mango Thai Chilli Sauce Sweet Chilli Oyster Sauce

#### Somerfield

Sweet Pickle French Dressing Simply Value Brown Sauce Simply Value Mayonnaise Salad Cream

Mayonnaise & Good Intentions Mayonnaise Salsa

#### Tesco

Brown Sauce Piccalilli & Sandwich Piccalilli Sweet Piccalilli Spicy Indian Piccalilli Mayonnaise, Squeezy & Value Reduced Calorie Mayonnaise Sandwich Pickle
Original Pickle
Thousand Island & Value
Mayonnaise – Smoked
Mango and Spicy Mango Chutney
Onion Relish
BBQ Relish
Tomato Relish
Onion Chutney
Tomato Chutney
Value Sweet Pickle
Dips:
Salsa Mild
Creamy Garlic Dip
Lemon Curd & Value

#### Waitrose

Mango Chutney
Mayonnaise – Ordinary, Lemon, Reduced
Calorie
Mustard Piccalilli
Sweet Piccalilli
Spicy Peach Chutney
Caramelised Red Onion
Pesto Dressing
Greek Style Dressing
Thousand Island
Roasted Vegetable

#### **Walkers**

Dippas: Dorritos Hot Salsa Mild Salsa

# COOK-IN AND POUR OVER SAUCES, MARINADES AND STIR FRY – CANNED AND JARS

Suitable if protein content is 1g per 100gms or less.

These contain concentrated vegetables and care should be taken to avoid excessive use.

As a guide 3 times per week. Check with your dietitian.

# **Ainsley Harriott**

Hickory Dickory

#### Amov

Stir Fry Sensations- sachet Sweet Thai Chilli Aromatic Sweet and Sour

#### Asda

Plum and Ginger Stir Fry Sauce Smart Price Bolognese Sauce Sweet and Sour Cooking Sauce White Wine and Cream Black Bean Cooking Sauce Lasagne Topper Oriental Style Sauce Lemon Sauce Cantonese Sauce Organic Sweet and Sour Good For You Bolognese Good For You Sweet and Sour Good For You Stir Fry Sauce

# **BLUE DRAGON**

Sweet and Sour Thai Green Curry Peking Lemon Chop Suey Honey and Coriander

#### Colman's

Cracked Peppercorn and Cream Sauce in a Pouch

#### Discovery

Enchilada Recipe Sauce

#### **General Mills**

White Wine and Cream Sauce

# **Geo Organics**

Sweet and Sour Cooking Sauce

#### Homepride

Barbecue
Curry
Sweet and Sour
Red Wine
Hot Pot
Chicken Supreme
Tomato and Garlic Pasta Sauce
Chasseur
BBQ
White Wine and Cream

#### HP

Lea and Perrins Tomato Marinade Caribbean Marinade Thai Caribbean Marinade

#### Knorr

White Lasagne Sauce Sizzle and Stir Balti

# Lloyd Grossman

Bechamel Sauce

# **Marks and Spencer**

Sweet Chilli and Garlic Marinade Tequila Peri Peri and Lime Sticky BBQ Caramelised Onion Sauce Jamaican Jerk Marinade Soy, Ginger and Garlic Marinade

#### **Master Foods**

Dolmio
White Lasagne Sauce
Uncle Ben's:
Sweet and Sour
Light Sweet and Sour
Sweet and Sour Extra Pineapple
Lemon Chicken and Ginger
Medium Curry
Thai Sweet Chilli
Express Tomato and Basil

#### Morrisons

Sweet and Sour & Reduced Sugar Sweet & Sour Extra Pineapple Sausage Cooking Sauce Creamy Mushroom Bettabuy Pasta Sauce Bettabuy Curry Sauce Szechuan

# Napolina

Pizza Topping- Tomato Sauce with Herbs

#### Newman's Own

Creamy Cajun Marinade Beer BBQ Marinade

# Sainsbury's

Basics Sweet & Sour Sauce Chinese Sweet & Sour Sty Fry Cajun Marinade BBQMarinade Tikka Marinade Coconut & Lime Marinade

#### **Sharwoods**

Sweet and Sour Sweet Chilli and Lemon Grass Kung Po Spicy Mango Sauce

# **Seeds of Change**

Sweet & Sour with a hint of ginger

#### Somerfield

Sweet and Sour Good Intentions Simply Value Pasta Sauce

#### Tesco

Sauce for Pasta - Chunky Vegetable Sweet Chilli and Garlic Stir Fry/Dip Value Sweet and Sour Sauce Value Pasta Sauce Healthy Living Pasta Sauce Original Pasta Sauce Lemon and Ginger Mushroom Pasta Sauce Sweet and Sour Szechuan Stir Fry Choi Mein Stir Fry Oriental Style Plum and Ginger Mild Curry Cooking Sauce Healthy Living Spanish Cooking Sauce Value Curry Sauce Lime and Coriander Marinade

# Van Den Berghs

Chicken Tonight Sauces:
Oriental Sweet and Sour
Creamy Mushroom
Creamy Peppercorn
Creamy Curry
Classic Chasseur
Country French
Honey and Mustard
Beef Tonight:
Ale and Mushroom
Beef Bourginon
Sausage Tonight:
Hearty Cumberland
Red Wine and Onion

Low Fat:

Creamy Mushroom

#### Waitrose

Perfectly Balanced Jalfrezi Perfectly Balanced Sweet and Sour

#### Willow Falls

Something South African: Spicy Durban Curry KaroFarmstyle Apricot Cape Malay Curry

#### **SWEETS**

Suitable if protein content is 0.3g per 100gms or less.

Do not use sugar-free sweets and chewing gums containing aspartame

#### Asda

Flying Saucers
Sherbet Fruit Cocktails
Crystal Clear Fruit Drops
Butterscotch
Barley Sugar
Cough Candy
Lemon Boubons
Jelly Beans
Sugar Free Lemon Drops
Sugar Free Blackcurrant Drops
Rhubarb and Custard
Cola Cubes

#### Charms

Fluffy Stuff- Vanilla

#### Disney

Zip Tin with Jellies

#### Ferrero

Tic Tacs: Fresh Mint

Lime and Orange Spearmint Tropical Twist Cinnamon

#### Fox's

Glacier Mints Glacier Fruits

#### Frutella

Orange Strawberry

Cream Strawberry Flavour

#### Harribo

Wine gums

#### **Just Wholefoods**

VegeBears Fruit Jellies VegeBears Frooty Fruits

#### Kraft

York Fruits

#### Leaf

Chewitts – Strawberry, Blackcurrant, Fruit Salad, Extremely Sour Apple Vimto Chewy Sweets Vampire Fangs

#### Let's Do

Super Sour Gummi Bears Classic Gummy Bears Black Liquorice Bears

# Marks and Spencer

Butter Mintoes
Assorted Fruit Sherbets
Asstd. Fruit Rocks
Mint Crumbles
Fruit Crumbles
Rhubarb and Custard
Mint Imperials
Fruit Sherbets
Pear Drops
Chewing Gum- Cool Mint, Very Berry, and Menthol

#### **Master Foods**

Lockets
Tunes- all flavours
Starburst Original Fruity Chews
Starburst: Sours
Strawberry

Skittles Skittle Fruits Skittles Crazy Sours

#### **Morrisons**

Mint Imperials
American Hard Gums
Flying Saucers
Sparkling Fruits
Sherbet Fruits
Mintoes
Fruit Flavoured Lollipops

Bettabuy Fruit Flavour Boiled Sweet Assortment

#### **Nestle Rowntree**

Jelly Tots
Fruity Smarties
Bursting Bugs
Polo:
Original
Spearmint
Polo Fruits
Polo sugar Free
Lollipops
Tooty Frooties

#### Pez

Sweets in Dispenser

#### **Rowntrees**

Sugar Free Lolly

# Sainsbury's

Butter Mintoes
Clear Fruits
Fruit Jellies
American Hard Gums
Mint Assortment
Basics Clear Mints
Basics Fruit Chews
Cough Candy
Mint Imperials
Rhubarb and Custard
Mini Jelly Beans
Citrus Slices
Fruit Cocktails
Fizzy Fangs
Sherbet Pips

#### Somerfield

American Hard Gums Flying Saucers

#### Sultans

Turkish Delight

### **Swizzlers Matlow**

Barley Sugar
Butterscotch
Coffee Drops
Crystal Fruits
Crystal Licorice
Crystal Mints
Double Dips Sugar

Double Lolly Fiz Fizzers Deztrose Lolly Fizzy Pops

Lolly Fruiy Pops and Sour

Lolly Swizz Kid Fruity Lolly Ice Cream Pops

Mr Fruits

**Dolly Beads** 

**Dolly Watches** 

Flic 'n' Lic

Flic 'n' Lic Sour

Super Baby Bottles

Refresher Bar Lemon Mega

Climpies

Creepy Klick Dispenser

Ghoulish Glasses

Horror Candy Container

Love Heart Dip

Mega Bubble Gum

#### Tesco

American Hard Gums Mint Assortment Sparkling Fruit Drops **Butter Mintoes** Mini Jelly Beans Fruit Jellies Fruit Chews

#### **Thorntons**

Fruit Rock Real Fruit Jellies Mint Crumbles

#### **Trebor Basset**

Bassets and beyond: Mint Creams Murray Mints Refreshers **Barrats Frosties** 

#### **Trebor**

Soft Mints Soft Mints Spearmint Soft Mints Peppermint Extra Strong Peppermint

#### Waitrose

**Butter Mintoes** Clear Fruits Sherbet Fruits Mint Imperials Fruit Jellies

#### Wether's

Original

# Wrigley

Hubba Bubba - Atomic Apple, Cool Cola, Strawberry and Water Melon. Sour Double Berry Seriously Strawberry

# ICE LOLLIES, SORBETS AND WAFERS

#### **ASKEYS**

Ice Cream Wafer (one wafer 0.2g protein)

#### Asda

Lemon Sorbet

# Bottle green

Simply Sorbet - Ginger & Lemon Grass **Enalish Summer** Elderflower

# Calypso

To freeze at home: The Simpsons Freeze Pops Jubbly Ice Lollies Scooby-Do Freeze Pops

# **Del Monte**

Fruit Ices made with Pineapple Juice Smoothies - Raspberry & Mango Fruitini - 8 Real Fruit Juice Lolllies

# Lyons Maid

Rowntrees Fruit Pastil Lolly Ribena Blackcurrant Lolly Ribena Orange Lolly 10 Assorted Fruit Lollies Orange Fruitie Rocket Lollies Calippo 8 Real Fruit Lollies

# Marks and Spencer

Sorbet- Mango, Blackberry, Blackcurrant Fruit Smoothy Lollies- 1 per day Freshly Squeezed Orange Juice Lollies -1 per day

#### **Morrisons**

12 Twinsticks Lollies Assorted Fruit Lollies Lemonade and Cola

Bettabuy Lollies Orange Juice Lollies Traffic Light Lollies 6 Push Up Lollies Rocket Lollies Twin Stick Lollies

# Sainsbury's

Splitz
Real Fruit Lollies Push Ups
Basics Assorted Fruit Flavour Lollies
Rocket Lollies
Sorbet – Lemon, Mango
Burst Lollies – Mango & Passion Fruit, Kiwi

#### Somerfield

10 Orange Lollies Rocket Lollies Sorbet- Mango, Lemon

#### Tesco

Raspberry Sorbet
Rainbow Fruit Lollies
Kids- Mind Bender Lollies
12 Double Lickers

#### The Real Ice Co

Lemon Sorbet Mango Sorbet

#### Waitrose

Sorbet – Lemon, Mango, Raspberry and Blackcurrant

#### Walls

Calippo: Orange, Strawberry, Tropical Mini Calippo Solero – Orange Fresh Calippo Shots Icejet Orange Fruitie Lemonade Sparkles True Taste Sorbet – Pineapple, Mango and I emon

# **BE AWARE!**

# THE FOLLOWING MAY BE TAKEN FREELY AS LONG AS THEY DO NOT CONTAIN ASPARTAME. See page 3.

#### **DRINKS**

Fruit Juices, fizzy drinks, lemonade, cola varieties, fruit drinks, squashes and cordials are allowed freely. Tea, including fruit and herb teas, coffee (ground and instant).

#### LIFT

Instant Tea: Lemon and reduced sweetneess
Peach

#### WAITROSE

Rice Drink with added Calcium and vitamins

#### **RICE DREAM**

Original

#### **PROVAMEL**

Rice Drink

#### **DRINK FLAVOURINGS**

# **ASDA**

Milkshake Mix - Banana and Strawberry

### **NESTLE**

Nesquik Powder – Strawberry, Banana and Vanilla

#### **RAYNER BURGESS**

Crusha Shake Syrup – Strawberry, Banana Chocolate
Milk Shake Thick Mix – Chocolate, White Chocolate,
Wild 'n Fruity
Crusha Milk Shake Mix:
Banana, Vanilla, Strawberry, Lime,
Raspberry, Strawberry
Crusha Blasters:
Strawberry Milk Shake Mix Straws

#### **MISCELLANEOUS**

Fruit Purees, honey, maple syrup and Golden syrup.
Also see the dessert sauces on pages 13.

# WORKING OUT EXCHANGES IN THE SUPERMARKET.

There are some sections in the supermarket where you will find useful foods.

### Ready made puddings

Meringue nests and Brandy Snap Baskets have the protein per nest or basket- useful with fruit and sorbet.

Chocolate and Toffee Sauces - good on fruit, ice cream or low protein sponge.

# Soup

A number of the 'Soup in a Cup' varieties contain 1 exchange per sachet.

#### Savoury Spreads and Pate

More vegetable ones now eg mushroom, roasted peppers

### Sauces for making up

Look for the easy to prepare hot sauces needing water only. Bisto do a range which are good on vegetables or as pasta toppings or with chips.

#### Crisps and snacks

Check small packets for protein per pack. Many of them are 1 exchange per bag and some are only ½ exchange per bag.

#### Cereal Bars

Several are 1 exchange per bar. Useful for a packed meal or snack.

#### Alternative 'milk' and 'cream'

Coffee Whiteners and non-dairy creams can be useful store cupboard items.

Visit our web site for more detailed information about supermarket foods at www.nspku.org

Also useful - A Pictorial Guide to the Low Protein Diet available from NSPKU.

NUTRITION				
Typical Values	Per 100 g	Per Pack		
Energy kJ kcal	2200 525	1100 265		
Protein g	3.1	1.6		
Carbohydrate g	62.0	31.0		
of which sugars g	7.0	3.5		
Fat g	29.5	14.8		
of which saturates g	13.3	6.7		

So 30g of this food = 1 exchange

# How to calculate a 1g protein exchange from the food label

- Look at the protein per 100g
- Divide this protein figure into 100 and this will give you the amount of the food for a 1g protein exchange.
- 100÷ 3.1 =32.2
- Round up or down to the nearest 5g
   = 30

# **CURRENT LEAFLETS AND BOOKLETS**

Published by the National Society for Phenylketonuria (United Kingdom) Limited.

Leaflets are available on the following:

For Parents

For Teenagers

Maternal PKU

For Schools

About Alcohol

For GPs

For Employers

Dental Care- leaflet for parents, booklet for children

Granny's Guide

- 2 The Child with PKU
- 3 Dietary Treatment for the Untreated Adult PKU
- 4 Packed Meals for a PKU Diet
- 5 Travelling with PKU
- 6 Pictorial Guide to a Low Protein Diet
- 7 Let's Learn About PKU a Teaching Pack
- 8 Other leaflets and booklets on other topics concerning phenylketonuria are in the course of discussion or preparation.

#### **NOTES**