

Serving sizes can be easy to determine when measuring tools aren't available!

Size of your fist



1 medium piece of fruit
1 cup cooked
vegetables & fruits
Dried cereals

Handful



1/2 Cup pasta
Rice
Oatmeal
Chips & Pretzels
Snack Foods

Thumb



1 Tbsp PKU Nut Butter
Cream Cheese
1 oz. Low Protein Cheese

Keeping a Good PKU Diary

A major part of managing your PKU is recording what you're eating and drinking and tracking PHE intake throughout your day. An easy way to do this is to keep a food diary. This also helps your dietitian assess your needs at your next clinic visit!

What should you include in your diary?

Date & Time
All Foods & Liquids
Measurements & Preparations
All Medical Food [formula]
Mg of PHE
Grams of Protein
Calories [if possible]
Moods & Feelings

Remember that not measuring portion size accurately can mean you are eating more PHE than you think.

