

# PKU Friendly Vegan and Gluten-Free Products



Modified foods are a wonderful and necessary addition to any PKU diet. However, with more lenient diets there are some vegan and gluten-free brands that are low in protein, PKU friendly, and available at your local grocery store!

<b>Cheese</b>	<b>Condiments</b>	<b>Snacks</b>	<b>Egg Replacers</b>	<b>Milk</b>
<p><b>Follow your heart</b> All varieties of sliced and shredded cheeses Grated Parm</p> <p><b>Go Veggie</b> Cheddar slices All shredded</p> <p><b>Daiya</b> All Shredded All slices</p>	<p><b>Follow your heart</b> All dressings Vegenaise</p> <p><b>Tofutti</b> Cream Cheese Sour Cream</p> <p><b>Go Veggie</b> Cream Cheese</p> <p><b>Daiya</b> Blue cheese, Ranch, Caesar dressing Cream Cheese</p>	<p><b>Glutino</b> Original, Vegetable, Cheddar, Table Cracker All Pretzels Bagel Chips All Cookies</p> <p><b>So Delicious</b> Coconut yogurt Coconut milk ice cream (chocolate, coconut, cookie dough, cherry) Strawberry Bars Coco whip</p> <p><b>Tofutti</b> Fudge Treats</p>	<p><b>Ener-G</b></p> <p><b>Bobs Red Mill</b></p> <p><b>Follow Your Heart</b></p> <p><b>The Neat Egg</b></p>	<p><b>So Delicious</b> Coconut Milk Coconut milk Creamer</p> <p><b>Rice Dream</b> Rice Milk</p> <p><b>Good Karma</b> Flax Milk</p>

All products listed have 0-1g of protein per serving.

All nutritional values were taken from company websites.