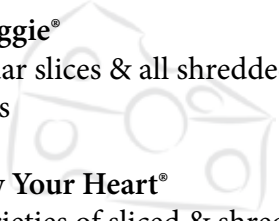

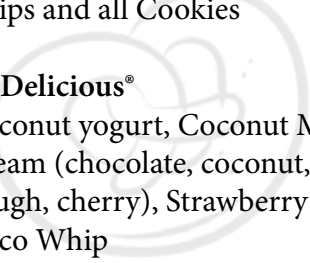




# PKU Friendly Vegan & Gluten-Free Products



Modified foods are a wonderful and necessary addition to any PKU diet. With more lenient diets, there are some vegan and gluten-free products that are not only low protein and PKU friendly, but also available at your local grocery store.

## Fill Up Your Grocery Cart with These Vegan & Gluten-Free Products!

Cheese	Egg Replacers	Snacks
<p><b>Daiya®</b> All shredded &amp; sliced cheeses</p> <p><b>Go Veggie®</b> Cheddar slices &amp; all shredded cheeses</p> <p><b>Follow Your Heart®</b> All varieties of sliced &amp; shredded cheeses, including grated Parmesan</p> 	<p><b>Ener-G Egg Replacer®</b></p> <p><b>Bob's Red Mill®</b></p> <p><b>Follow Your Heart®</b></p> <p><b>The Neat Egg®</b></p> 	<p><b>Glutinos®</b> Original, Vegetable, Cheddar &amp; Table Crackers, all Pretzels, Bagel Chips and all Cookies</p> <p><b>So Delicious®</b> Coconut yogurt, Coconut Milk Ice Cream (chocolate, coconut, cookie dough, cherry), Strawberry Bars &amp; Coco Whip</p> <p><b>Tofutti®</b> Fudge Treats</p> 

Condiments	Beverages
<p><b>Follow Your Heart®</b> All dressings &amp; Vegenaïse</p> <p><b>Tofutti®</b> Cream Cheese &amp; Sour Cream</p> <p><b>Go Veggie®</b> Cream Cheese</p> <p><b>Daiya®</b> Blue cheese, Ranch &amp; Caesar Dressings, Cream Cheese</p> 	<p><b>So Delicious®</b> Coconut Milk &amp; Coconut Milk Creamer</p> <p><b>Rice Dream®</b> Rice Milk</p> <p><b>Good Karma®</b> Flax Milk</p> <p>Club Soda/Seltzer</p> 

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