

Dietary Information for the Treatment of

PHENYLKETONURIA

‘EXCHANGES’ of Manufactured Baby Foods

June 2009

This data has been compiled on behalf of the NSPKU by Eleanor Weetch, Society Dietitian, with support of the Honorary Dietitians of the Society’s Medical Advisory Panel. Any queries or comments should be addressed to Eleanor Weetch, Skiers Spring Lodge, Broad Carr Road, Hoyland, Barnsley, South Yorkshire S74 9BU.
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BABY FOOD

50mg Phenylalanine Exchanges (1g protein) – June 2009

EXCHANGES OF MANUFACTURED FOODS

The quantity of food given contains (1g Protein) – June 2009

This list is for the use of dietitians and parents and should be used for reference, to extract items for the individual patient if and when the foods become suitable for use.

Only the brands listed should be used, and items should be weighed and measured as purchased unless otherwise stated. Weights are based on data received from manufacturers during June 2009 given to the nearest 5 grams as follows:-

Accurate Weight		Taken as
4 – 6g	=	5g)Baby Foods
6- 8g	=	7.5g) and cereals
8-12.4g	=	10g
12.5-17.4g	=	15g
17.5-22.4g	=	20g
22.5-27.4g	=	25g
etc		

The actual phenylalanine content of portions will vary according to the method of calculation, accuracy of the original protein or phenylalanine analysis and weight of actual portion. It should be remembered that the smaller the weight of the portion, the greater the percentage error (e.g. dry baby foods are less accurate than tins or jars). When no phenylalanine analysis is available 1g of protein is assumed to contain 50mg phenylalanine.

By law no baby food is permitted to contain an artificial sweetener.

Suggestions for improvements to the list are welcomed.

**Metric Weight
Gram**

BABY ORGANIX

Infant Cereals in Cartons Stage 1 – dried weight

- 15 Pear and Apple Wholegrain Oats
- 15 Fig and Apple Breakfast
- 15 Fruity Orange Breakfast
- 15 Wholegrain Banana Porridge
- 10 Creamy Oat Porridge
- 10 Wholegrain Baby Rice
- 15 Apple and Raspberry Cereal

Infant Cereals and Desserts in Jars

Stage 1

- 65 Banana Porridge
- 125 Rice Pudding Apple and Mango
- 125 Banana, Apple and Apricot
- 165 Summer Pudding
- 165 Apple and Peach Fruit Doubles
- 70 Apple and Mango Dual
- 145 Banana and Mango
- 125 Banana and Plum Dual
- 55 Peach Fruity Custard
- 65 Banana and Strawberry Fruity Custard

Stage 2

- 50 Banana Fruity Oats
- 45 Peach Fruity Oats
- 65 Apple and Cinnamon Fruity Rice
- 65 Apple and Blackcurrant Fruity Rice

Pots Goodies Range

- 145 Fruit Puree Banana and Mango
- 55 Organic Apple Rice Pudding
- 55 Organic Strawberry Rice Pudding

Organic Savoury Pots – Stage 1

- 55 Sweetcorn, Carrot and Pea
- 30 Tomato and Haricot Bean Casserole

From 7-9 months

- 15 Rice Cakes – Plain, Apple and Orange

- 15 Crunchy Sticks Carrot
- 15 Crunchy Rings Sweetcorn
- 15 Soft Rusks
- 10 Tomato Slice
- 15 Orange Soft Rusk
- 10 Baby Biscuits

Organic Pots Stage 2

- 40 Organic Pasta with Aubergine and Red Pepper

BOOTS

Organics – Dried Baby Foods – Dried Weight

- 15 Baby Rice
- 15 Banana and Orange Breakfast
- 7.5 Apple and Apricot Cereal

Organics – Dried Baby Foods – From 7 months

- 10 Fruit and Muesli Breakfast
- 10 Fruit and Porridge Breakfast

Organic Rusks – From 4 months

- 10 Plain, Red Fruit and Apricot

- 15 Organic Rice Cakes – Plain, Apple and Orange

Organic – from 4 months – Jars

- 30 Creamed Porridge
- 110 Carrot and Potato
- 40 Creamy Vegetables with Pasta
- 110 Banana and Rice Pudding
- 55 Orange and Yoghurt Dessert
- 40 Banana Dessert
- 165 Apple and Peach

Organic – from 7 months

- 50 Creamy Vegetables with Wholemeal Noodles
- 30 Vegetables and Lentils
- 45 Mushroom Risotto
- 50 Creamy Rice Breakfast
- 60 Banana and Yogurt Breakfast
- 45 Fruity Rice Pudding
- 35 Creamed Rice Pudding with Cinnamon
- 165 Fruit Salad

- 40 Vanilla Custard
- 125 Apple Crumble

COW AND GATE BABY FOODS

Baby Balance Range

4 months- dry food

- 15 Pure Baby Rice
- 7.5 Apple and Banana Breakfast
- 7.5 Creamy Porridge
- 7.5 Fruity Cereal
- 7.5 Apricot Cereal
- 7.5 Banana Cereal
- 10 Apple and Pear Cereal

4 months – Jars

- 75 A Taste of Autumn Vegetables
- 35 Sweet Potato Bake
- 165 Exotic Fruit Combo
- 125 Summer Fruit Salad
- 125 Baby Fruit Cocktail
- 100 Apple and Banana Swirl
- 40 Rice Pudding
- 100 Juicy Fruit Crumble
- 100 Baby Berry Yoghurt
- 100 Banana and Cookie Crumble
- 145 Juicy Pear and Banana
- 165 Fruity Muesli
- 40 Creamed Porridge

Dairy Desserts

- 30 Banana
- 30 Peach
- 30 Raspberry
- 30 Strawberry

Fruity Puddings

- 165 Apple and Pear Pudding
- 110 Apples and Custard

Stage 2 and 3 Desserts

- 100 Apple and Banana Yoghurt
- 145 Apple Crumble

100	Banana and Cookie Crumble
50	Banana Delight
100	Blueberry and Raspberry Yoghurt
100	Fruity Crumble
45	Fruity Yoghurt
60	Strawberry Yoghurt

Fruitapura

165	Apple, Banana and Orange
110	Banana, Peach and Strawberry
100	Exotic Fruits Pouches (1 year)

7 Months – Dry Food- Stage 2

10	Apple and Blueberry Cereal
10	Multigrain Banana Porridge
15	Tropical Fruit Cereal

7 Months – Jars –Stage 2

30	Baby Bean Feast
35	Vegetable Lasagne
40	Mediterranean Vegetable Bake

10 Months – Dry Food- Stage 3

10	Apple Crispy Cereal
10	Fruity Crunch Cereal
10	Strawberry Crunch Cereal

Standard Jars

165	Apple and Peach
70	Fruit Muesli
100	Banana Yoghurt
35	Rice Pudding
50	Creamed Porridge

Sauces

165	Casserole Sauce
85	Tomato and Veggies Sauce
110	Tomato and Basil

Toddler Meals

40	Tasty Tomato and Bean Pot
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ELLA'S KITCHEN- Pouches

- 165 Apples and Bananas
- 100 Broccoli, Pear and Peas
- 165 Sweet Potato, Pumpkin, Apple and Blueberries
- 85 Spinach, Apple and Swede
- 165 Butternut Squash, Carrot, Apple and Prunes
- 165 Strawberries and Apples
- 165 The Red One
- 145 The Yellow One
- 145 The Purple One

Baby Brekkie

- 30 Mango
- 35 Banana

Stage 2

- 30 Very, Very Tasty Vegetable Bake

Stage 3

- 55 Perfectly Pleasing Tomato-y-Pasta
- 25 Strawberries 'n' Cream

HEINZ CEREALS (FARLEY'S RECIPE)

Heinz Farley's Rusks from 4 months

- 15 Rusks – Original
- 15 Rusks – reduced sugar original, banana
- 10 Rusk – reduced sugar, gluten free

From 7 months

- 15 Farley's Mini Rusks

Heinz from 6 months

- 10 Organic Biscotti

Farley Bears

- 25 Biscuit

Heinz Cereals – Farley's Recipe – Dry Weight

Junior Choice – Dry Weight – from 7 months

- 7.5 Peachy Porridge
- 7.5 Fruity Muesli
- 7.5 Banana Wake-up
- 10 Pure Baby Rice
- 7.5 Creamy Oat Porridge
- 7.5 Fruit and Yoghurt

- 7.5 Oat and Apple Cereal
- 7.5 Sunrise Banana
- 7.5 Peach Yoghurt

Strained Jars and Cans

- 35 Creamed Porridge
- 35 Chocolate Pudding
- 55 Strawberry Cheesecake
- 35 Rice Pudding

Heinz Fruity Pots 4-36 months

- 70 Apple and Mango Fruity Custard
- 65 Banana Fruity Custard
- 65 Fruit Medley Fruity Custard
- 70 Blackcurrant and Pear Fruity Custard
- 70 Plum Fruity Custard

Heinz Dried Cereals – from 4 months – dried weight

Organic Range

- 15 Pure Baby Rice
- 7.5 Oaty Porridge
- 10 Raspberry and Strawberry Cereal no added sugar

Puree and Simple

- 90 Organic Banana and Apricot
- 35 Organic Broccoli, Cauliflower and Parsnip
- 50 Organic Pumpkin, Potato and Carrot
- 165 Organic Sweet Potato and Carrot

Mum's Own Jars – from 4-6 months onwards

- 35 Creamed Porridge
- 45 Apple and Banana Breakfast
- 55 Medley of Vegetables and Sweet Potato
- 35 Bubble and Squeak
- 40 Banana and Choc Dessert
- 145 Apple and Pear Cream Fool
- 85 Strawberries, Peaches and Cream
- 70 Apple and Mango Breakfast
- 50 Banoffee Pudding
- 55 Lemon Souffle
- 55 Raspberry and Banana Whip

Globe Trotters – 7 months

- 55 Caribbean Vegetable with Rice
- 45 Creamy Vegetable Curry

Mum's Own Jars from 7 months

- 35 Sweet Vegetable Pasta
- 50 Vegetable Bake

Mum's Own Trays from 12 months onwards

- 35 Vegetable Pasta Neapolitan
- 55 Chunky Vegetable Risotto

It's all Good

- 15 Organic Honey Rice Cakes
- 15 Organic Apple Rice Cakes
- 15 Mini Veggie Crackers
- 25 Bear Biscuits

HIPP ORGANIC**Stage 1 - Jars**

- 50 Creamy Rice Breakfast
- 60 Banana Yoghurt Breakfast
- 85 Mixed Vegetable Medley
- 125 Tender Carrots and Potatoes
- 50 Creamed Porridge Breakfast
- 45 Creamy Parsnip, Potato and Cauliflower
- 90 Carrot and Sweetcorn
- 45 Penne with Tomato and Courgette
- 30 Vegetable and Lentil Bake
- 125 Apple and Cranberry Breakfast
- 60 Fine Green Beans and Potatoes

Desserts Stage 1

- 100 Banana with Rice Pudding
- 90 Banana and Peach Dessert
- 165 Apple and Blueberry Dessert
- 40 Banana Custard
- 45 Rice Pudding
- 125 Mango and Banana Melba
- 55 Banana and Blueberry Yoghurt
- 110 Apple and Banana Crumble

Fruity Breakfast

- 145 Banana and Peach with Cereal

Junior Stage 11

- 50 Creamy Vegetable Pasta

25 Vegetable Lasagne

Desserts Stage 11

- 65 Fruit Duet – Apple and Apricot with Yoghurt
- 60 Fruit Duet – Mango and Banana with Yoghurt
- 60 Fruit Duet – Apple and Pineapple with Yoghurt
- 165 Tropical Fruit Salad
- 70 Apple and Vanilla Dessert
- 30 Cocoa and Vanilla Dessert
- 45 Rice Pudding with Apple and Pear
- 70 Blueberry and Apple Yoghurt
- 65 Strawberry and Raspberry Yoghurt

- 65 Breakfast Duet: Strawberry Muesli with Yoghurt
- 65 Breakfast Duet: Tropical Muesli and Yoghurt

Fruit and Yoghurt

- 85 Pear and Yoghurt
- 75 Banana and Peach Yoghurt

Rusks

- 20 Ruskits
- 20 Elephant Biscuits
- 10 Biscottes

Dried Baby Foods – Stage 1

- 15 Baby Rice
- 15 Apple, Orange and Banana Cereal
- 10 Banana Porridge-from 6 months
- 7.5 Creamy Porridge
- 10 Creamy Rice Pudding
- 10 Banana and Peach Breakfast
- 10 Creamy Rice and Apple Breakfast
- 7.5 Creamy Porridge Oat-based
- 10 Apple, Banana and Cereal Breakfast

Toddler Desserts

- 45 Creamy Rice Pudding with Apple
- 100 Pancakes with Apple and Cinnamon Sauce

Children's Meals from 15 months

- 30 Vegetable Lasagne

MUMTAZ – Halal Baby Food

- 35 Smooth Creamed Porridge
- 45 Garden Vegetables

PLUM BABY

Infant Cereals – Stage 1

10 4 Grain Super Porridge

Infant Cereals – Stage 2

10 4 Grain with Plum and Banana

10 4 Grain with Apple and Apricot

65 Parsnip, Apple and Pea

85 Spinach, Parsnip and Basil and pouch version

40 Sweetcorn and Carrot

110 Mango and Banana

110 Plum, Pomegranate and Guava and pouch version

90 Squash and Sweet Potato and pouch version

70 Pumpkin, Carrot and Mango

7 Months plus

70 Summer Pudding

100 Apple and Prune Breakfast

65 Peach and Pear Spelt Granola

10 Spelt Finger with Apple

15 Spelt Finger with Pomegranate

10 Months

35 Aubergine and Sweet Red Pepper Provencale

12 Months

10 Four Grain Muesli with Apricot and Banana

7.5 Four Grain Muesli with Strawberry and Banana

WEETABIX

10 Ready Brek – Original

The following contain 0.5% protein or less. They are allowed as ‘free’ foods.

BABY ORGANIX

Apple and Strawberry
Apple and Blueberry
Apple and Vanilla
Apple and Cherry Dual
Apple and Blackcurrant Dual
Apple and Raspberry Dual
Pear and Raspberry
Apple Dual
Apple and Pear Dual

Stage 2

Apple, Strawberry and Mango

Goodies Range

Fruit Pots Apple and Berries
Organic Fruit Wobblers – Mango
Organic Fruit Wobblers - Raspberry

BOOTS

Organic Jars – from 4 months

Apple and Banana
Apple and Peach and Mango
Mixed Fruit
Apple and Pear

From 7 Months

William Pear Dessert

COW AND GATE

Baby Balance
A taste of Apple
Mango Surprise

Fruitapura:

Fruit Cocktail
Apple and Banana
Apple and Pear
Pear and Pineapple
Pear
Apple and Apricot
Plum and Apple
Apple, Apricot and Strawberry

Standard Jars

Apple and Pear

Fruitapura Pouches 1 year +

Apple and Banana

Fruit Cocktail

Fruity Puddings

Banana and Mango Rice Pudding

Peach and Apricot Melba

Strawberry Summer Pudding

ELLA'S KITCHEN

Carrot, Apple and Parsnip

The Green One

HIPP ORGANIC**First Tastes**

Apple and Banana

Apple Puree

Apple and Pear

Stage 1 Desserts

Apple and Pear Pudding

William Christ Pears

Red Fruit and Apple Compote

Apple and Banana

Fruity Breakfast

Strawberry and Banana with Cereal

Purely Fruits

Apple and Pear

Apple, Peach and Mango

Apple, Strawberry and Blueberry

Apple and Banana

Puree and Pieces

Apple and Strawberry with real Apple Pieces

Apple and Carrot with real Apple Pieces

HEINZ**Puree and Simple**

Organic Apple

Organic Apple and Blueberry

Dessert Cans

Banana Delight

Mum's Own

Fruit Salad

Summer Berry Compote

MUMTAZ

Mango and Banana

PLUM BABY

Blueberry, Banana and Vanilla and pouch version