

# Celebrate the Holidays with Low Protein Meals

A traditional holiday meal has more than 30 grams of protein, and that's when portions are small! Below is a sample nutrient breakdown:

The following are examples, always consult your dietitian when considering changing your diet.

Food Item	Serving Size (household)	Serving Size (grams)	Protein (grams)	Phe (milligrams)
Ham	3 oz	85	14.1	422
Roast potatoes	½ cup	78	2.3	104
Peas	½ cup	80	4.3	158
Cooked carrots	½ cup	73	0.4	28
Dinner roll	1 piece	28	2.4	117
Sugar cookie	1 large	28	1.7	83
Eggnog	6 fluid ounces	190	8.7	429
<b>Totals:</b>			<b>33.9</b>	<b>1341</b>

Many PKU patients will eat the same foods as the rest of their family, but will avoid the very high protein foods like meat and dairy. This cuts the protein down by two-thirds, but the meal is small and Phe content is still very high!

Roast potatoes	½ cup	78	2.3	104
Peas	½ cup	80	4.3	158
Cooked carrots	½ cup	73	0.4	28
Dinner roll	1 piece	28	2.4	117
Sugar cookie	1 large	28	1.7	83
<b>Totals:</b>			<b>11.1</b>	<b>490</b>

Reducing starches and adding fruits and vegetables makes for a colorful, tasty, and filling low-protein meal.

Roast potatoes	¼ cup	39	1.2	52
Salad (leaf lettuce)	1 cup	36	0.5	20
Oil and vinegar salad dressing	1 tablespoon	15	0.0	0
Cooked carrots	½ cup	73	0.4	28
Sautéed mushrooms	¼ cup	27	1.0	25
Baked apples	½ cup	102	0.2	5
Dinner roll – low protein (Dietary Specialties)	1 piece	57	1.0	14
Sugar cookie – low protein (made from Cambrooke cookie dough)	1 large	28	0.2	1
Hot cocoa made with So Delicious chocolate coconut milk beverage	6 fluid ounces	180	0.8	25
<b>Totals:</b>			<b>5.3</b>	<b>170</b>



# Protein Content of Holiday Favorites

Food Item	Serving Size (household)	Serving Size (grams)	Protein (grams)	Phe (milligrams)
Richwhip, whipped	2 tablespoons	30	0.0	0
Candy cane	1 piece	20	0.0	0
Sugar cookie – low protein (from Cambrooke dough)	1 large	28	0.2	1
Baked apples	½ cup	102	0.2	5
Cranberry scones – low protein (Cambrooke)	1 piece	58	0.2	7
Rice – low protein (Dietary Specialties)	1/3 cup dry	60	0.2	7
Plum	1 piece	66	0.5	9
Trio chicken gravy mix, prepared per package	¼ cup	60	0.3	13
Dinner roll – low protein (Dietary Specialties)	1 piece	57	1.0	14
Cranberry sauce	½ cup	138	0.3	14
Stuffing, made with low protein bread, margarine, vegetable broth, onion, mushroom, celery, seasonings	½ cup	100	0.4	16
Sauerkraut	½ cup	71	0.6	16
Mac and cheese – low protein (Dietary Specialties)	½ cup	89	0.3	17
Cranberries, raw	½ cup	50	0.2	18
Fudge brownies – low protein (Cambrooke)	1 piece	40	0.3	18
Sautéed mushrooms	½ cup	54	1.9	50
Cooked carrots	½ cup	73	0.4	28
Veggie meatballs – low protein (Cambrooke)	2 pieces	64	1.0	30
Pumpkin pie mix, canned	1/3 cup	90	1.0	31
Green beans, boiled	½ cup	68	1.0	36
Acorn squash, roasted	½ cup cubes	103	1.1	45
Chicken gravy, canned	¼ cup	60	1.1	48
Tweekz – low protein nuggets (Cambrooke)	3 nuggets	96	1.2	48
Orange with peel	1 piece	159	2.1	68
Mashed potatoes, made with vegetable broth and margarine	½ cup	105	1.5	69
Asparagus	½ cup	90	2.2	74
Sugar cookie	1 large	28	1.7	83
Mashed potatoes, made with milk and butter	½ cup	105	2.0	87
Roast potatoes	½ cup	78	2.3	104
Corn	½ cup	75	2.5	115
Dinner roll	1 piece	28	2.4	117
Mashed sweet potatoes	½ cup	128	2.5	152
Peas	½ cup	80	4.3	158
Wild rice, cooked	½ cup	82	3.3	160
Stuffing, prepared from dry mix	½ cup	100	3.2	161
Scalloped potatoes	½ cup	123	3.5	165
Shrimp cocktail	4 pieces	22	5.0	218
Pumpkin pie	1 slice	133	5.2	233
Pecan pie	1 slice	133	6.0	273
Ham	3 oz	85	14.1	422
Eggnog	6 fluid ounces	190	8.7	429
Turkey, breast meat	3 oz	85	14.5	577
Beef roast	3 oz	85	23.1	912