

Enjoy Sweets and Treats the Low-Protein Way

Special days like birthdays, Valentine's Day, Easter, and Halloween are lots of fun, but can make it tricky to follow your low-protein diet. Here are some tips to enjoy sweet treats while still keeping your PKU in mind.

Have low protein treats on hand.

If you know you will be going to a party with lots of high-protein treats, bring something low-protein for yourself or your child. Make up single-serving bags of low-Phe candy, or pack a low-protein cupcake. Try having low protein baked goods pre-made and available in your freezer. When it's party time, you can grab one and go!

Keep high-protein foods out of sight and out of mind

Keeping a bowl of chocolate on the coffee table or a pan of brownies on the counter makes them even harder to resist. Put high-protein foods in a cabinet or drawer, and make low-protein treats like fresh fruit or hard candy easily accessible.

Keep an eye on portions

A handful of M&M's has about ½ gram of protein and can fit into most low-Phe diets. If you go for a handful three separate times, however, you might go over your allowed Phe intake!

Write it down

Record what you eat as you eat it so you don't lose track of your protein intake.

Don't forget: nutrition matters

Plenty of sweets and treats are low in protein. In fact, sugar is Phe-free, but that doesn't make it good for you! Nourish your body with fruits, vegetables, and low-protein grains, and have just a little bit of the sweet stuff.

Find sweet substitutions

Similar foods can have very different amounts of Phe, so choose wisely!

Frozen treats	Serving Size (household)	Serving Size (grams)	Protein (grams)	Phe (milligrams)
Ice cream, vanilla	½ cup	66	2.4	116
Cool Whip®	1 tablespoon	4	0.1	3
Creamsicle	1 pop	66	1.2	59
Popsicle	1 piece	81	0	0
Sherbet	½ cup	97	1.1	52
Snow cone	½ cup	99	0	0
Strawberry sorbet	½ cup	116	0.5	13
Tofutti®, chocolate	½ cup	100	3.0	126



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Non-frozen treats	Serving Size (household)	Serving Size (grams)	Protein (grams)	Phe (milligrams)
Chocolate sandwich cookie with cream filling (Oreo)	1 cookie	12	0.6	26
Cool Whip	1 tablespoon	4	0.1	3
Crème filled sponge snack cake (Twinkie®)	1 cake	42	1.5	60
Fig bar	1 piece	16	0.6	33
Frosting, chocolate	1 tablespoon	17	0.2	8
Frosting, vanilla or strawberry	1 tablespoon	17	0	0
Fruit Roll-Ups®	1 roll	14	0.2	4
Fudge brownies – low protein (Cambrooke Foods®)	1 piece	40	0.3	18
Gelatin snack cup (Hunt's Juicy Gels®)	1 snack cup	99	0	0
Gourmet chocolate chip cookie dough – low protein (Cambrooke Foods®)	1 cookie	28	0.2	2
Graham cracker	1 square	7	0.6	28
Gum drops	1 piece	2	0	0
Hard candy (Jolly Rancher®, lollipops, Life Savers®)	1 piece	Varies	0	0
Hershey's Kisses®	1 piece	5	0.3	17
Ho Ho's® snack cakes	1 cake	28	1.1	53
Jelly beans	5 large	14	0	0
Kit Kat® wafer bar	1 mini	10	0.7	27
Lemon pudding – ready to eat	1 snack cup	99	0.1	4
Licorice	1 twist	10	0.4	18
M&M's® candies	10 pieces	7	0.3	23
Maddy's® assorted bunny pops	1 pop	26	0	0
Maddy's® assorted Easter minis (Nutricia)	8 pieces	42	0	0
Maddy's® Energy Option chocolate flavor coated raisins – low protein (Nutricia)	¼ cup	40	0.5	12
Maddy's homestyle yellow cake mix – low protein (Nutricia)	1/12 cake	34	0.2	4
Marshmallows	1 large	8	0.2	4
Milky Way®	1 regular bar	72	3.6	172
Mounds®	1 bar	60	2.4	92
Poptart®, iced	1 piece	52	3	138
Rice Krispies® Treat	1 bar	22	0.6	26
Sugar cookie	1 large	—	28	1.7
Sugar cookie – low protein (from Cambrooke Foods® dough)	1 large	28	0.2	1
Twix®	1 bar	32	1.6	84



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