

THE PKU ATHLETE'S PLATE

FATS

1-2 TABLESPOON(S)

- AVOCADO
- OILS
- BUTTER
- LOW PROTEIN CHEESE



FLAVORS

- SALT/PEPPER
- HERBS
- SPICES
- VINEGAR
- SALSA
- MUSTARD
- KETCHUP



LOW PROTEIN GRAINS

- PASTA
- RICE
- POTATOES
- CEREALS
- BREADS



PKU FORMULA



VEGETABLES

FRESH, FROZEN,
CANNED OR
COOKED VEGGIES
AND/ OR FRUIT.



- WATER
- NON-DAIRY MILK ALTERNATIVE
- DILUTED JUICE
- FLAVORED BEVERAGES
- COFFEE
- TEA



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VitaFlo products are for use under medical supervision.

Be sure to check with your healthcare professional before making changes to your diet.

Please be sure to follow the low protein diet that you and your healthcare professional have decided is right for you. Remember to count the amount of intact protein and phenylalanine that might need to be limited when meal planning.

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