

Dietary Information for the Treatment of

PHENYLKETONURIA

‘EXCHANGES’ of Manufactured Baby Foods

October 2007

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) – October 2007

EXCHANGES OF MANUFACTURED FOODS

The quantity of food given contains (1g Protein) – October 2007

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 October 2007 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**

BABYLICOUS

Frozen Baby Foods.

45	Leeks, Peas and Potatoes
100	Potato and Parsnip with Carrot
40	Sweet and Sour Vegetables with Rice
90	Plums and Pear with Banana
45	Fruity Rice Pudding

BABY ORGANIX

Infant Cereals in Cartons Stage 1 – dried weight

15	Pure Baby Rice First Food
15	Apple and Raspberry Cereal
15	Banana Porridge Cereal
15	Apple and Banana Muesli
15	Pear and Apple Wholegrain Oats
15	Fig and Apple Breakfast
15	Fruity Orange Breakfast
10	Creamy Apple and Raspberry Cereal

Infant Cereals and Desserts in Jars

Stage 1

100	Banana and Strawberry Rice Pudding
100	Banana Porridge
125	Apple and Mango Rice Pudding
125	Banana, Apple and Apricot
165	Summer Pudding
110	Prune Porridge
165	Apple and Peach
125	Apple, Banana and Plum

Stage 2

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

From 7-9 months

15	Rice Cakes – Plain, Apple and Orange
15	Crunchy Sticks Carrot
15	Organic Moon Biscuits
10	Crunchy Rings Golden Sweetcorn

- 15 Soft Rusks
- 15 Crunchy Tomato Slice
- 15 Orange Soft Rusk

BEBIVITA – From 7 months

- 50 Apple and Banana Dessert

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

Organic – from 4 months – Jars

- 35 Creamed Porridge
- 110 Carrot and Potato
- 40 Vegetables with Pasta
- 110 Banana and Rice Pudding
- 35 Creamed Porridge
- 55 Orange and Yoghurt Dessert

Organic – from 7 months

- 50 Creamy Vegetables with Wholemeal Noodles
- 40 Mushroom Risotto
- 35 Creamed Rice Pudding with Cinnamon
- 145 Fruit Salad
- 40 Vanilla Custard
- 55 Blueberry and Yoghurt Dessert
- 110 Apple Crumble

Mother's Recipe

Stage 1

- 50 Apple and Banana Breakfast
- 35 Creamed Porridge

Stage 2

- 30 Choccie Banana
- 125 Red Fruit Fool
- 165 Peach and Strawberry

COW AND GATE BABY FOODS

Baby Balance Range

4 months- dry food

- 15 Pure Baby Rice
- 7.5 Apple and Banana Wake up
- 7.5 Creamed Porridge
- 7.5 Sunshine Banana
- 7.5 Apple and Banana Burst
- 7.5 Fruity Breakfast

4 months – Jars

- 100 A Taste of Carrot
- 65 A Taste of Autumn Vegetables
- 165 A Taste of Pear
- 45 Yummy Baby Vegetable Risotto
- 40 Sweet Potato Bake
- 145 Juicy Pear and Banana
- 165 Exotic Fruit Combo
- 125 Summer Fruit Salad
- 125 Baby Fruit Cocktail
- 75 Baby Pear Yoghurt
- 100 Apple and Banana Swirl
- 40 Rice Pudding

Fruitapura

- 165 Apple, Banana and Orange
- 110 Banana, Peach and Strawberry
- 100 Exotic Fruits

7 Months – Dry Food- Stage 2

- 10 Apple and Blueberry Sunburst
- 7.5 Multigrain Porridge
- 15 Tropical Sunrise

7 Months – Jars –Stage 2

- 30 Baby Bean Feast

- 35 Vegetable Lasagne
- 165 Fruity Muesli
- 40 Creamed Porridge
- 90 Banana and Cookie Crumble
- 100 Juicy Fruit Crumble

10 Months – Dry Food- Stage 3

- 10 Apple Crispies
- 10 Fruity Crunch
- 10 Sunshine Fruit Cereal

10 Months – Jars- Stage 3

- 30 Simply Scrummy Lentil Bake
- 30 Mild Mexican Bean Pot

Standard Jars

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

ELLA’S KITCHEN- Pouches

- 145 Apples and Bananas
- 70 Broccoli, Pear and Peas
- 165 Sweet Potato, Pumpkin, Apple and Blueberries

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 Biscotti

Farley Bears

- 25 Biscuit

Heinz Cereals – Farley’s Recipe

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	Apricot Muesli
7.5	Creamy Oat Porridge
7.5	Fruit and Yoghurt
7.5	Oat and Apple Cereal
7.5	Summer Fruits
7.5	Sunfruit Orange
7.5	Sunrise Banana
7.5	Baby Rice and Banana
7.5	Apple and Blueberry Breakfast
7.5	Peach Yoghurt
7.5	Banana Custard
7.5	Strawberry Yoghurt

Strained Jars and Cans

35	Creamed Breakfast Cereal
35	Creamed Porridge
35	Chocolate Pudding
75	Apricot Custard
55	Strawberry Cheesecake
35	Rice Pudding
125	Fruit Medley Dessert
125	Apple and Banana Dessert
40	Creamed Vegetable Harvest
30	Pasta Vegetable Bake

Heinz Fruity Pots 4-36 months

70	Apple and Mango Fruity Custard
65	Banana Fruity Custard
65	Fruit Medley Fruity Custard
85	Apricot and Apple Fruity Rice Pudding
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

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
40 Banana and Choc Dessert
145 Apple and Pear Cream Fool
85 Strawberries, Peaches and Cream
70 Apple and Mango Breakfast
50 Bubble and Squeak
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
45 Lentil and Vegetable Risotto

Toddler's Own Trays from 12 months onwards

35 Vegetable Pasta Neapolitan
55 Chunky Vegetable Risotto
20 Herby Lentil and Veggie Casserole

HIPP ORGANIC

Stage 1 - Jars

50 Creamy Rice Breakfast
60 Banana Yoghurt Breakfast
85 Mixed Vegetable Medley
125 Tender Carrots and Potatoes
40 Creamed Porridge Breakfast
60 Creamed Parsnip, Potato and Cauliflower
90 Carrot and Sweetcorn
45 Penne with Tomato and Courgette
70 Pumpkin with Rice
30 Vegetable and Lentil Bake

Desserts Stage 1

100 Banana with Rice Pudding
90 Banana and Peach Dessert
165 Apple and Blueberry Dessert

- 40 Banana Custard
- 45 Rice Pudding
- 145 Apple and Plum Pudding
- 30 Chocolate Blancmange
- 125 Mango and Banana Melba

Junior Stage 11

- 50 Creamy Vegetable Pasta
- 25 Vegetable Lasagne

Desserts Stage 11

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

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

Toddler Soups from 10 months

- 85 Creamy Tomato
- 40 Tasty Vegetables

Dried Baby Foods – Stage 1

- 15 Baby Rice
- 15 Apple, Orange and Banana
- 10 Banana Porridge-from 6 months
- 7.5 Creamy Porridge
- 15 Mashed Potato and Rosemary
- 10 Creamy Rice Pudding

Toddler Desserts

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

Microwaveable Meals

- 50 Vegetable Provencale with Rice

10 Hipp-a-bisc

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

40 Sweetcorn and Carrot

110 Mango and Banana

110 Plum, Pomegranate and Guava

110 Beetroot, Apple and Artichoke

90 Squash and Sweet Potato

WEETABIX

10 Ready Brek – Original

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

BABY ORGANIX

Apple and Strawberries
Apple and Blueberry
Apple and Vanilla

Fruit Purees:

Apple and Apricot
Apple and Banana
Pear and Raspberry

Stage 2

Apple, Strawberry and Mango

COW AND GATE

Baby Balance

A Taste of Pumpkin
A Taste of Apple
Mango Surprise
Plum and Apricot Compote

Standard Jar

Apple and Pear

Fruitapura

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

ELLA'S KITCHEN

Carrot, Apple and Parsnip

HIPP ORGANIC

First Tastes:

William Chist Pears
Apple and Banana
Apple and Pear Pudding
Apple Puree
Red Fruit and Apple Compote

Fruit Pots:

Apple and Pear
Apple and Banana with Peach
Apple and Strawberry

BOOTS

Organic Jars – from 4 months

Apple and Banana
Apple and Peach
Apple and Pear

Organic Jars – from 7 months

William Pear Dessert

MUMTAZ

Mango and Banana

HEINZ

Puree and Simple

Organic Apple
Organic Apple and Blueberry

HEINZ

Dessert Cans:

Banana Delight
Apple Dessert

HEINZ

Mum's Own:

Fruit Salad by Caroline
Summer Berry Compote

PLUM BABY

Blueberry, Banana and Vanilla

HIPP ORGANIC

Purely Fruits:

Apple, Strawberry and Blueberry
Apple and Banana