



The National Society for Phenylketonuria (United Kingdom) Ltd.

Dietary Information for the Treatment of

PHENYLKETONURIA

‘EXCHANGES’ of Manufactured Baby Foods

May 2010

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) –May 2010

EXCHANGES OF MANUFACTURED FOODS

The quantity of food given contains (1g Protein) – May 2010

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 April 2010 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

10	7 Multigrain Cereal
10	Banana and Raisin Porridge
10	Wholegrain Baby Rice
15	Banana Porridge
15	Fruity Apple Cereal
10	4 Multigrain Cereal

Infant Cereals and Desserts in Jars

Stage 1

65	Banana Porridge
70	Apple and Mango Rice Pudding
165	Apple and Peach Fruit Double
145	Banana and Mango
125	Banana and Plum Dual
65	Peach Breakfast
65	Banana and Strawberry Dual

Squeezies

Goodies:

165	Strawberry, Pear and Banana
165	Pear, Kiwi and Banana

Jars Stage 1

165	Banana and Pear Rice Pudding
35	Creamy Oat Porridge
55	Butternut Squash and Root Vegetables
100	Carrot and Sweet Potato
35	Creamy Rice Pudding

Jars Stage 2

70	Apple & Mango with Oaty Yoghurt
100	Apple & Peach Oaty Crumble
50	Vegetable Korma & Wholegrain Rice
50	Chickpea and Red Pepper Lasagne

Jars Stage 3

35	Wholegrain Pasta with Pea and Pesto
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Organic Pots Stage 2

40	Wholegrain Organic Pasta with Aubergine and Red Pepper
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From 7 months

- 15 Rice Cakes – Plain, Apple, Raspberry and Blueberry

- 15 Crunchy Carrot Sticks
- 15 Crunchy Rings Sweetcorn
- 10 Tomato Slice
- 15 Crunchy Carrot Fingers
- 20 Soft Rusk
- 15 Finger Biscuits
- 10 Tomato Wheels
- 15 Sweetcorn Hoops

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

Organics Rusks – From 4 Months

- 10 Plain, Red Fruit, 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 Yoghurt 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
- 5 Apple and Banana Porridge
- 5 Creamy Porridge
- 5 Banana Porridge
- 5 Fruity Porridge
- 15 Banana and Strawberry Porridge

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 (6 months)
- 145 Juicy Pear and Banana
- 165 Fruity Muesli
- 40 Creamed Porridge
- 30 Apple and Banana Porridge
- 55 Banana and Strawberry Porridge
- 30 Banana Porridge
- 30 Creamy Porridge
- 30 Fruity Porridge

Jars – Age 7 Months

- 25 Apple and Blueberry Cereal
- 25 Multigrain Banana Porridge
- 25 Tropical Fruit Cereal

Jars – Age 10 Months

- 20 Fruity Crunch Cereal
- 25 Strawberry Crunch Cereal
- 20 My First Banana Muesli
- 20 My First Muesli

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
- 125 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

- 35 Vegetable Lasagne
- 40 Mediterranean Vegetable Bake

10 Months – Dry Food – Stage 3

- 10 Fruity Crunch Cereal
- 10 Strawberry Crunch Cereal
- 10 My First Muesli
- 10 My First Banana Muesli

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

Jars – Stage 3

30 Simply Scrummy Lentil Bake

ELLA'S KITCHEN

Baby Brekkie

30 Banana Baby Brekkie

35 Mango Baby Brekkie

25 Raisin 'n' Prune Baby Brekkie

Stage 1 Baby Food

100 Broccoli, Pear + Peas

165 Sweet Potato, Pumpkin, Apples + Blueberries

165 Apples + Bananas

165 Butternut Squash, Carrot, Apple + Prunes

85 Spinach, Apple + Swede

30 Sweetcorn, Pumpkin + Peas

Stage 2 Baby Food

35 Very, Very Tasty Vegetable Bake

20 Hugely Hearty Four Bean Feast with Big Flavour

35 Yum yum yummy rice Pudding with Mangoes and Apples

30 Ooh my goodness Apple + Raisin Oat Crumble with Custard

Stage 3 Baby Food

65 Perfectly Pleasing Tomato-y-Pasta

Cooking Sauces

110 The Italian One

65 The Indian One

Rice + Pasta

10 Nice Rice

Baby Cookies

15 Apple 'n' Ginger Cookies

15 Milk 'n' Vanilla Baby Cookies

Bakey-bakies

15 Apple, Raisin 'n' Cinnamon Bakey-Bakies

Smoothie Fruits

165 The Red One

- 145 The Yellow One
- 145 The Purple One
- 165 The Green One

Pack 'o' Snacks

- 35 The Chompy One
- 55 The Chewy One
- 30 The Crumbly One

HEINZ CEREALS (FARLEY'S RECIPE)

Heinz Farley's Rusks from 4 months

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

From 7 Months

- 15 Mini Rusks

Heinz from 6 months

- 10 Organic Biscotti

Farley Bears

- 25 Biscuit

Heinz Cereals – Farley's Recipe – Dry Weight 4-6 months

- 5 Peachy Porridge
- 10 Pure Baby Rice
- 5 Creamy Oat Porridge
- 10 Fruit and Yoghurt
- 7.5 Oat and Apple Cereal
- 5 Sunrise Banana

Strained 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
- 55 Raspberry and Banana Whip
- 100 Peach and Raspberry
- 85 Fruity Rice, Apricot and Apple

Cook At Home

- 100 Tomato and Basil Sauce
- 15 Baby Rice
- 125 Mediterranean Vegetable Sauce

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

- 35 Creamed Porridge
- 45 Apple and Banana Breakfast
- 55 Vegetables and Sweet Potato Medley
- 40 Banana and Chocolate Dessert
- 145 Apple and Pear Cream Fool
- 85 Strawberries, Peaches and Cream
- 70 Apple and Mango Breakfast
- 50 Banoffee Pudding
- 55 Raspberry and Banana Whip
- 35 Apple Rice Pudding
- 100 Mango and Peach Yoghurt

Mum's Own Jars from 7 months

- 35 Sweet Vegetables and Pasta Stars
- 45 Vegetable Bake
- 55 Mediterranean Veggies with Rice
- 35 Sweet Potato & Red Pepper Pasta Stars

Mum's Own Trays from 10 months onwards

- 60 Chunky Vegetable Risotto

10 months +

- 10 Banana and Multigrain Cereal

It's all Good

- 15 Organic Honey Rice Cakes
- 15 Organic Apple Rice Cakes

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
- 45 Penne with Tomato and Courgette
- 30 Vegetable and Lentil Bake
- 125 Apple and Cranberry Breakfast

Desserts Stage 1

- 100 Banana with Rice Pudding
- 90 Banana and Peach Dessert
- 40 Banana Custard
- 45 Rice Pudding
- 125 Mango and Banana Melba
- 100 Apple and Banana Crumble

Fruity Breakfast

- 145 Banana and Peach with Cereal

Plastic Pots Stage 1

- 60 Creamed Root Vegetables with Apple
- 65 Fine Green beans with Baby Spinach
- 70 Sweet Pumpkin with Tender Carrots

Plastic Pots Stage 2

- 50 Sweet Red Pepper and Aubergine Penne
- 45 Fruity Vegetables Tajine with Couscous

Desserts Stage 2

- 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
- 65 Strawberry and Raspberry Yoghurt
- 35 Creamy Rice Pudding
- 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 Crumbly Rusks
- 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
- 5 Creamy Porridge
- 10 Banana and Peach Breakfast
- 10 Apple, Banana and Cereal Breakfast
- 10 Creamy Rice and Apple Breakfast

Junior Menu – Stage 2

- 35 Creamy Porridge Breakfast
- 25 Vegetable Lasagne
- 50 Creamy Vegetable Pasta

Junior Menu – Stage 3

- 50 Mediterranean Ratatouille with Gnocchi

Toddler Desserts

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

Toddler Meals

- 45 Gnocchi with Creamy Leek Sauce

Children's Meals from 15 months

- 30 Vegetable Lasagne

MUMTAZ

- 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
- 35 Squash and Sweet Potato and pouch version
- 70 Pumpkin, Carrot and Mango

Seven 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

Ten Months

- 35 Aubergine and Sweet Red Pepper Provencale

Twelve Months

- 10 Four Grain Muesli with Apricot and Banana
- 7.5 Four Grain with Strawberry and Banana

WEETABIX

- 10 Ready Brek

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

BABY ORGANIX

Apple and Strawberry
Apple and Blueberry Compote
Apple and Vanilla
Apple and Cherry Dual
Apple and Mango
Apple and Blackcurrant Dual
Apple and Raspberry Dual
Pear and Raspberry Compote
Apple and Banana Dual
Pear and Apple Dual

Stage 1

Squeezies:
Goodies Pear, Orange, Mango

BOOTS

Organic Jars – from 4 months

Apple and Banana
Apple, 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

100% Fruit

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

Aptamil

Creamy Porridge
Porridge with Spelt
Multigrain Breakfast

Stage 2 and 3

Apple and Strawberry Dessert

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

ELLA'S KITCHEN

Stage 1

Carrot, Apple + Parsnip

Strawberries + Apples

Peaches + Bananas

HIPP ORGANIC

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 Banana with real Apple Pieces

HEINZ

Dessert Cans

Banana Delight

Mum's Own

Fruit Salad

It's All Good

Apple Fruit Puree

Apple and Mango Fruit Puree

Apple and Pear Fruit Puree

MUMTAZ

Mango and Banana

PLUM BABY

Blueberry, Banana and Vanilla pouch version