

Low-Protein Thanksgiving

A traditional Thanksgiving meal has approximately 30 grams of protein, and that's when portions are small (who eats only 3 oz turkey and ½ cup potatoes?!). Below is an example of the nutrient breakdown:

Food Item	Serving Size (household)	Serving Size (grams)	Protein (grams)	Phe (milligrams)
Turkey, breast meat	3 oz	85	14.5	577
Stuffing, prepared from dry mix	½ cup	100	3.2	161
Mashed potatoes, made with milk and butter	½ cup	105	2.0	87
Chicken gravy, canned	¼ cup	60	1.1	48
Green beans, boiled	½ cup	68	1.0	36
Dinner roll	1 piece	28	2.4	117
Cranberry sauce	½ cup	138	0.3	14
Pumpkin pie	1 slice	133	5.2	233
Totals:			29.7	1273

Many people with PKU eat the same foods as the rest of their family on Thanksgiving, but will avoid the turkey. This helps, but the Phe content without the turkey is still twice the amount that many people with PKU can have in one day!

Stuffing, prepared from dry mix	½ cup	100	3.2	161
Mashed potatoes, made with milk and butter	½ cup	105	2.0	87
Chicken gravy, canned	¼ cup	60	1.1	48
Green beans, boiled	½ cup	68	1.0	36
Dinner roll	1 piece	28	2.4	117
Cranberry sauce	½ cup	138	0.3	14
Pumpkin pie	1 slice	133	5.2	233
Totals:			15.2	696

A few changes can help you enjoy traditional Thanksgiving foods without compromising metabolic control – check out the options listed below.

Stuffing, made with low-protein bread, margarine, vegetable broth, onions, mushrooms, celery, seasonings	½ cup	100	0.4	16
Mashed potatoes, made with vegetable broth and margarine	½ cup	105	1.5	69
Trio chicken gravy mix, prepared per package	¼ cup	60	0.3	13
Green beans, boiled	½ cup	68	1.0	36
Dietary Specialties low-protein dinner roll	1 piece	57	1.0	14
Cranberry sauce	½ cup	138	0.3	14
Pumpkin pie mix, canned	1/3 cup	90	1.0	31
Richwhip, whipped	2 Tbsp.	30	0.0	0
Totals:			5.5	193

Additional Tips:

To add color, flavor, and nutrition, try cutting down on starches and adding a variety of vegetables such as broccoli, asparagus, carrots, cabbage, tomato, or a big green salad. Keep in mind that vegetables are cheaper than low-protein specialty foods too!

