



Data Report

Name



flok:

PKU

Dates:

11/20/23 - 12/20/23

Daily goal:

PHE 475.000 mg



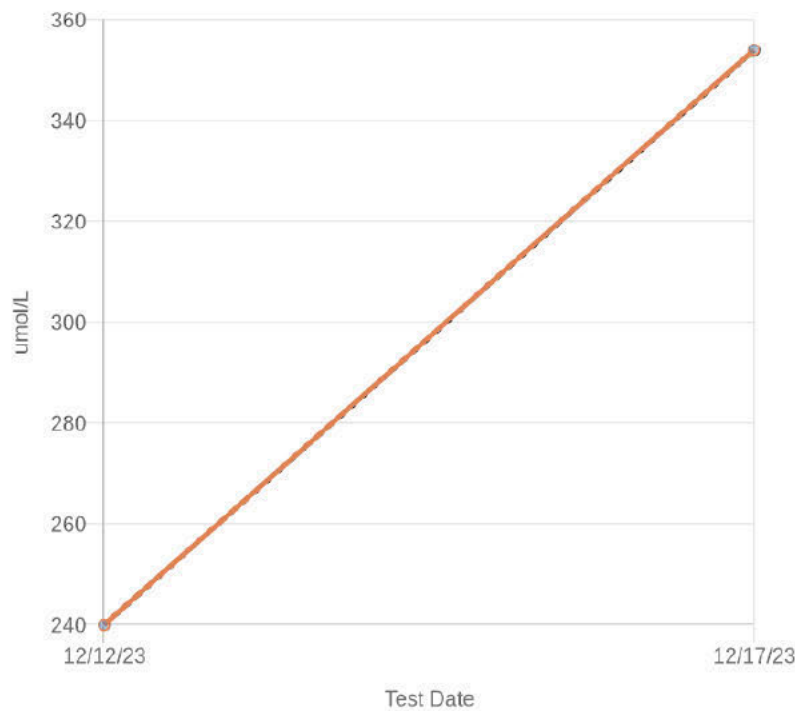
Time	Food & Brand Name	Serv	Units	PRO (g)	PE (g)	Cal (kcal)	Phenylalanine (mg)
Mon, Nov 20, 2023							
2:20	Oat-Milk, Original, Oatly	0.9	oz(s).	0.27	0	12.5	15
2:30	Oat-Milk, Original, Oatly	4.01	oz(s).	1.19	0	56	67
2:31	Izzy bagel twists , izzmo 🍩	1	twist	2.14	-	181	108
11:29	Cream Cheese, whipped, Any Brand	0.73	TBSP	0.58	0	25.5	32
12:31	Fruit Shapes Dried Fruit Snacks, all shapes , Betty Crocker	1	unit(s)	0.1	0	80	5
12:31	Cauliflower Stalks, Cheddar, From the Ground Up	8	stalk(s)	0.47	0	46.7	13
12:32	Pizza Crust, Schar	0.05	crust(s)	0.24	0	22.4	10
12:32	Mozzarella Style Cutting Board Shreds, Daiya	0.04	cup(s)	0.07	0	13.3	4
13:03	Dutch Crunch Kettle Chips, Original, Old Dutch	0.32	oz(s).	0.71	0	48.2	26
14:18	CFL Bread High, izzy 🍩	39	gram(s)	0.78	0	111.2	41
14:59	Twin Bar, Schar	0.5	bar(s)	0.6	0	60	36
15:32	Pro-Phree, Abbott Nutrition	7.5	TBSP	0	0	307.5	0
15:32	Phenex-2, Unflavored or Vanilla, dry, unpacked, Abbott Nutrition	21.25	TBSP	0	51	697	0
Totals				7.1	51	1661.2	357
Tue, Nov 21, 2023							
0:08	Twin Bar, Schar	0.5	bar(s)	0.6	0	60	36
2:58	Izzy bagel twists , izzmo 🍩	1	twist	2.14	-	181	108
2:58	Oat-Milk, Original, Oatly	5	oz(s).	1.48	0	69.8	84
9:48	Pro-Phree, Abbott Nutrition	60	TBSP	0	0	307.5	0
12:15	Blondies, Cook for Love	1.5	two inch square	0.95	0	288.3	48
12:15	Phenex-2, Unflavored or Vanilla, dry, unpacked, Abbott Nutrition	170	TBSP	0	51	697	0
15:02	Fruit Shapes Dried Fruit Snacks, all shapes , Betty Crocker	1	unit(s)	0.1	0	80	5
15:02	Pizza Crust, Schar	0.13	crust(s)	0.6	0	55.2	24
15:03	Mozzarella Style Cutting Board Shreds, Daiya	0.07	cup(s)	0.12	0	21.3	6
15:06	Mozzarella Sticks, Wholly Veggie 🍩	4	sticks	1.6	0	208	80



Time	Mood	Time	Symptom
Mon, Dec 04, 2023			
21:15	 Excited		
Wed, Dec 13, 2023			
13:09	 Anxious		

Phenylalanine

12/12/23	240.0 umol/L
12/17/23	354.0 umol/L



Current Medications

Medication	Dosage	Frequency	Date Started
Sapropterin	500mg	Daily	12/13/23