



READING FOOD LABELS FOR PKU

Some labels have the protein content per portion already written on the label.

| Protein content per portion | Number of exchanges |
|-----------------------------|---------------------|
| 0 - 0.3 g | Free |
| 0.4g - 0.7 g | ½ |
| 0.8g - 1.2 g | 1 |
| 1.3g - 1.7g | 1½ |
| 1.8g - 2.2g | 2 |

If the protein content per portion is not on the label, to calculate the protein content per portion you will need to know two things:

- Know the amount or weight of the product to be eaten
- Know the protein content per 100g.

It is worked out by:

$$\frac{\text{Weight of the product to be eaten} \times \text{Protein content per 100g}}{100}$$