

SUPPLEMENTARY DATA – Table S1

Protein cut off points

Some patients with PKU (with or without sapropterin treatment) tolerate over 10g/protein daily. The types of food we recommended in their diet will vary according to individual protein tolerance. At what patient daily protein tolerance should the following foods be included in the diet? This is particularly important to determine now that we can use sapropterin with patients.

What is your opinion? Please choose a protein cut off point for each food category according to the daily protein tolerance. Put a **x** in the box that you would consider the protein tolerance cut off point when you consider it reasonable (e.g., a useful food portion could be eaten) to allow any of the following foods

FOOD GROUPS	Allowed 10g protein/ day	Allowed 15g protein/ day	Allowed 20g protein/ day	Allowed 25g protein/ day	Allowed 30g protein/ day	Allowed 40g protein/ day	Allowed 50g protein/ day	Allowed 60g protein/ day
Meat (lamb, beef, pork, ham, bacon, chicken, turkey, duck, game, beef jerky, corned beef, beef or higher protein meat burgers, meat paste, meat pies). Offal (liver, kidney, tongue). Burgers Definition contains protein over 20g/100g -								
Chicken dippers, breaded chicken steaks, chicken nuggets, breaded chicken goujons, chicken fingers, chicken roll, chicken burgers, chicken bites, pork pies,								

sausages, chopped pork. Billie bear meat, small meat protein burgers Definition contains protein 10-20g/100g								
Canned Pork sausages and baked beans, faggots, canned beef ravioli, sausage rolls Definition contains protein 5--10g/100g								
Fish (all varieties including shellfish, frozen) Definition contains protein over 20g/100g								
Breaded cod fillets, fish fingers, fishcakes, tinned fish in sauce, fish paste Definition contains protein 10-20g/100g								
Plant meats/fish Containing soya, lentils, pea protein, Quorn based products Definition contains protein over 20g/100g								
Plant meats/fish alternatives Containing soya, lentils, pea protein, tofu, Quorn based products Definition contains protein over 10- 20g/100g								
Plant meats/fish Containing vegetable/plant protein Definition contains protein 5--10g/100g								

Hens Eggs – boiled, poached, fried, scrambled, omelette Definition contains protein over 10-20g/100g								
Hard Cheese Definition contains protein over 20g/100g								
Soft cheese Definition contains protein 5--10g/100g								
Cheese spread, feta, cottage cheese Definition contains protein over 10-20g/100g								
Nuts e.g. peanuts, peanut butter, almonds, pistachio Definition contains protein over 20g/100g								
Nuts e.g. pine, brazil, cashew, pecan, walnuts Definition contains protein over 10-20g/100g								
Seeds e.g. sesame, pumpkin, chia, poppy, flax Definition contains protein over 20g/100g								
Yeast extract spreads e.g. Marmite, Vegemite, Bovril Definition contains protein over 20g/100g								

Bread e.g., bread roll, English muffin, bagels, ciabatta, wrap, croissants Definition contains protein \leq 12g/100g								
Flours e.g., chickpea, almond, coconut, peasemeal, chestnut flour Definition contains protein around 20g/100g								
Flour and starch e.g., white, self-raising, wholemeal, chapatti, bread mixes, gram flour, spelt flour, sorghum flour, atta flour, spelt flour, cornmeal Definition contains protein \leq 12g/100g								
Gluten free flour, rye flour, rice flour, cornmeal/polenta Definition contains protein $<$ 10g/100g								
Pasta e.g., pea Definition contains protein 10g/100g								
Pasta.e.g. wheat, spelt Definition contains protein 10-15g/100g								
Gluten free pasta Definition contains protein 5--10g/100g								
Pot Noodles Definition contains protein 5--12g per pot NOT high protein pots								
Dried Legumes/pulses e.g., Lentils, chickpeas, dried peas, split peas. Beans – baked, red & black,								

Definition contains protein 10-25g/100g This is not the same as lentils canned in water								
Lentils in water/brine/sauce (jars/canned) Baked beans Chickpeas, tinned red, black, kidney beans, mixed beans, black-eyed beans in water/brine/sauce Definition contains protein 5-10g/100g								

SUPPLEMENTARY DATA – Table S2

**Final consensus for the allocation of food groups according to individual patient protein tolerance
(including ≥ 10 g protein/day)**

Patient daily protein tolerance	Foods/Food Groups allocated	Protein content/100g
≥ 10 g protein/day	Milk (animal)	<5g/100ml
	Yoghurt (animal)/dairy desserts	<10g
	Hummus	5-10g
	Coconut products	<10g
	Gluten-free breads	≤ 5 g
≥ 15 g protein/day	Lentils in brine	5-10g
	Soft cheese	5-10g
	Cheese spread	10-20g
	Bread and bread products	≤ 12 g
	Gluten-free flour	≤ 10 g
	Gluten-free pasta	5-10g
≥ 20 g protein/day	Nuts	>20g
	Flours	~20g and ≤ 12 g
	Meat products	5-10g
	Plant alternatives	5-10g
	Nuts	~10-20 g
	Hard cheese	>20g
	Pot noodles	5-12g/pot
	Pasta	~10g and 10-15g
	Seeds	>20g
	Yeast extract	>20g
	Eggs	10-20g
	Dried legumes	10-25g
≥ 30 g protein/day	Meat/Fish	>10-20g
	Plant foods	>10-20g
≥ 40 g protein/day	Meat/Fish	>20g
	Plant foods	>20g