

Supplementary Table S1. Natural protein intake and intervention in each week of the study.

Dietary Intake During Each Week of the Study			
Intervention	Number of Subjects Who Stopped Each Arm of The Study Due to High Blood Phenylalanine Levels	Median Daily Exchanges Prescribed (Range)	Sources Used for Extra Phe (Number of Times Food was Used During 3-day Diet Diary)
Phase A week 1 (<i>n</i> = 16)	n/a	5.75 (3–25)	n/a
Phase A week 2 (<i>n</i> = 16)	n/a	5.75 (3–25)	n/a
Phase A week 3 (<i>n</i> = 16)	n/a	5.75 (3–25)	n/a
Phase A week 4 (<i>n</i> = 16)	n/a	5.75 (3–25)	n/a
Phase B week 1 (<i>n</i> = 16)	0	6.75 (4–26)	Broccoli (37); Cauliflower (5); Mange tout (2); Sugar snap peas (1); Beansprouts (1)
Phase B week 2 (<i>n</i> = 16)	0	6.75 (4–26)	Broccoli (40); Cauliflower (4); Beansprouts (1); Figs (1)
Phase B week 3 (<i>n</i> = 16)	0	6.75 (4–26)	Broccoli (37); Figs (2); Cauliflower (4); Sugar snap peas (2); Beansprouts (1)
Phase B week 4 (<i>n</i> = 16)	0	6.75 (4–26)	Broccoli (38); Figs (1); Sugar snap peas (3); Cauliflower (3); Beansprouts (1)
Phase C week 1 (<i>n</i> = 16)	0	7.75 (5–27)	Broccoli (40); Cauliflower (3); Figs (4); Sugar snap peas (3); Beansprouts (1)
Phase C week 2 (<i>n</i> = 16)	2	7.75 (5–27)	Broccoli (37); Cauliflower (6); Figs (3); Sugar snap peas (3); Bamboo shoots (1)
Phase C week 3 (<i>n</i> = 14)	0	7.75 (5–27)	Broccoli (31); Cauliflower (4); Figs (4); Sugar snap peas (2); Green beans (1); Brussel sprouts (2)
Phase C week 4 (<i>n</i> = 14)	1	7.75 (5–27)	Broccoli (29); Cauliflower (6); Figs (4); Sugar snap peas (3)
Phase D week 1 (<i>n</i> = 16)	0	6.75 (4–26)	Ice cream (30); Milk (10); Yoghurt (7)
Phase D week 2 (<i>n</i> = 16)	3	6.75 (4–26)	Ice cream (31); Milk (8); Yoghurt (7)
Phase D week 3 (<i>n</i> = 12)	1	6.75 (4–26)	Ice cream (28); Milk (3); Yoghurt (4)
Phase D week 4 (<i>n</i> = 11)	4	6.75 (4–26)	Ice cream (32)
Phase E week 1 (<i>n</i> = 8)	0	7.75 (5–27)	Ice cream (17); Yoghurt (5)
Phase E week 2 (<i>n</i> = 8)	0	7.75 (5–27)	Ice cream (17); Yoghurt (5)
Phase E week 3 (<i>n</i> = 7)	2	7.75 (5–27)	Ice cream (17); Yoghurt (5)
Phase E week 4 (<i>n</i> = 7)	1	7.75 (5–27)	Ice cream (10); Yoghurt (4)

week 4 (n = 6)	(5–27)
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N/A: not applicable.

Supplementary Table S2. Mean change between milk protein intervention compared with fruit and vegetables protein.

Mean Change in Macronutrients Intake between Interventions					
	Energy (kcal)	Energy (% of Energy Requirements)	Carbohydrate (% of Total Energy Intake)	Fat (% of Total Energy Intake)	Protein (% of Total Energy Intake)
Mean change of milk protein vs fruit and vegetables protein	68	3.3	−0.03	0.3	−0.3
<i>p</i>-value	0.188	0.102	0.961	0.64	0.329