



What you should know about

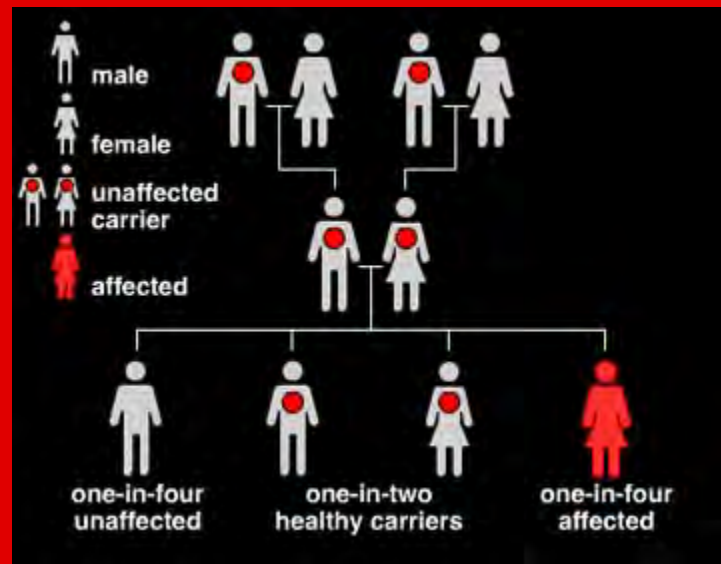
PKU

» Information that can
make a real difference
in a child's life

A balance of Phe,
Protein, and Calories

Background

- metabolic disorder—body doesn't produce the enzyme that breaks down phenylalanine (Phe)
- Treatment is a low-Phe diet



Uniqueness

- Each child's story
- Phe tolerance





3R

- Restrict
- Replace
- Record

What Can They Eat?



14-year-old allowed 8 mg Phe/kg (total 406 mg Phe/day)*

Breakfast



- 1 cup corn- or rice-based cereal
- 6 oz orange juice
- 8 oz phenylalanine-free formula

mg Phe

40
20
0

Lunch



- 2 slices low-protein bread (tapioca)
- 1 slice low-protein imitation American cheese margarine
- 6 potato chips
- 1 medium peach
- 12 oz sweetened beverage

76
29
0
30
38
0

Snacks



- 8 oz phenylalanine-free formula
- 1 apple
- 1 cup fruit ice

0
10
0

Dinner



- 8 oz phenylalanine-free formula
- 1 cup low-protein pasta
- 1/4 cup marinara sauce
- 1/2 cup green beans
- 1/2 cup iceberg lettuce
- 5 cherry tomatoes
- 2 tbsp Italian dressing

0
40
32
34
12
13
0

Snacks

- 8 oz phenylalanine-free formula
- 1/2 rice and marshmallow treat

0
32

Total

406



In Class

- In class these students will...
- <http://www.youtube.com/watch?v=NFiNsq6i28s>
- Succeed



Kyle





As Their Teacher

- Only food from parents
- Notify parents of “party foods”
- No trading food
- Take home all uneaten food
- Have special treats handy
- Food chart
- Do not exclude them



Works Cited

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