



Living life with PKU

Hello, I'm _____ .

I was born with Phenylketonuria or PKU, a non-contagious, inherited disorder, which is managed through a special diet.

- My body can't breakdown certain proteins found in food like meat, fish, chicken, eggs, milk, beans or nuts.
 - Instead, my diet is made up of fruit and vegetables, special low protein bread and pasta, and a special supplement *or substitute*, which makes up for the particular nutrients I miss.
 - All my food must be carefully measured and I usually provide my own food. Anything left over should be kept to help my family calculate what I've eaten.
 - If I eat the wrong food, problems with my health will not be immediately obvious, as with an allergy. The problems that occur would appear later on.
 - In all other ways I am a normal kid!
 - My parents can be contacted on:
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- Other important numbers:
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