



Living life with PKU

Balancing your family's needs

- Keep a cupboard stacked with 'low-Phenylalanine food' from which your child can snack, like low protein cakes, dried and fresh fruit, and low protein biscuits. Remind your child to make an entry in his/her food diary.
- Try to serve something similar during family mealtimes. For example, if the rest of the family is eating spaghetti bolognaise, serve your child PKU low protein pasta with a tomato sauce. Salad can be shared.
- If you're travelling, keep your child's Phe-supplement *or substitute* in a cooler packed with ice. For longer journeys, find out what you can about your holiday destination and whether you'll have facilities to chill and store your child's special supplement *or substitute*.
- Accommodation with a microwave and fridge offer the flexibility of alternating between having meals out and in.