

YOU NEED YOUR PROTEIN SUBSTITUTE TO GROW BIG AND STRONG,

LISTEN TO US, THE VITAMITES,
AND FOLLOW ALONG!



## YOU TAKE YOUR PROTEIN SUBSTITUTE A FEW TIMES A DAY,

TO GIVE YOU PHE FREE PROTEIN SO YOU CAN RUN AND PLAY.



## YOUR PROTEIN SUBSTITUTE CAN BE FUN TO MAKE,

AS YOU MEASURE, POUR, STIR AND SHAKE.



LOTS OF FRUIT AND VEG ARE GOOD FOR YOU,

AND YOU CAN EVEN HELP GROW THEM TOO!



CARROTS, ONIONS, PEPPERS - RED AND GREEN,

TOMATOES, APPLES AND EVEN GREEN BEANS.



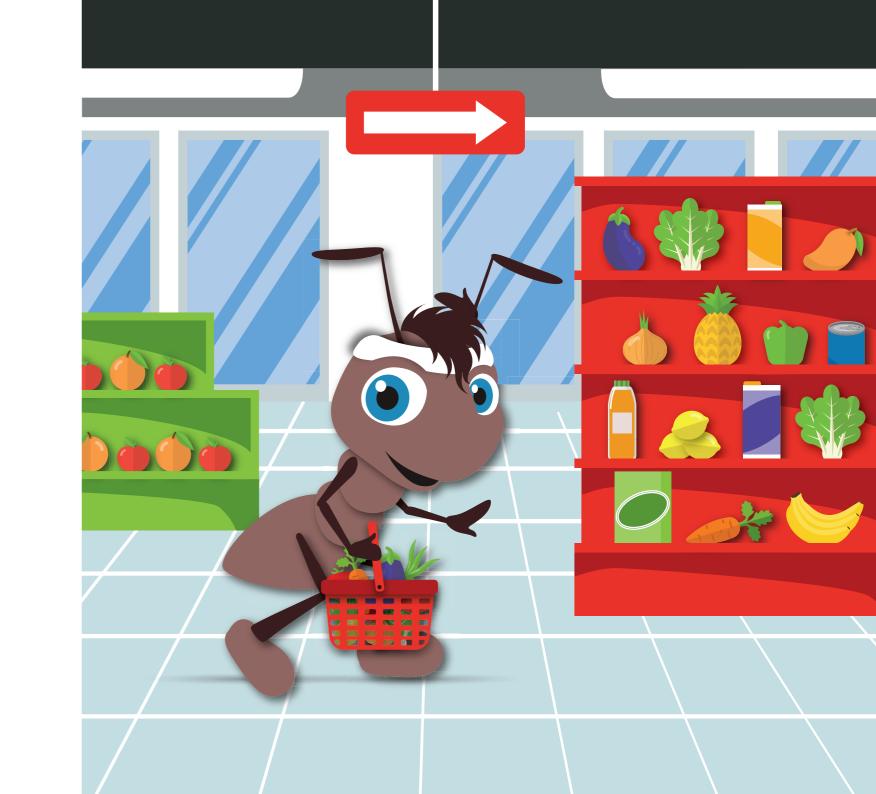
YOU CAN COOK THEM WITH YOUR DAD AND MUM,

AND TURN THEM INTO SOMETHING YUM!



## THE SUPERMARKET IS LIKE A BIG TREASURE CHEST,

FULL OF ALL THE LOW PROTEIN FOODS THAT YOU LIKE BEST!



SEE HOW MANY LOW PROTEIN FOODS YOU CAN SPY.

YOU MAY EVEN FIND NEW THINGS TO TRY!



WITH PKU THERE IS SO MUCH TO EXPLORE,

PLAYING GAMES, COOKING AND SO MUCH MORE!



