



YOU AND YOUR PKU

SOME OF THE THINGS YOU CAN DO,
TO LEARN ABOUT PKU!



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!
.....





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