

FIRST STEPS

About Me

ATTACH
PASSPORT
PHOTO
HERE

My name:

My date of birth:

Important dietary information

I have Phenylketonuria (PKU for short), this means I require a special low protein diet. I must avoid high protein foods and it is important that I take a supplement, called a protein substitute, each day.

Sometimes I will need alternative foods to the other children.

Listed below are some of the foods I like to eat including specially made low protein foods, exchange foods and information about my protein substitute.

Protein Substitutes

My protein substitute is called

I take it

It is made as follows

It is important that I take all my protein substitute, if I don't please inform my parents straight away.

The specially
made low
protein foods
I like

The
exchange-free
foods I enjoy
and can eat
freely

