Dear Families,

This book has been created to help make learning about PKU fun. Inside you will find educational activities for school-aged children to help teach the basics of a healthy low protein diet.

We hope you enjoy My PKU Activity Book.

Sincerely,

Your friends at

NUTRICIA Metabolics
Inspiring Futures

THIS BOOK BELONGS TO

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Hi, my name is JACK.

I have PKU.
Having **PKU** makes me special, but it does not slow me down!
This is my sister **Jill**.

She also has **PKU** and loves **MUSIC**.
We follow a **SPECIAL** diet for **PKU**.

We eat **LOW PROTEIN** foods, fruits, vegetables and have a special drink called **FORMULA**.
Match the letters to the numbers and write the secret message!

See solutions page for answer.
PKU formula is an **IMPORTANT** part of a balanced diet!

Formula provides protein without the amino acid **PHENYLALANINE**, to help **YOU** build muscle and stay healthy.
Help Jack get to his PKU Formula!

Start

Finish

See solutions page for answer.
PKU formula is good for my body!

Fiber is good for digestive health

Contains a type of fat called DHA

**DHA** is typically found in fish, but isn’t part of a typical PKU diet. DHA plays a role in your brain and eye health

**Fiber** can help support digestive health

**Calcium and Vitamin D** are important for strong bones and teeth
Which PKU Periflex® Junior Plus can is different?

1

2

3

4

See solutions page for answer.
These are my school friends. They like me for WHO I AM.
Double Puzzle

Unscramble each of the clue words.
Take the letters that appear in boxes and unscramble them for the final message.

What do you do at school?

DUSTY
MYG
RAT
HATM
CISNEEC
MOOKHREW
RLANE
RAED
LYAP

See solutions page for answer.
My diet must be low in Phenylalanine.

I call it PHE for short.
Low PHE foods taste great!
A Balanced PKU Diet includes food low in protein.

Be sure to drink formula EVERY DAY!
Your body needs a balanced PKU diet to grow up strong and healthy.

This means drinking your formula daily, eating low protein foods and plenty of fruits and vegetables.

What will you eat today?

Write down what you have eaten for an entire day. *That means everything!* Go over the list with your parents or metabolic dietitian to see if you are eating a balanced PKU diet.

**Breakfast**

**Lunch**

**Dinner**

**Snacks**
FRUITS and VEGETABLES are the best natural low PHE foods.

You should eat a variety of fruits and vegetables every day.
And they taste great!!!
Jack’s favorite food that is low in PHE is an **APPLE**!

Jill’s favorite food that is low in PHE is **ZUCCHINI**!

What are your 5 favorite low PHE foods?

________________________

________________________

________________________

________________________

________________________
How many words can you make using the letters in

VEGETABLES

EAT

See solutions page for examples.
## Word Search

<table>
<thead>
<tr>
<th>Apple Low Protein School</th>
<th>Exercise Nutrition Strawberry</th>
<th>Formula Orange Vanilla</th>
<th>Healthy Phenylalanine Broccoli</th>
</tr>
</thead>
</table>
| S T R A W B E R R Y Q N Q F E | C L B O S W K Z Y X L P G P L | L I S O E C V S C H O O L E T | © 2017 Nutricia North America. All rights reserved.

See solutions page for answer.
A **SCALE** helps you weigh and measure your food so you eat the correct amount of **PHE**.
It is important to eat **FOODS LOW IN PHE** to keep the amount of PHE in your body at the right level.
1. I follow a diet __________ in PHE.

2. I must drink my __________ every day.

3. I use a ________ to weigh and measure some of my food.

4. We draw blood to find out how much __________ is in my body.

5. A balanced diet includes a variety of __________ and vegetables.

See solutions page for answer.
To feel good **ALL DAY** it is important to drink your formula in the morning, afternoon and evening.

When you don’t drink your formula, you may not feel like playing and exercising.
Unscramble the Words

1. mofrlua ________________________________
2. wlo tpoirne ________________________________
3. HEP ________________________________
4. urfti ________________________________
5. elgaebvet ________________________________
6. elyahth ________________________________
7. cxeersie ________________________________

See solutions page for answer.
Across
3. The PKU diet is a diet _______ in PHE.
4. To find out how much PHE is in your body, you draw _______ to test your levels.
6. It is important to drink your formula in the _________, afternoon and in the evening.

Down
1. Apples are low in ________.
2. When you don't drink your________ you may feel too tired to play and exercise.
5. For good health you must ________ your formula every day.

See solutions page for answer.
Your body is **GROWING**. It needs a balanced PKU diet, including formula, exercise and plenty of rest to **stay healthy**.

Be sure to get enough sleep **every night** to be ready for the next day.
The End
Solutions

Number Match: Formula helps me grow big and strong!

Help Jack get to his PKU formula

How many words can you make using the letters in VEGETABLES

ABLE  GAB  SAVE
AGE   GATE  SEAL
ATE   GEL   SEAT
BAG   GET   SET
BAT   LAB   TAB
BEAST  LAST  TAG
BEE   LATE  TABLE
BEET   LEAST  TALE
BEST   LEAVE  TEASE
BLAST  LEG   TV
EAT    SALE  VAST
EAST   SALT  VET
EEL    SAT   VEST

Word Search

Sudoku

Unscramble the Words: 1. formula 2. low protein 3. PHE 4. fruit 5. vegetable 6. healthy 7. exercise

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Drink All Your PKU Formula Every Day!

I, __________________________ will do my very best to drink all my PKU formula and eat fruits and vegetables to keep my diet low in PHE. I want to grow up HEALTHY!

______________________________
(YOUR SIGNATURE)
Nutricia is proud to offer the largest variety of great tasting formula options for children with PKU.

Learn more at MedicalFood.com