

# MY SPECIAL DIET ACTIVITY BOOK



To learn more on metabolic disorders, visit  
**NutriciaMetabolics.com**

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METAABEN 2/21

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Appropriate for children with inborn errors of  
metabolism such as PKU, GA-1, HCU, IVA, MSUD,  
MMA, PA, TYR, and UCD.

We love to have fun and learn new things.

Eating healthy foods helps give us energy and stay strong for all of our adventures.

Join us on our new adventure to find games, meet new friends and learn about the special diet we follow.

Hey, I'm Betty,  
I have MSUD!



Hello, I'm Andy,  
I have PKU!

I'm Henry! Come along and  
play and learn with us!



# NUMBER HOP

Help Betty find her way to Andy. Draw a line from 1 to 20 by following all the numbers in the right order.

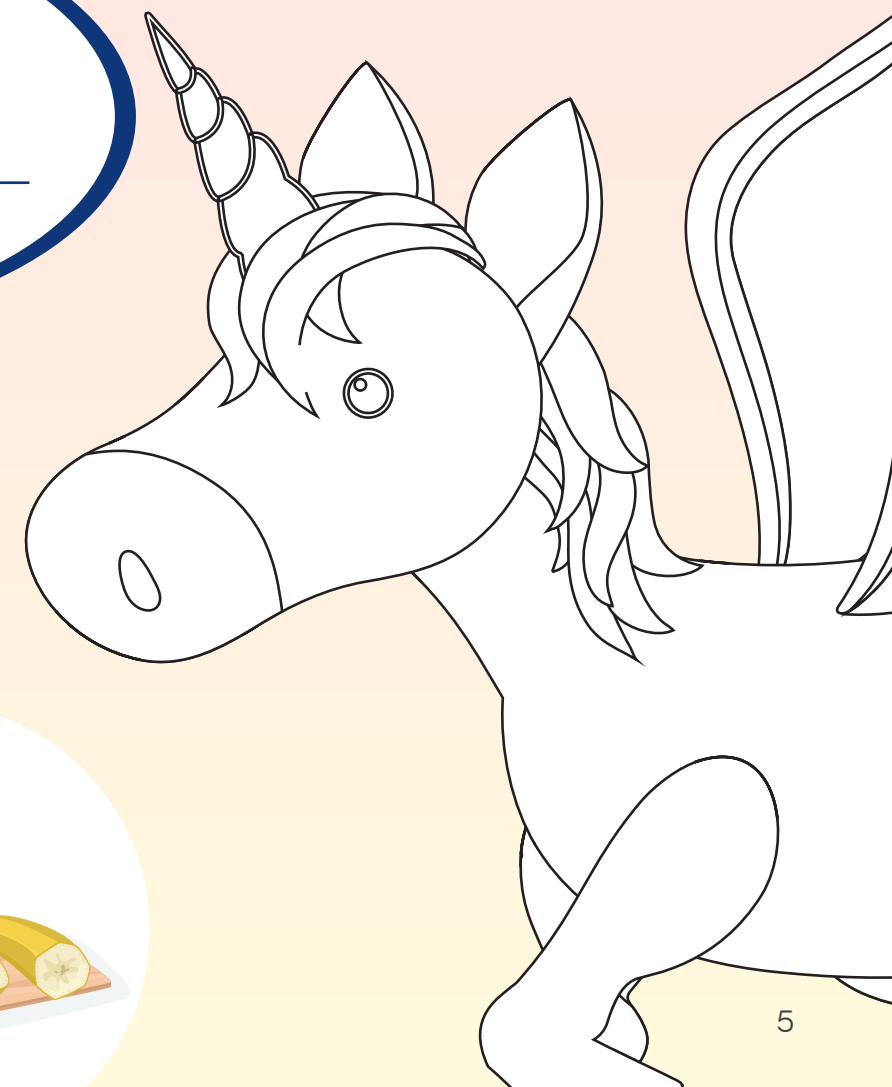
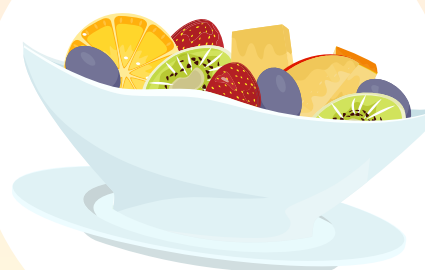
	1	4	11	12	13	8	19
3	2	18	10	5	14	15	16
4	5	2	9	6	7	18	17
9	6	7	8	13	5	19	15
11	14	3	16	19	12	20	

See solutions page for answer.

Our bodies can't digest protein very well. If we eat too much food that is high in protein, it can be harmful to us.

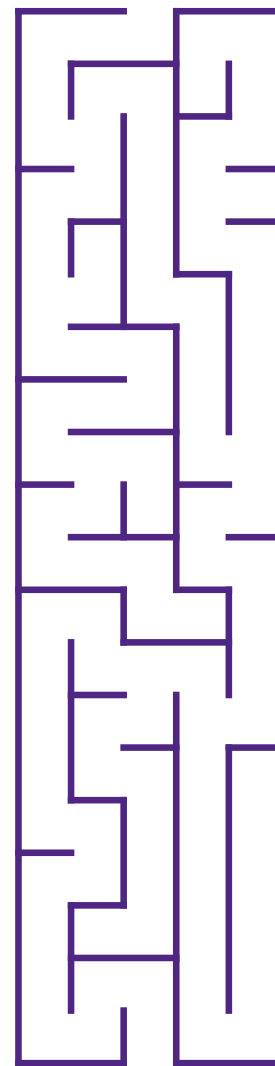
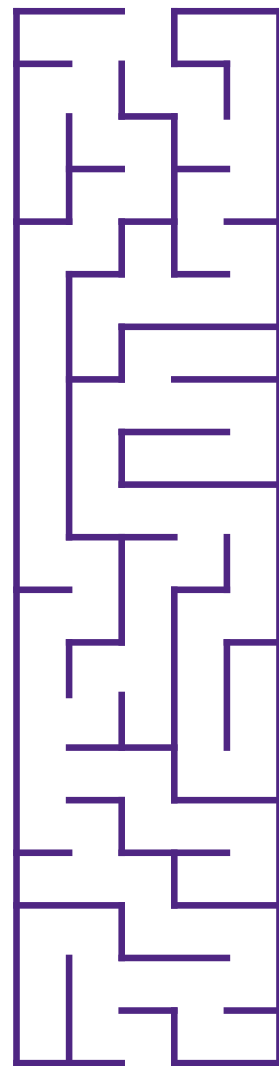
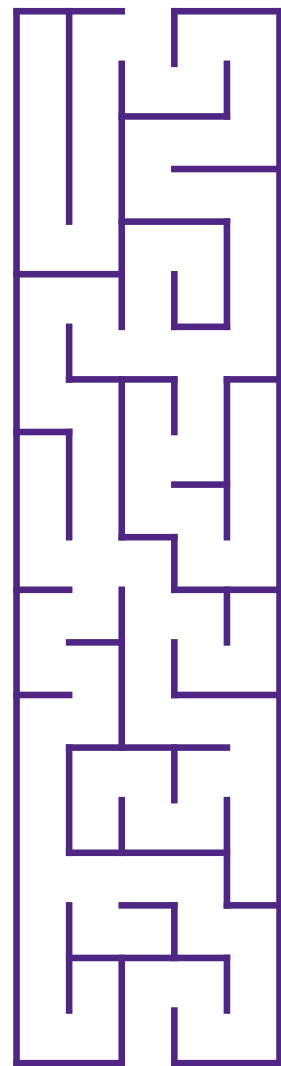
To help us get all the nutrients we need to grow strong and stay healthy, we eat special low-protein protein foods, fruits, vegetables and have a drink called formula.

Do you have a special name for your formula?



# MAZE RUNNER

Guide the knight, king and unicorn through each maze to get their missing sword, crown and wings.



See solutions page for answer.

Hey, I'm Danny and I have HCU.

Formula contains a different kind of protein that our bodies can break down more easily.





# BUBBLE MATH

Fill in the blanks of the crossword puzzle.

10	+		=	12	
+					=
4	+	7	=		2
=				-	-
	-	5	=		6
		+	=		+
			+	2	=
		=			
		8	=	7	

See solutions page for answer.

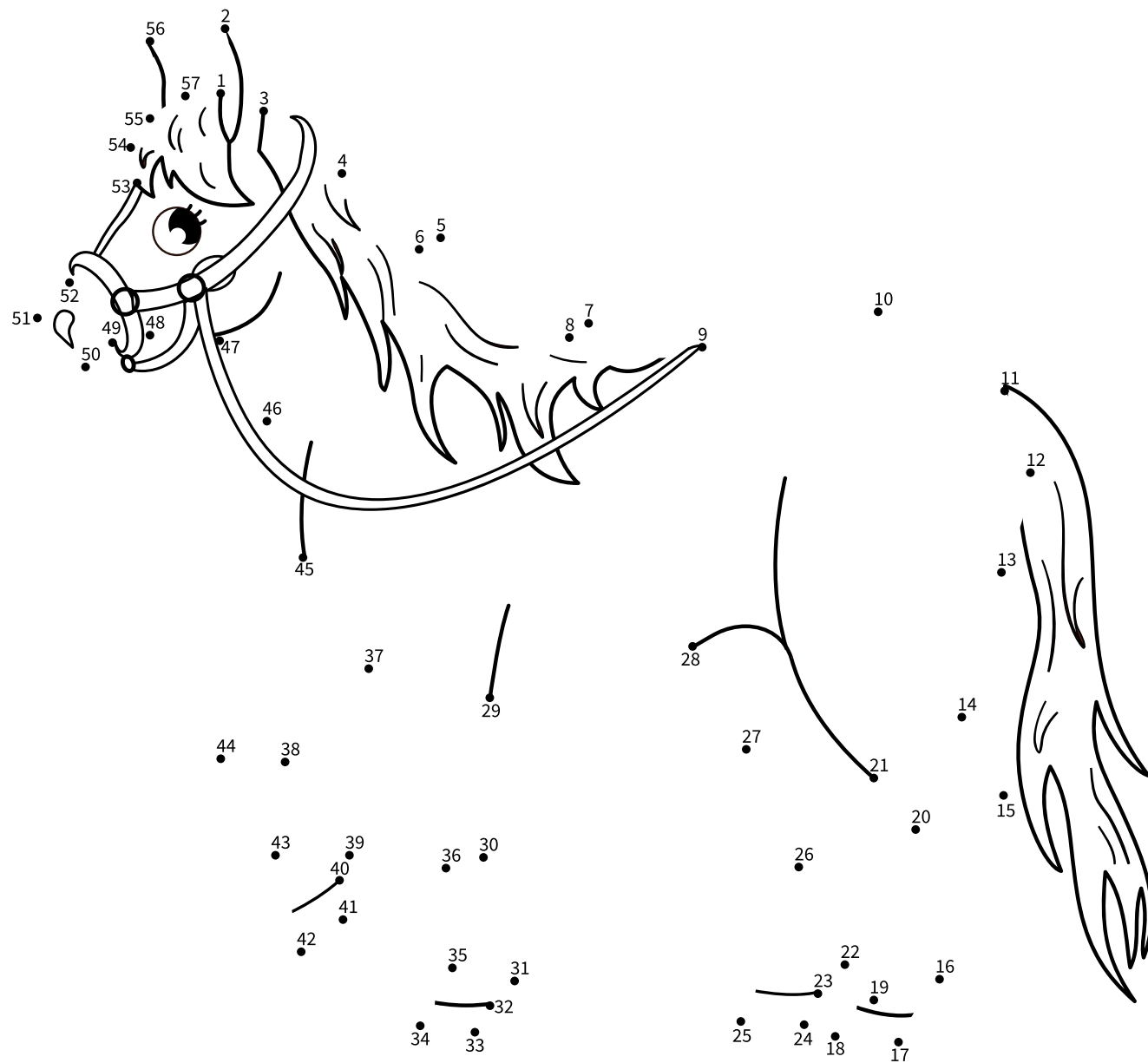
We need to drink our formula every day, even when we eat all our meals and snacks. Our formula helps our bodies get important nutrients they need each day!

Hi, I'm Cindy, I have TYR.  
I love to swim and play!  
My formula helps give me energy.



# DOT TO DOT FUN!

Connect the dots and color.



See solutions page for answer.

To help keep track of how much protein we eat, we measure a lot of foods with measuring cups or weigh them on a scale.

Some foods have too much protein, so we don't eat them at all!



Our bodies rely on what we eat and drink to help us grow strong and healthy.

Psst! My name is Zoey and I have a UCD.  
How can you give your body the nutrients it needs?

Drink your formula every day and eat foods low in protein, including plenty of fruits and vegetables.



Draw a picture of your favorite food that is low in protein.



Fruits and vegetables are some of the healthiest foods, and most of them are low in protein! They taste great and we love them!

I eat tons of fruits and vegetables every day.

I like mine just a little bit burnt!

# FRUIT MATCH

Connect the piece of fruit to the matching whole fruit.



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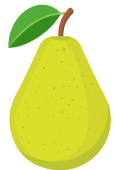
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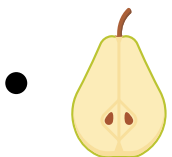
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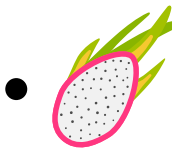
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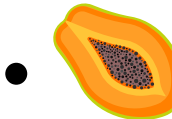
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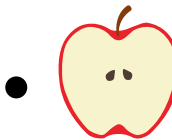
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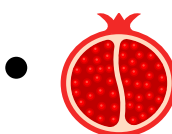
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See solutions page for answer.



# COMPLETE THE PATTERN

Draw and color the missing shapes to complete each of the patterns below.



See solutions page for answer.

Some foods are specially made to be low in protein. There is low-protein protein bread, cereal, chocolate cake and more!



My favorite low-protein food is spaghetti!  
What's yours?

Drinking formula, eating fruits, vegetables and low-protein foods provide us with important nutrients.

I love eating healthy!

Fruits, vegetables, and formula provide vitamins.

Calcium and vitamin D help build and maintain bones and teeth.



Drinking our formula in the morning, afternoon,  
and evening helps us feel good all day.

Draw a picture of the next big  
adventure you have planned.

# SPOT THE DIFFERENCE!

Can you spot 10 differences on these two pictures of Cindy?



See solutions page for answer.

# FIND AND COUNT

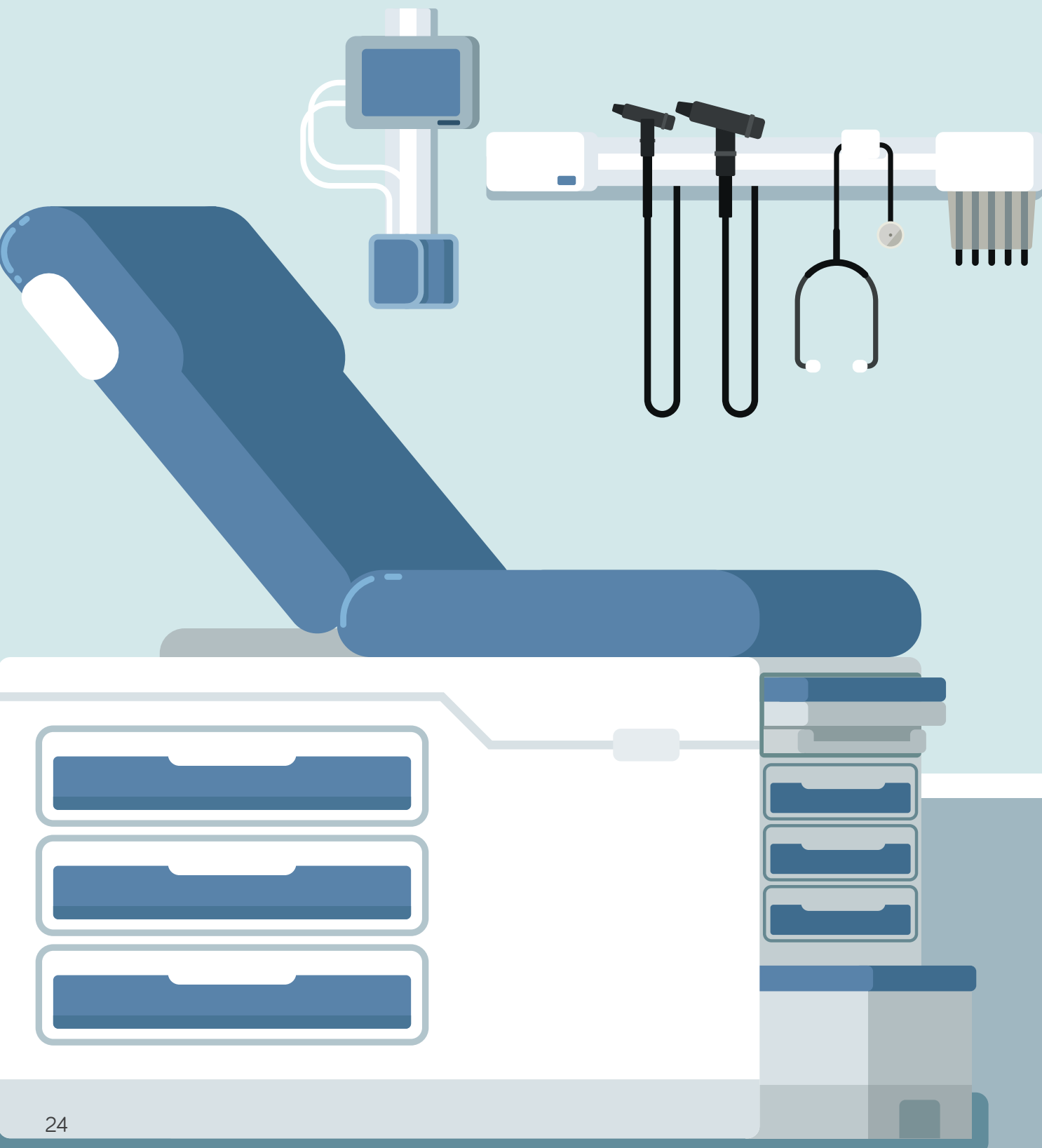
How many can you find?



See solutions page for answer.



We get to visit the clinic where we see our doctor and dietitian. They make sure the foods we eat and the formula we drink are keeping our bodies healthy.



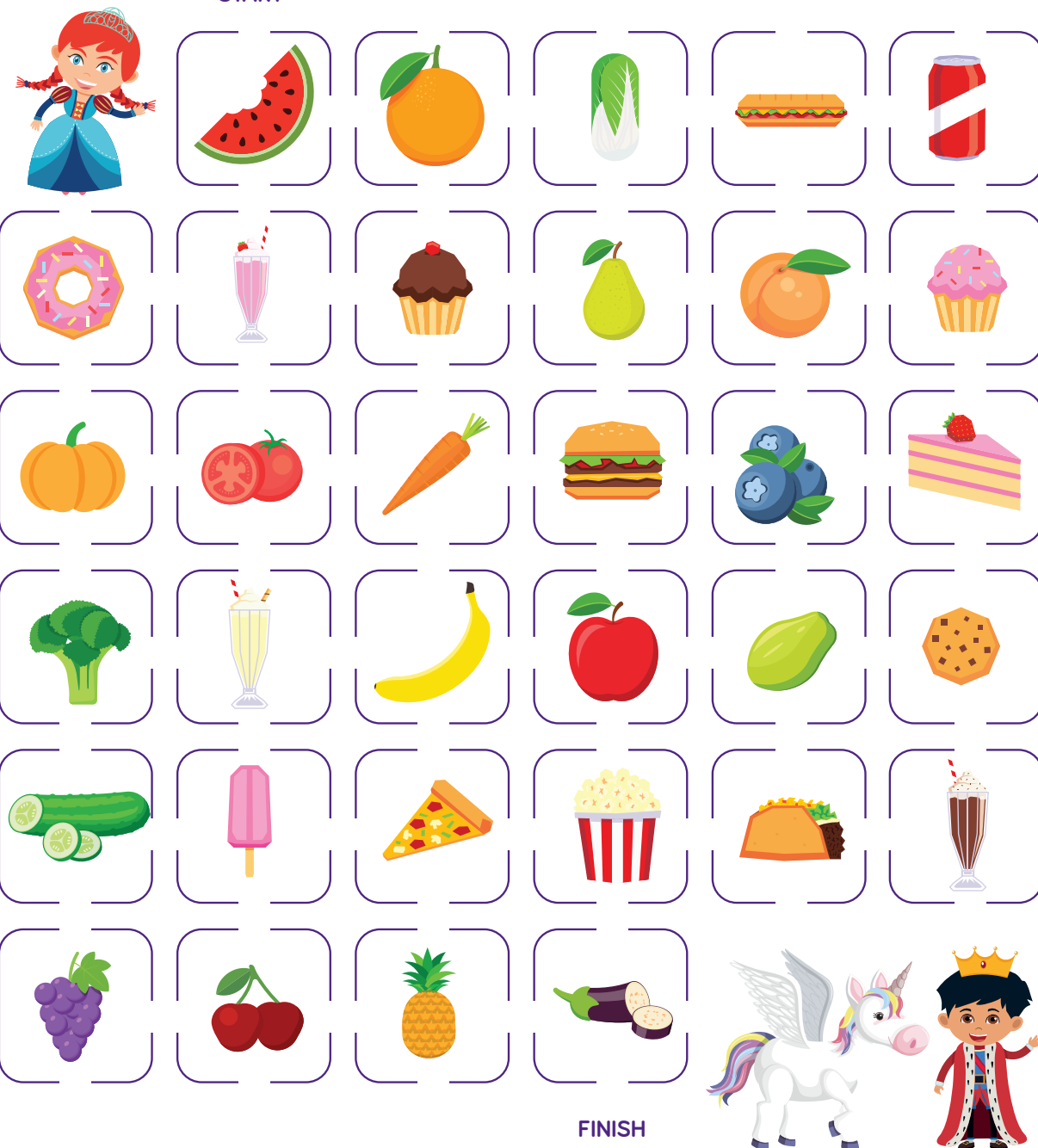
Do you visit your dietitian?  
What is her/his name?

My dietitian said I'm doing  
so well drinking my formula  
every day.

# MEGA STEPS

Can you help Betty reach her friends?  
She can only step on the squares with healthy food.

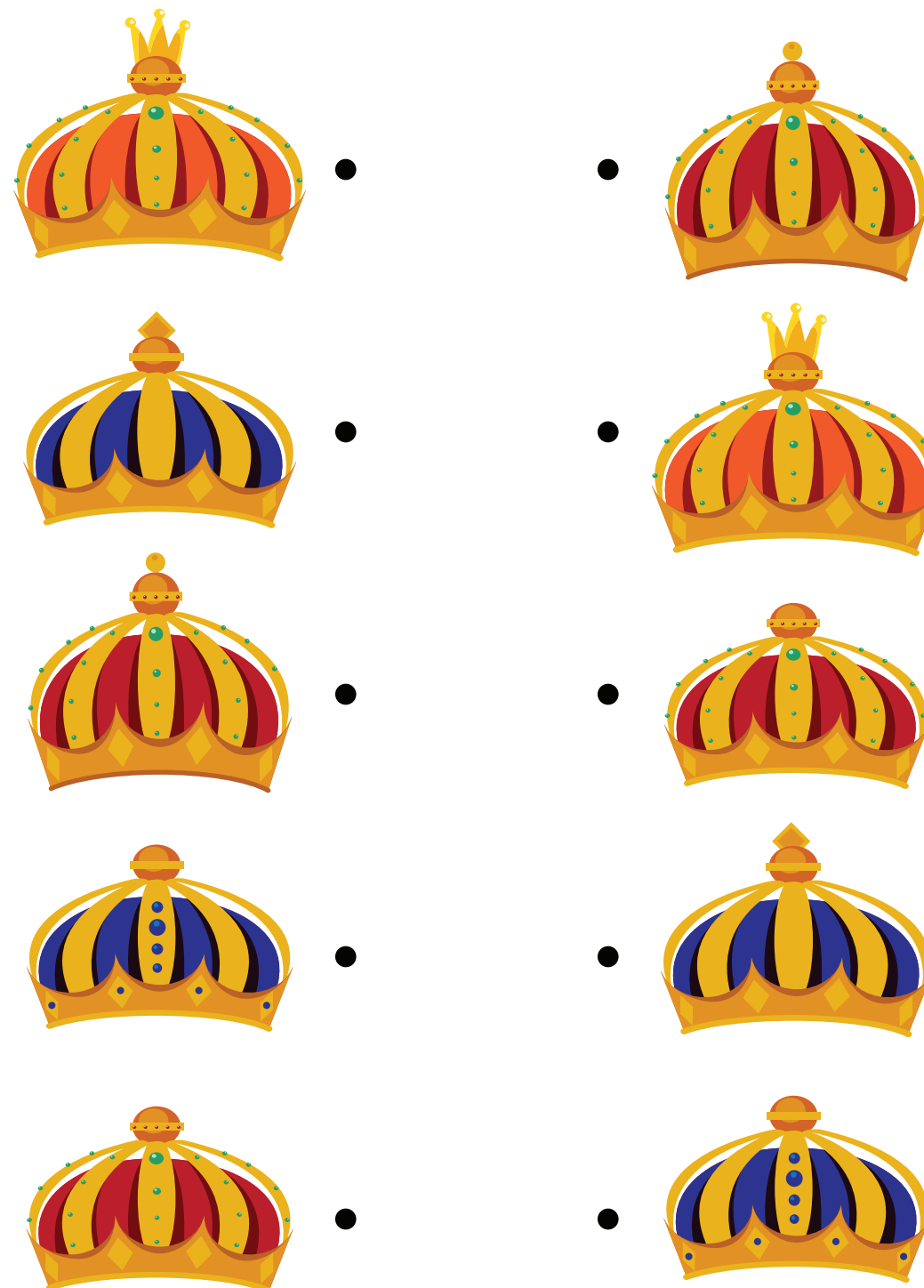
START



See solutions page for answer.

# FIT FOR A KING AND QUEEN

Match the crowns that look the same.



See solutions page for answer.

Draw a picture of one of your  
favorite things to do.

Our special diet is just one part of our lives. We  
still do a lot of fun activities, play our favorite  
games with friends, eat dinner with our families  
and so much more!

Our special diet doesn't  
stop us from living a life  
of adventure!

I hope you had fun learning  
about the low-protein diet and  
formula with us!



# SOLUTIONS PAGE

