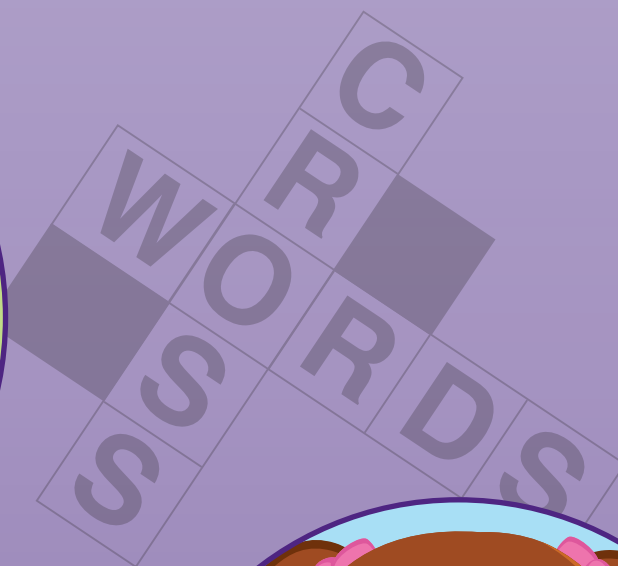


# My PRU

## Activity Book



Sudoku  
Puzzles

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 phenylalanine (PHE) diet

We hope you enjoy My PKU Activity Book.

Sincerely,

Your friends at



THIS BOOK BELONGS TO

---



Drink All Your  
PKU Formula  
Every Day!

I, \_\_\_\_\_ will do my  
(PRINT YOUR NAME)

very best to drink all my PKU formula and  
eat fruits and vegetables to keep my diet

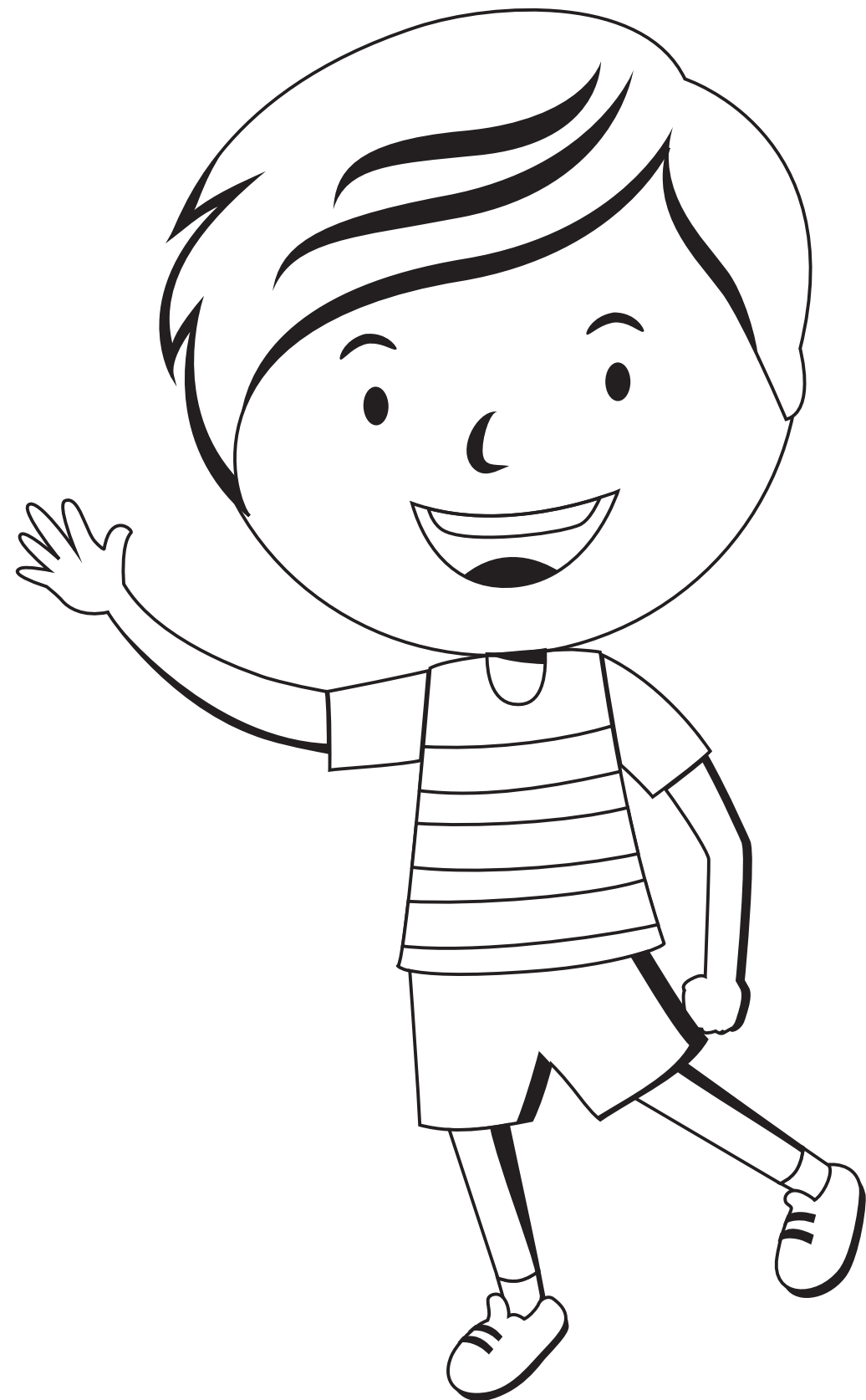
low in PHE. I want to grow up

HEALTHY!

\_\_\_\_\_  
(YOUR SIGNATURE)

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.



We follow a SPECIAL  
diet for PKU.

We eat LOW PROTEIN foods,  
fruits, vegetables and have a  
drink called FORMULA.

She also has PKU and loves MUSIC.

- 1 = A
- 2 = B
- 3 = C
- 4 = D
- 5 = E
- 6 = F
- 7 = G
- 8 = H
- 9 = I
- 10 = J
- 11 = K
- 12 = L
- 13 = M
- 14 = N
- 15 = O
- 16 = P
- 17 = Q
- 18 = R
- 19 = S
- 20 = T
- 21 = U
- 22 = V
- 23 = W
- 24 = X
- 25 = Y
- 26 = Z



Match the letters to the numbers and write the secret message!

<u>6</u>	<u>15</u>	<u>18</u>	<u>13</u>	<u>21</u>	<u>12</u>	<u>1</u>
<u>8</u>	<u>5</u>	<u>12</u>	<u>16</u>	<u>19</u>		
<u>13</u>	<u>5</u>		<u>7</u>	<u>18</u>	<u>15</u>	<u>23</u>
<u>2</u>	<u>9</u>	<u>7</u>		<u>1</u>	<u>14</u>	<u>4</u>
<u>19</u>	<u>20</u>	<u>18</u>	<u>15</u>	<u>7</u>	!	

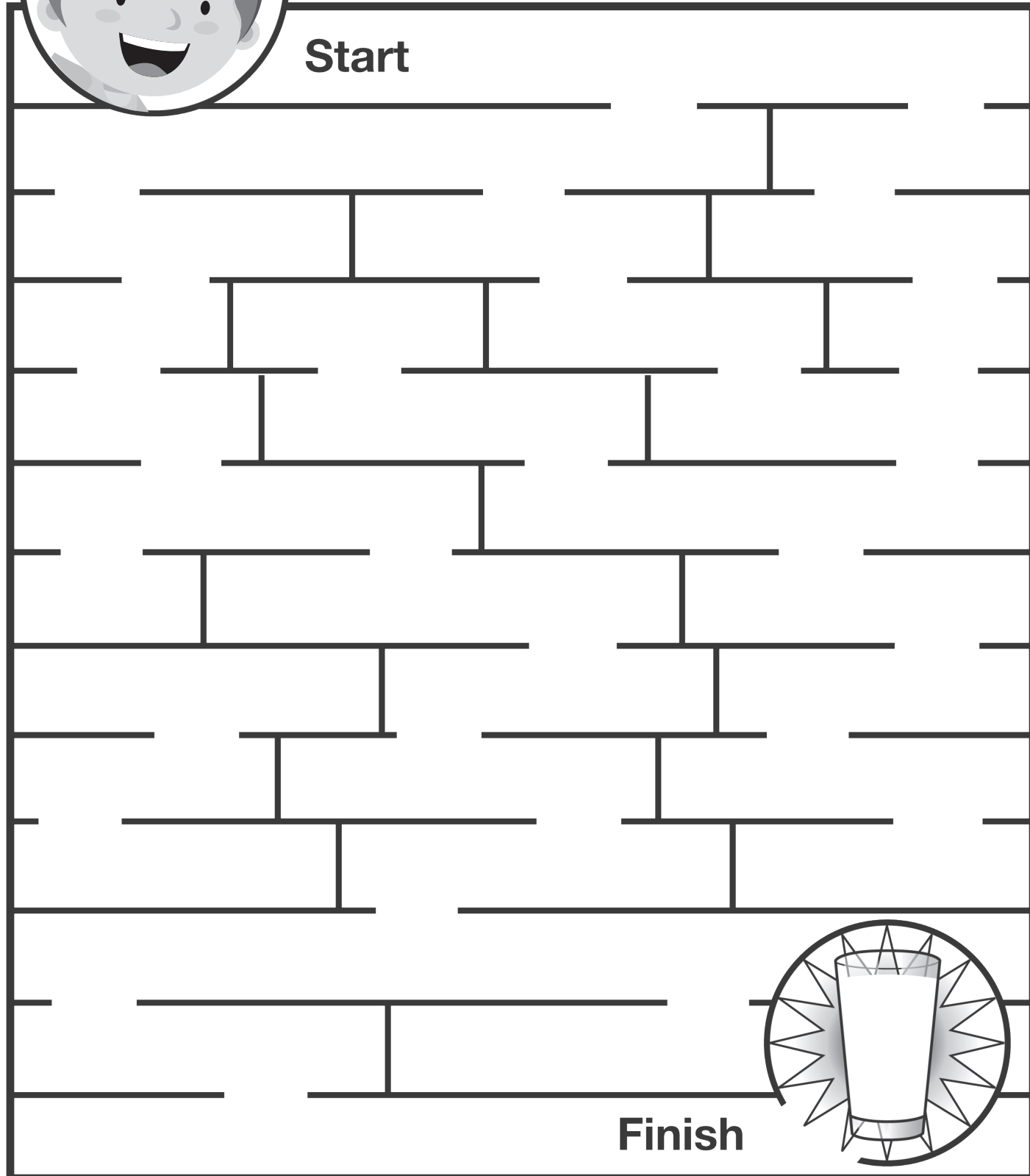
PKU formula is an **IMPORTANT** part of a balanced PKU diet!

Formula provides protein without the amino acid **PHENYLALANINE**, to help **YOU** grow and stay healthy.

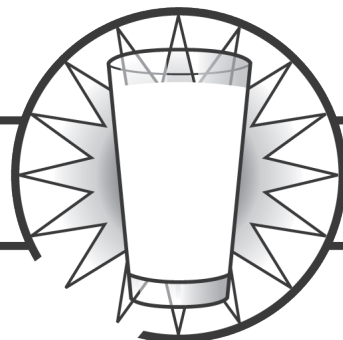


## Help Jack get to his PKU Formula!

Start

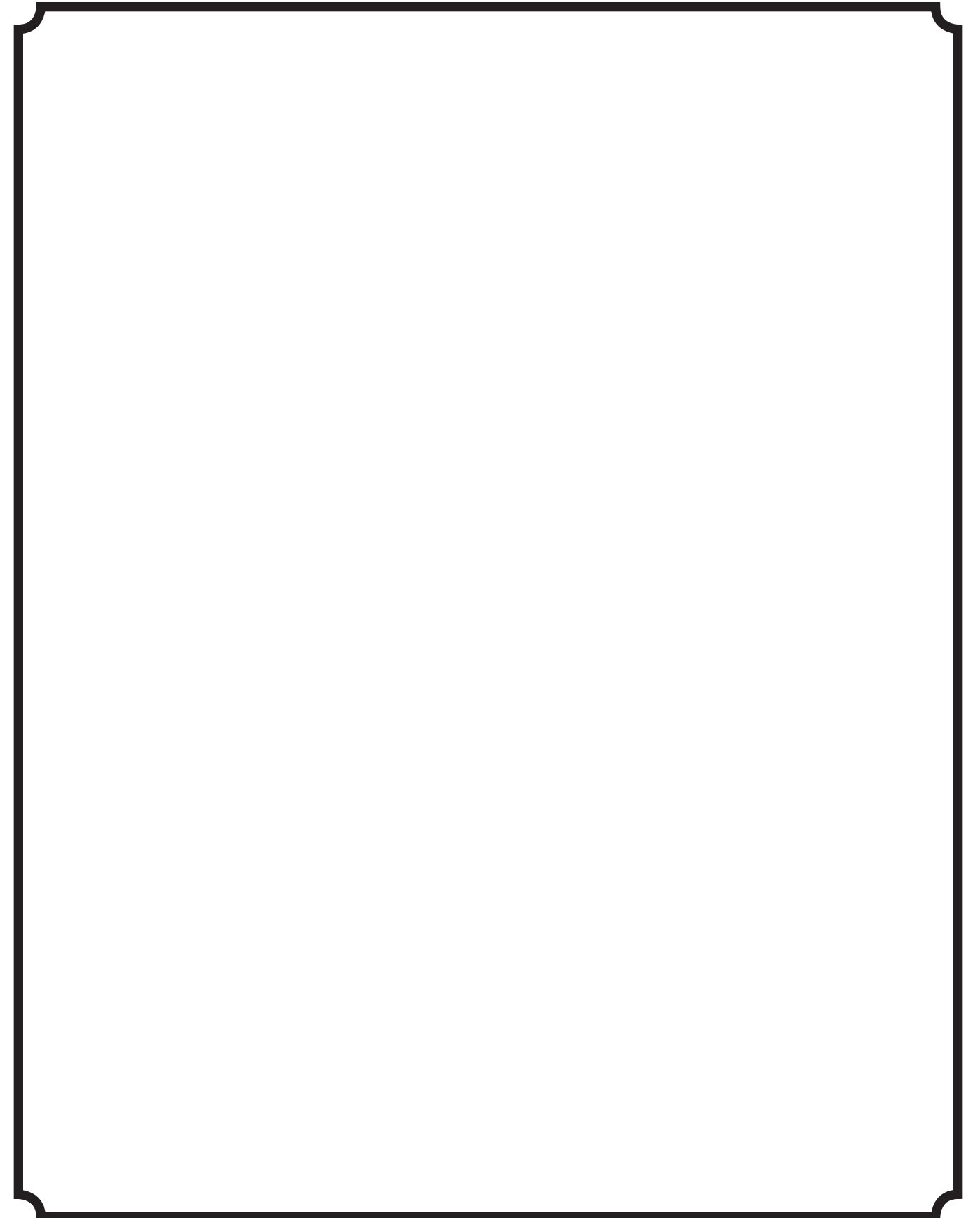


Finish



See solutions page for answer.

## Draw a picture of your PKU formula





# Which PKU Periflex® Junior Plus can is different?

1



2

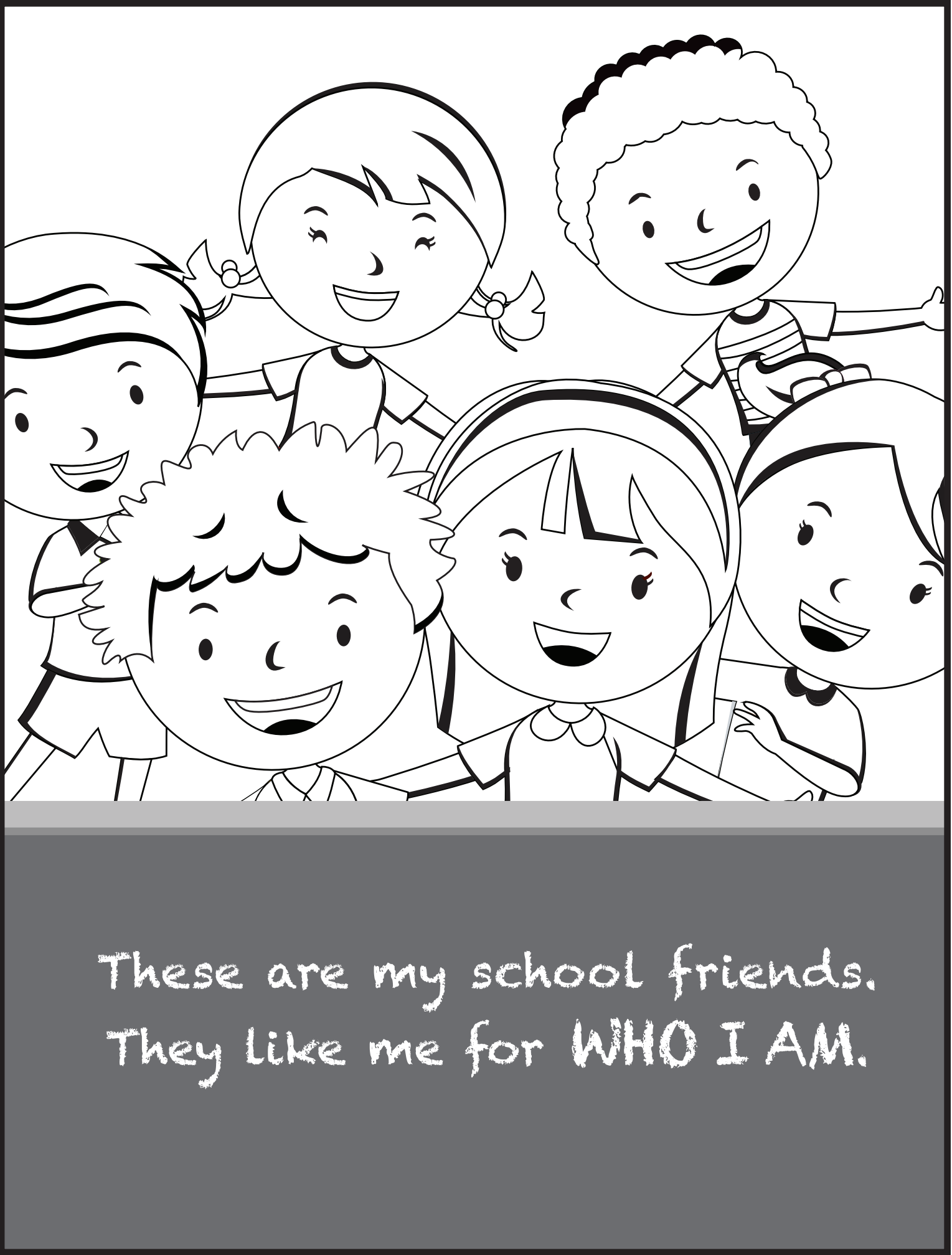


3



4





# 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.

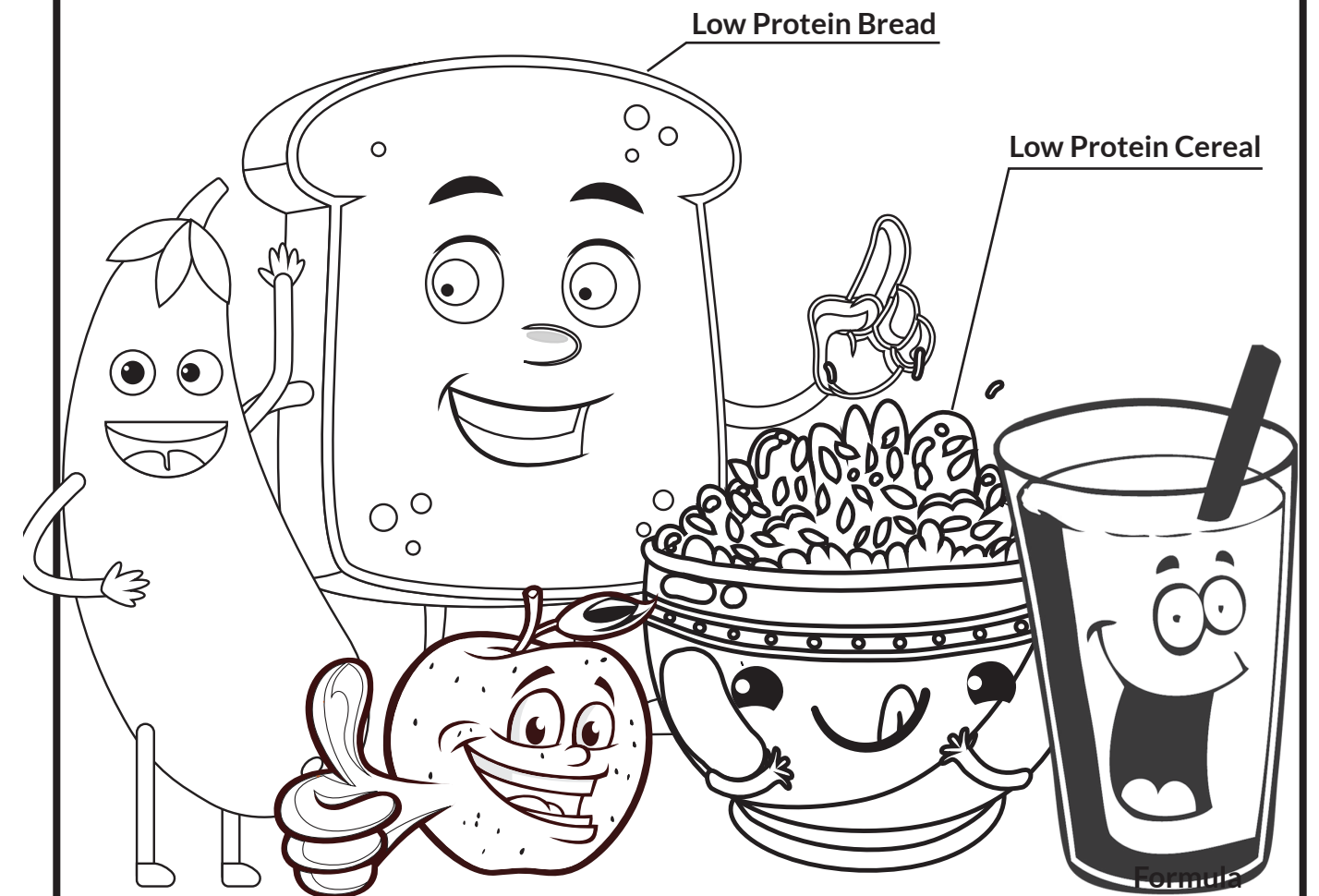


Low PHE foods  
taste great!



**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

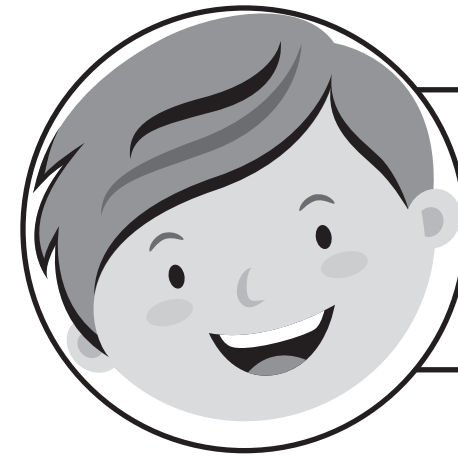
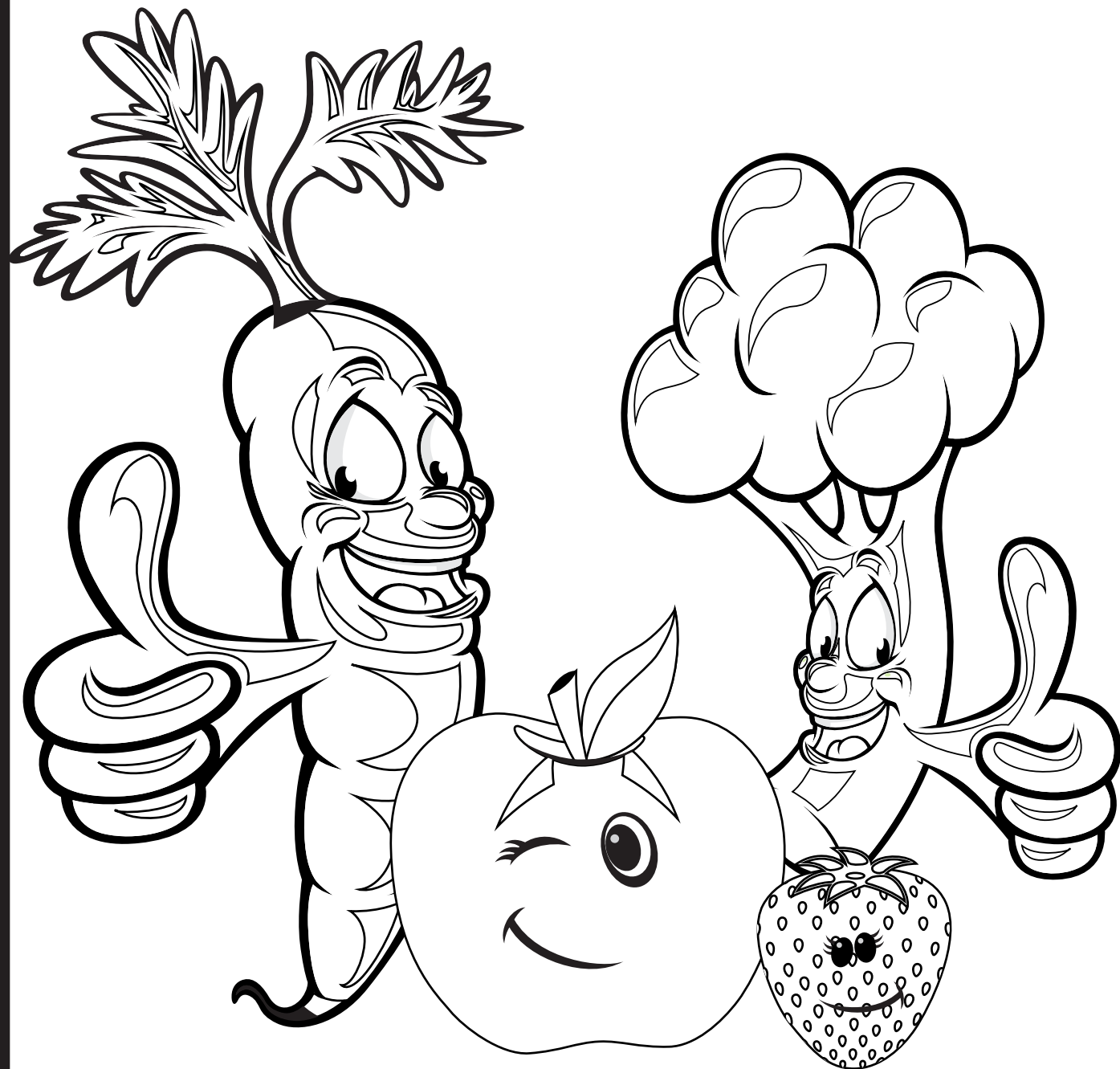
Snacks

Most  
FRUITS  
and  
VEGETABLES

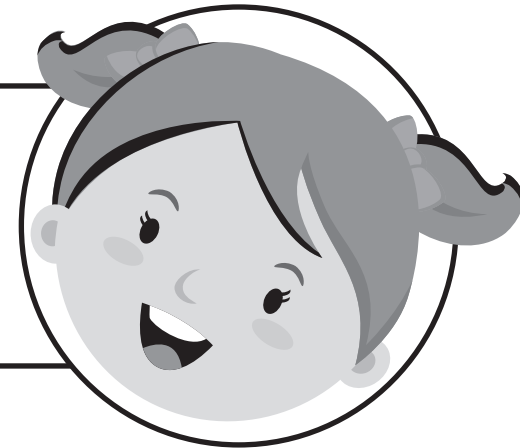
are naturally low in PHE

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?**

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How many words can you make  
using the letters in

# VEGETABLES



EAT

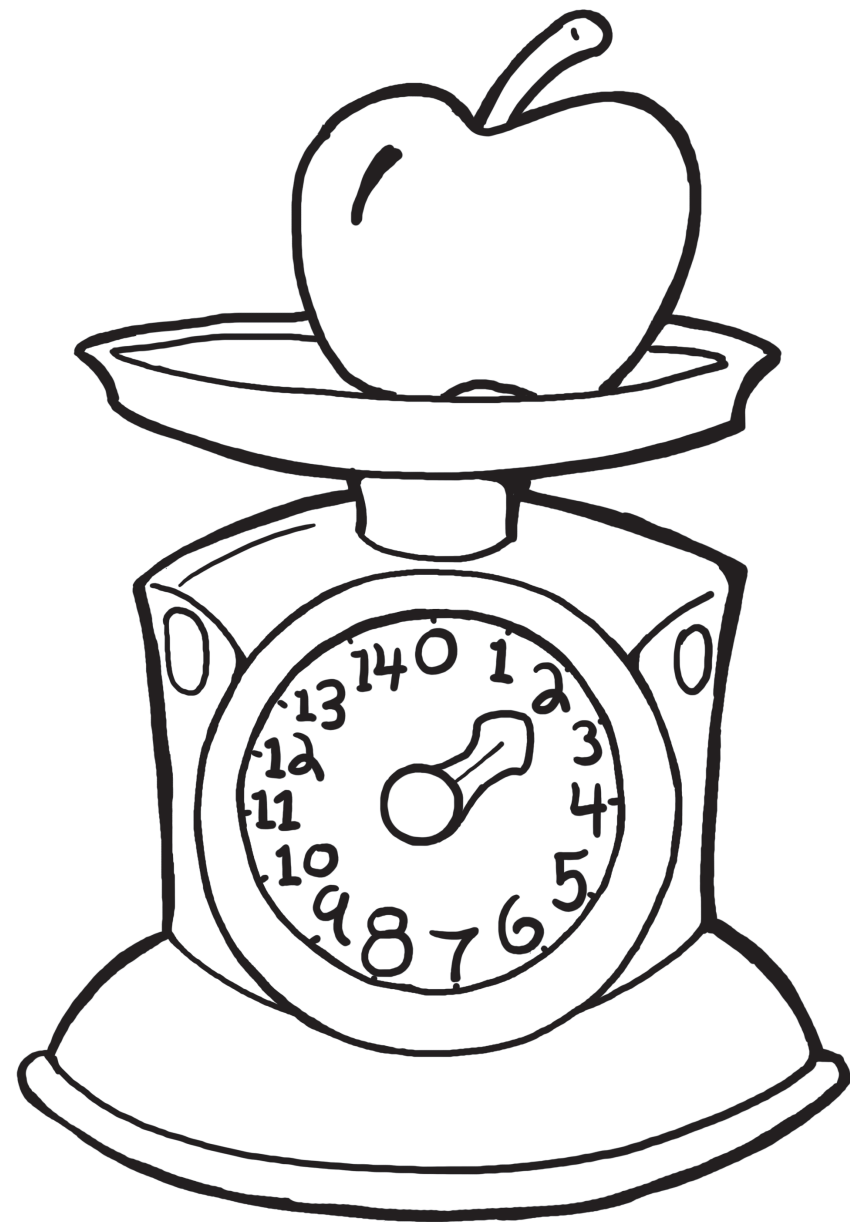
See solutions page for examples.

## WORD SEARCH

APPLE LOW PROTEIN SCHOOL				EXERCISE NUTRITION STRAWBERRY				FORMULA ORANGE VANILLA				HEALTHY PHENYLALANINE BROCCOLI			
M	O	J	Z	I	R	Q	D	A	Z	O	U	E	X	A	
P	K	R	B	U	V	P	G	I	A	V	N	B	O	T	
Y	M	I	A	I	B	F	K	S	E	I	E	R	Q	V	
S	D	L	Q	N	V	G	W	H	N	F	K	O	V	N	
S	T	K	F	P	G	L	R	A	M	N	R	C	R	R	
Q	C	Y	M	Q	A	E	L	N	U	U	T	C	U	H	
P	J	E	L	R	B	A	G	T	Z	B	U	O	W	Z	
B	H	A	Z	O	L	T	R	N	S	Q	H	L	K	Q	
H	K	D	L	Y	W	I	L	C	P	B	R	I	R	C	
D	W	Y	N	L	T	P	E	S	I	C	R	E	X	E	
G	F	E	H	I	I	E	R	D	X	J	Q	Y	G	N	
A	H	X	O	R	N	N	C	O	B	M	H	R	A	D	
P	O	N	E	I	S	W	A	M	T	T	T	G	L	Y	
P	G	S	C	S	U	O	J	V	L	E	T	N	U	Y	
L	E	G	D	H	O	B	F	A	L	X	I	P	M	D	
E	M	Z	S	S	K	S	E	I	T	V	C	N	R	M	
R	G	M	B	B	K	H	Y	N	M	E	W	J	O	M	
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	

See solutions page for answer.

A **SCALE** helps you weigh and measure your food so you eat the correct amount of **PHE**.



To find out how much **PHE** is in your body, your doctor draws blood to test your levels.



It is important to eat **FOODS LOW IN PHE** to keep the amount of **PHE** in your body at the right level.



**Can you fill in the missing words?**

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.

**Drinking your FORMULA in the morning, afternoon, and evening can help you feel good all day.**

**When you don't drink your formula or follow your low PHE DIET, you may not feel like playing and exercising.**





## Unscramble the Words

1. mofrlua \_\_\_\_\_

2. wlo tpoirne \_\_\_\_\_

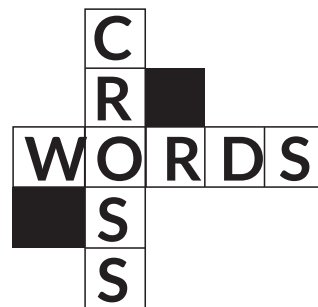
3. HEP \_\_\_\_\_

4. urfti \_\_\_\_\_

5. elgaebvet \_\_\_\_\_

6. elyahth \_\_\_\_\_

7. cxeersie \_\_\_\_\_

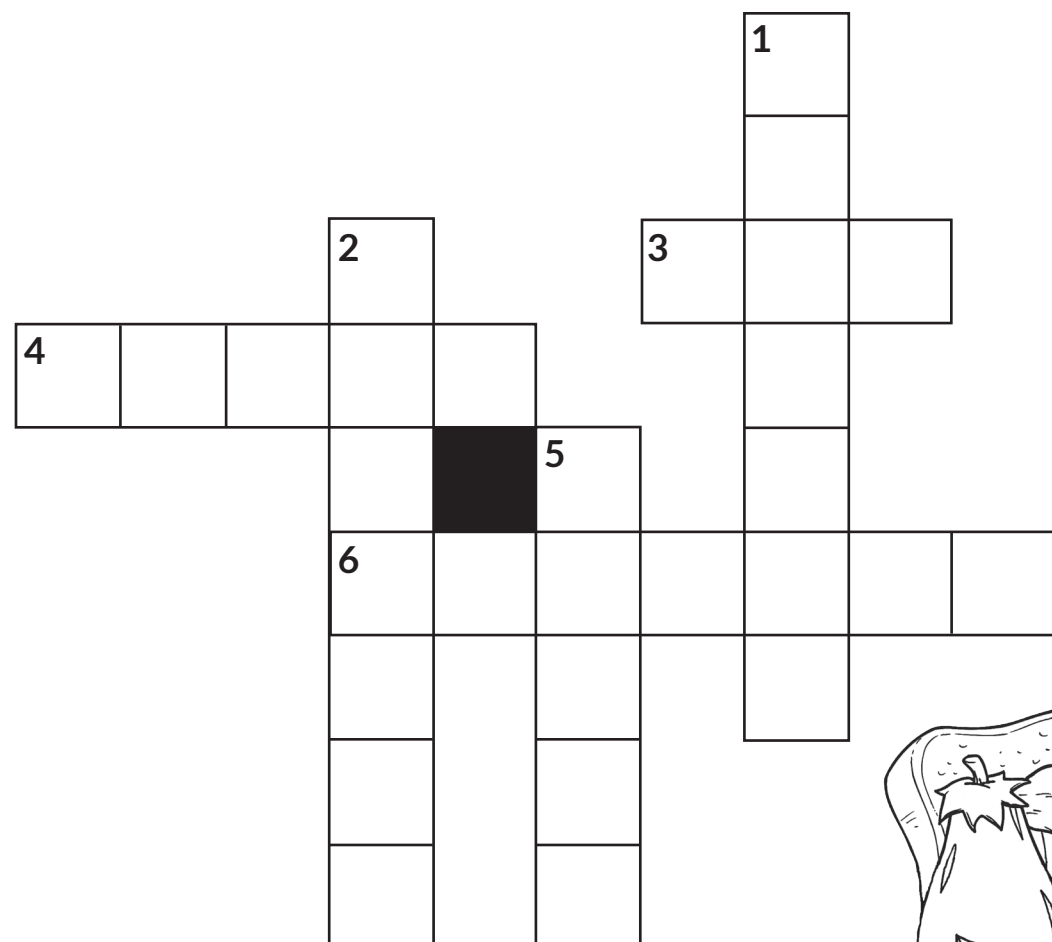


Across

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.

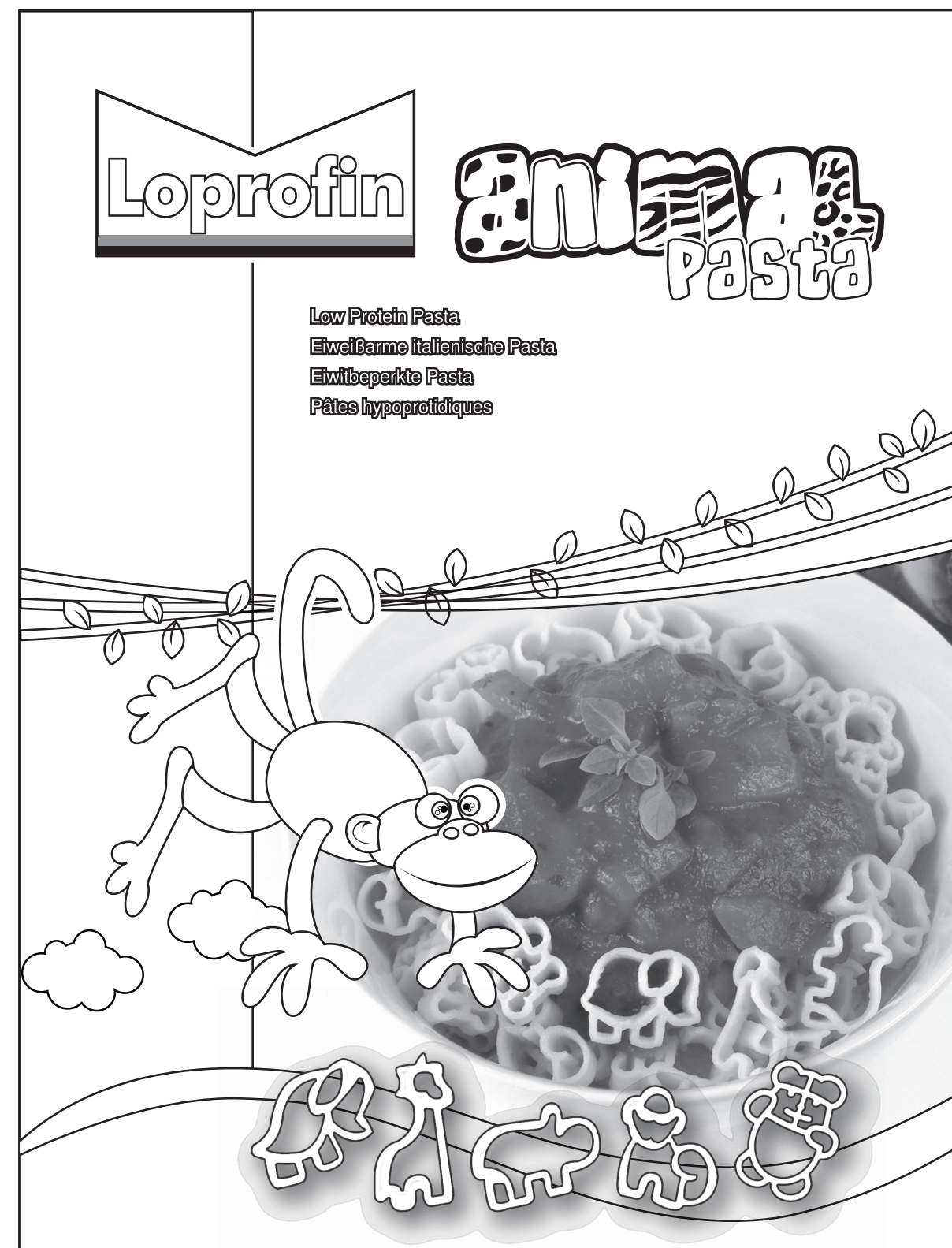
Down

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.

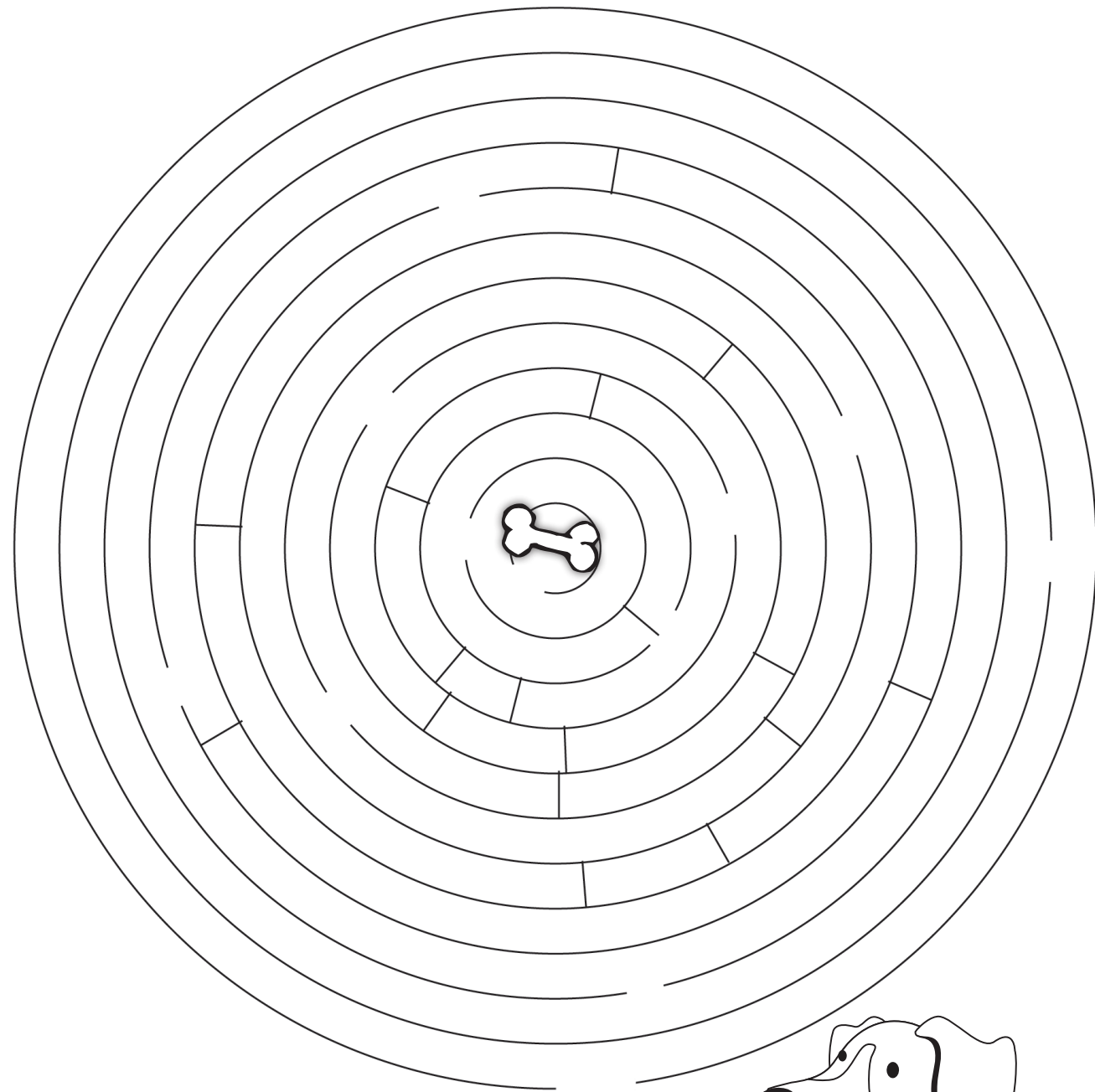
# NUTRICIA Loprofin



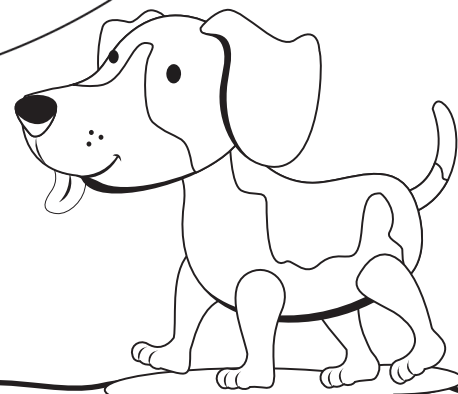
## NutriciaMetabolics.com

Loprofin products are medical foods in the US. These products are used for the dietary management of inherited metabolic disorders and other conditions requiring a low protein diet, and must be used under medical supervision.

**Help Jack's Dog find his Bone!**



START

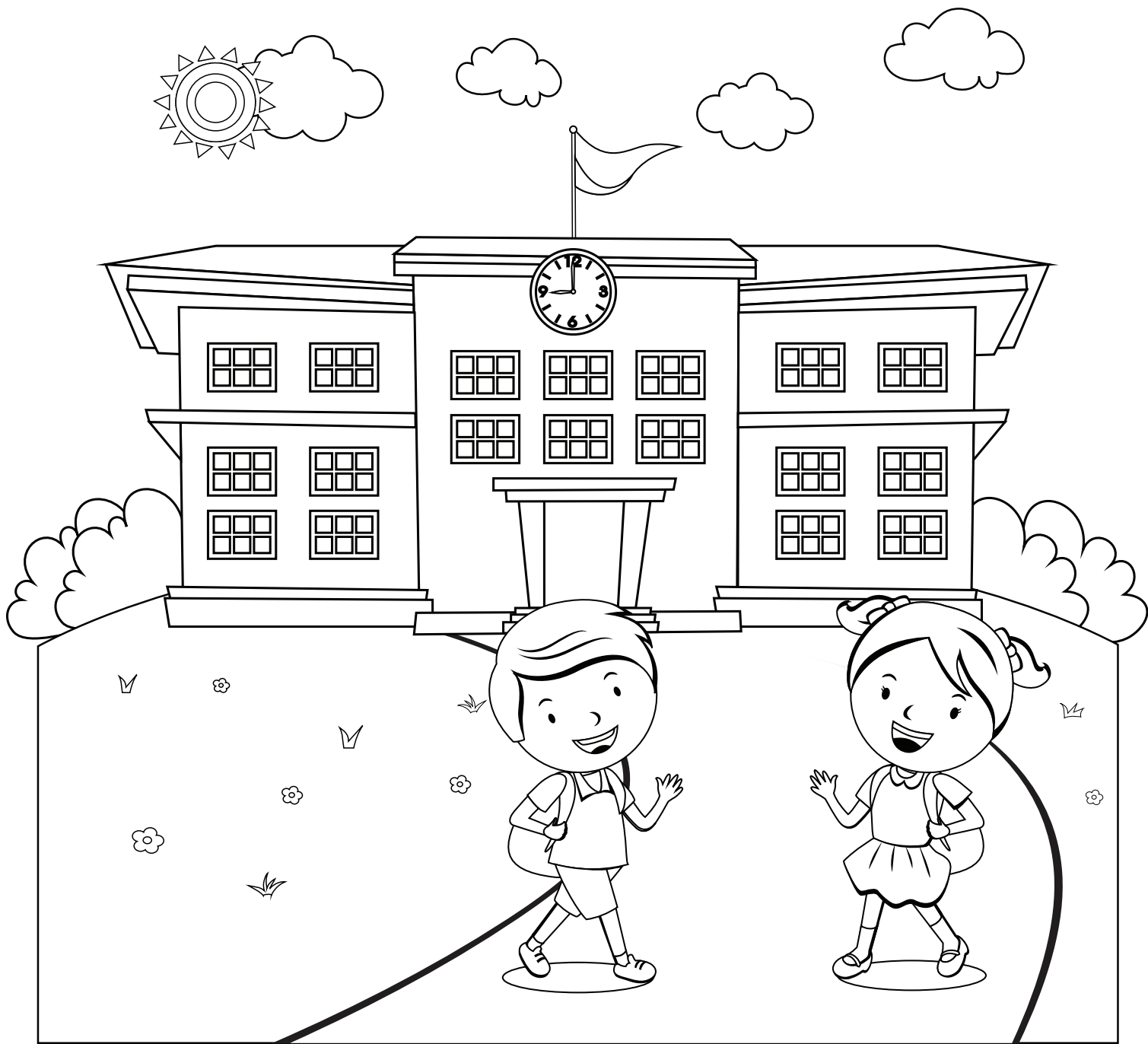


See solutions page for answer.

**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.**

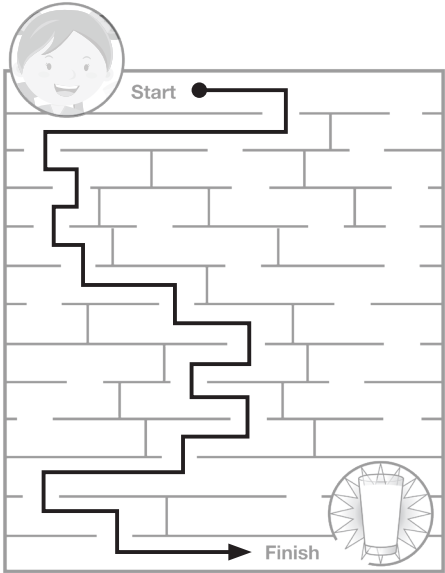
# The End



# Solutions

Number Match: Formula helps me grow big & strong!

Help Jack get to his PKU formula



Which can is differnt? #4

Double Puzzle

STUDY  
GYM  
ART  
MATH  
SCIENCE  
HOMEWORK  
LEARN  
READ  
PLAY  
SCHOOL IS COOL

Crossword

1P  
R  
3LOW  
T  
5D  
E  
6MORNING  
N  
U  
L  
A  
R  
BLO  
OD  
INK

Missing Words: 1. low 2. formula 3. scale 4. PHE 5. fruits

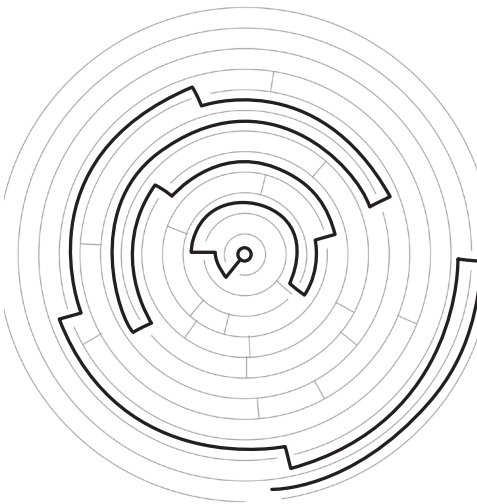
How many words can you make using the letters in VEGETABLES

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

M O J Z I R Q D A Z O U E X A  
P K R B U V P G I A V N B O T  
Y M I A I B F K S E I E R Q V  
S D L Q N V G W H N F K O V N  
S T K F P G L R A M N R C R R  
Q C Y M Q A E L N U U T R U H  
P J E R B A G T Z B U O W Z  
B H A Z O L T R N S Q H L K Q  
H K D L V W L C P B R I R C  
D W Y N U T P E S I C R E X B  
G F F H I L E R D X J Q Y G N  
A H X O R N N C O B M H R A D  
P O N E I S W A M T T T G L Y  
P G S C S U O J V L E T N U Y  
L E G D H O B F A L X I P M D  
E M Z S S K S E I T V C N R M  
R G M B B K H Y N M E W J O M  
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

Help Jack's Dog find his Bone!



Unscramble the Words: 1. formula, 2. low protein, 3. PHE 4. fruit 5. vegetable 6. healthy 8. exercise



Nutricia is proud to offer a variety of great tasting formula options for children with PKU.

### Periflex®



### PhenylAde® GMP

Contains GMP, made from a whole protein source!



### Lophlex®



View our full line of products for PKU at  
**[NutriciaMetabolics.com](https://www.NutriciaMetabolics.com)**



Brought to you by Nutricia North America

All products shown are medical foods for the dietary management of Phenylketonuria (PKU) and must be used under medical supervision.

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ZMPKUAB 03/21