

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	

Phe-containing Foods

I can only eat these foods in the amounts below:

Food	Weight (g)

Contact Details

Important people in my life:

Name	Relationship	Telephone Number

Notes

A series of horizontal dotted lines for writing notes. A blue hand icon is positioned on the left side, and a teal footprint icon is on the right side.