

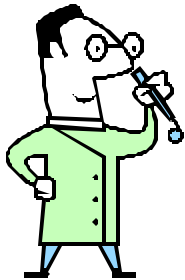
The Calvin Calcium Story

Calvin Calcium was strong. Calvin Calcium was sturdy. Calvin Calcium had very good teeth. He was a happy little boy and drank all of his Phenyl-Free. But one day all that changed. Here's what happened...



"I'm not going to drink my *'milk'* any more," said Calvin one morning at breakfast. "Oooh," said his mother, "then you can get your calcium from *green, leafy vegetables.*"

"No," said Calvin, "I'm not going to eat *green, leafy vegetables* either." "Oooh," said his mother, "what will happen to Calvin?"



It wasn't too long before Calvin found out.

In May, it was time for Calvin to have his dental check-up.

"Oooh," said the dentist, "you have four cavities, Calvin. Have you been *eating foods with lots of sugar?* Have you been forgetting to *brush* your teeth? Maybe you haven't been *eating enough foods that give you calcium.*" The dentist filled the four cavities, and Calvin's teeth were fine again. Calvin didn't mind—too much.



But in July, Calvin and his friends, Fred and Linda, were building a *tree fort.*

They were almost done when, whoops, Calvin lost his balance and tumbled to the ground!

"My arm hurts!" wailed Calvin.

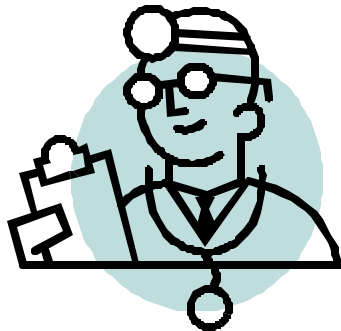
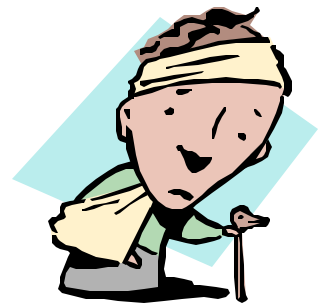
"Oooh," said his mother, running from the kitchen, "we'd better go to the doctor!"



Doctor Smith felt Calvin's arm very carefully.

"Oooh," said the doctor, "you have a broken arm, Calvin."

He put Calvin's arm in a *cast*, and Calvin couldn't go out to play for a long time. He missed splashing in Fred's pool to get cooled off on hot days. He missed Linda's birthday party. They played lots of neat games and had his favorite low protein foods. But most of all, he missed playing with his *friends.* He could hear them playing ball and roller skating every day.



Calvin went back to the doctor because it was taking so long for his arm to heal.

"Oooh," said the doctor, "it looks as if you haven't been *eating foods with lots of calcium* to make your bones strong."



One morning Calvin said to his mother, "I'd like some of my 'milk' for breakfast." So that morning Calvin drank his 'milk'. It tasted very good.



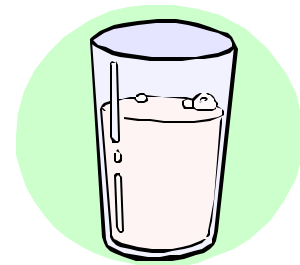
At lunch, Calvin said, "I'd like some *green, leafy vegetables*, please." So that noon, Calvin had *green, leafy vegetables*. They tasted very good too. At dinner, Calvin said, "I'd like some *green, leafy vegetables* AND some 'milk', please." So Calvin had *collard greens* and lots of his 'milk' for supper. How good they tasted!



Calvin's arm was almost healed now. Soon he would be able to join his friends at the pool, on skates, and in their ball games.

When Calvin went to the dentist that fall, he had only one cavity. Calvin said he had been *brushing his teeth* after eating AND *eating foods that give him calcium*, especially his 'milk'.

Calvin was again a strong, sturdy, happy boy—with very good teeth and strong bones!



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University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>