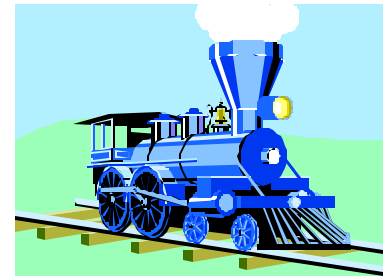


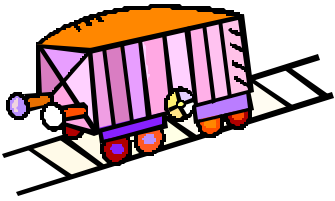
The Good Health Train



Once upon a time there was a little black engine that had big round wheels, a smokestack, and a window so the engineer could see out. This engine had a white flag that said, "Good Health Train."

The engine was so new that he had never gone any place. He had just been moved from the factory where he was built, to the roundhouse where he would work.

From hearing the men talking, the engine learned that he was going to pull a train to Good Health town. He was so excited that he could hardly wait to begin.



Very early the next morning, he looked around and saw a bright red car with a flag over it. The flag said, "FRUITS." "I know that is the car that I am to take to Good Health town," the engine said.

So he chugged over to the red car and hooked onto it. Then the engine, feeling proud and happy, went chugging down the track toward Good Health town.

Just before he got to the edge of the town, a big black engine came out to meet him. "Stop! Stop!" shouted the big black engine. "You can't come into Good Health town with nothing but fruits. It takes more than fruits to get to Good Health."



"Oh, dear," said the little engine. "I'll have to go back. I did not know there were more cars for me to pull." He turned around and went chugging back down the track the way he had come.

He returned to the roundhouse, looked around, and saw a bright blue car whose flag said, "LOW PROTEIN BREADS AND CEREALS." "That's it! That's the one I need," he said. He hooked the blue car on behind the red one and chugged happily down the track toward Good Health.

At the edge of town, he saw the black engine again. "Stop! Stop!" the big black engine called. "You can't come into Good Health town with only fruits and breads and cereals. It takes more than that to get to Good Health."



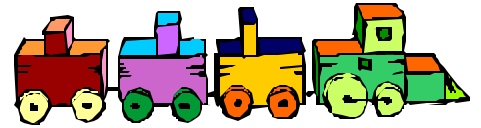
"Oh, dear," said the little engine. "I'll have to go back again. I didn't know there were more cars for me to bring." He felt a little discouraged, but he turned around and went chugging back down the track.



In the roundhouse he saw a green car with a flag that said, "FORMULA." "Of course," said the little engine, "I should have known I'd need formula." He hooked the green car behind the red one and blue one and started back toward Good Health.

At the edge of town, he met the big black engine again. "Stop! Stop!" shouted the big black engine. "You need fruits, and low protein breads and cereals, and formula; but you need something more before you can come into Good Health."

The little engine began to feel very discouraged indeed, but he turned around and went chugging back down the tracks to the roundhouse.



In the roundhouse he looked around and he saw a yellow car. The flag on it said, "VEGETABLES." "There is the car I need," said the little engine; and he hooked it on behind the green one. Down the track he went toward Good Health.

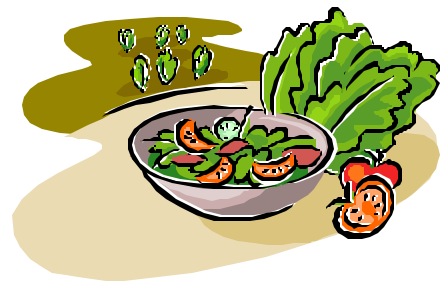
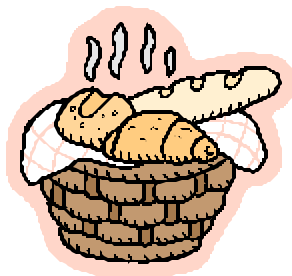
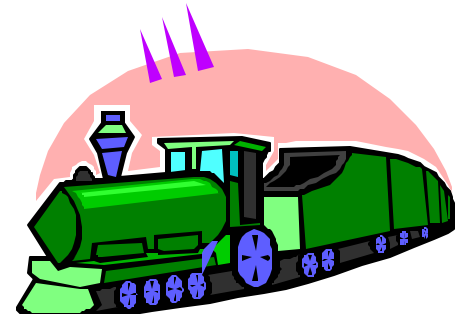


When he came to the edge of Good Health town, the big black engine was nowhere in sight. The little engine chugged right into Good Health town. The stationmaster came out onto the platform. He looked at the little engine; then he looked at the cars the little engine was pulling. "Well, well," said the stationmaster, "fruits, low protein breads and cereals, formula, and vegetables—it looks as if you have all the good food you need to come to Good Health town."

The little engine tooted happily. He had made it. He finally had all the cars he needed to go to Good Health.

Now he goes up and up and down and track every day, taking cars loaded with good food to the town of Good Health.

And if you will eat some food from every one of these cars every day, you will get to Good Health, too!



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>