














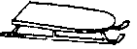








Theodore's Christmas Dinner






Theodore  is a mouse. He is like all young mice and has fun riding his bicycle  , playing hide-and-go-seek, and sliding down snowy hills on his sled  .


 is on a special diet and cannot eat any green foods. When  eats green foods, his ears  twitch, his nose  turns red, and he itches all over.


Today is Christmas. After  and his family open presents  they get into their car  and drive to Grandma's  house  .  played all afternoon at   . He slid down snowy hills on his  , he made a mouse snowman, and he played hide-and-go-seek.

When it was time for dinner,  was very hungry. But when he sat down at the table, all he saw was green food. He saw green beans  , spinach  , celery  , and green apples  . There was nothing for  to eat and he became very sad.





"  , **Y R U** not eating?" asked  .

"Because there is only green foods", replied .

"Look again very carefully", said .

 looked again very carefully and this time he saw carrots

, squash , oranges , and red apples .

 was very happy and he filled his plate with food. He had a delicious dinner. That night as  sat in a chair  by the fire 

he thought, "From now on I'm going to look more carefully for the foods I can eat."

Developed by Joan Zerzan, MS, RD, and Linda Tomasavich, MS, RD. 1983.



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>