

A Babysitters' Guide to PKU



PKU

You are babysitting a child and there is a special restriction. The child has PKU and you have never before heard of that.

PKU, stands for "phenylketonuria"

This child's body cannot use protein foods which contain phenylalanine or "phe" the same way other children do. Sometimes we say this child is "allergic" to foods containing protein and phe, or we say this child is on a "special diet".

This child grows like other children of the same age.



Acts like other children of the same age.

Looks like other children of the same age.



The only difference is the foods this child can and cannot eat. This special diet is very important to keep this little individual growing well both physically and mentally.

What is a special diet?



Because this child cannot use protein and phe like you do, the diet strictly limits the amounts of foods that have protein and phe.

Many foods besides meat, eggs, milk and milk products have protein and phe and must be eaten in limited amounts. All foods must be carefully measured.



This child has a special milk called **Phenyl-Free 1**®.

It is very important for this child to drink the special milk in the amount the nutritionist has told mom and dad.

Phenyl-Free 2® is another special milk for older children with PKU.





If you are babysitting during mealtime, mom or dad will have written out a menu of foods to offer this child and how to prepare them. Write down how much food you offered and how much was eaten.

Foods to Offer	Foods Child Ate
8 oz. Phenyl-Free 1 peach 2 Tbl. rice chex	8 oz. Phenyl-Free 1/2 peach 2 Tbl. rice chex

IMPORTANT: Give the child only the foods and amounts you were told to give!!!

What if the child is extra hungry?

There are foods this child can eat that contain very little or no protein and phe. They are called 'free foods' and may be used as needed to satisfy hunger.

Some free foods are:

Apples, apple juice,



chewing gum except that made with Nutrasweet (read the label)

and candy such as lollipops, gumdrops, jellybeans, or life savers,



popsicles without ice cream pudding or gelatin are also OK,

Koolaid (regular- not with Nutrasweet).



Tell mom and dad what you gave their child. Remember, they must know exactly what their child eats.

Food surprises you can make

Make Tang, Koolaid, Hawaiian punch- freeze into popsicles. Or . . . cut apple wedges into different shapes. Describe the different shapes and sizes and colors of apples. Count jelly beans and name the colors of the beans. (Be sure to tell mom or dad how much food the child ate during the games!)

Your responsibility in feeding this child

1. Remember, even small amounts or "just a taste" of certain foods contain more protein and phe than this child should eat all day. So offer only foods OK'd by mom or dad.
2. Tell mom or dad if the child refused to eat a certain food so that the diet can be adjusted for the rest of the day.
3. If the child's playmates question the child's food, explain that the child is "allergic" to certain foods.

4. Most important!

Remember this is a normal child who can do all of the things other children can do!!!

Numbers you should know

Doctor: _____

Fire department: _____

Poison control: _____

Our name, address and telephone number: _____

We can be reached at: _____

Emergency telephone number: _____

Special instructions and notes: _____

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Supported by MCH Grant No. MCH-000913

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Revised 2003

<http://depts.washington.edu/pku>