

# PKU MANAGEMENT

*The purpose of this section is to help you with day-to-day PKU management, including information about Phenyl-Free and ideas for food selection.*

## In This Section

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- **Preparing formula**  
Information about how to store and prepare Phenyl-Free
- **Formula intake record sheets**
- **How to keep a food record**  
A step-by-step guide to keeping a food record. Accurate food records help you and your child's nutritionist to understand how much phe is the right amount for your child. Food records also help your nutritionist make sure all nutrient needs are met.
- **Diet record sheets**  
Sheets are included to provide you with an example—you can use these sheets or adapt them to meet your needs.
- **Formula First**
- **Finger food suggestions and recipes**
- **Finger Foods are Fun**
- **Lookalike Foods**
- **PKU and Illness**

## In the Pocket

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### *Chef Lophe's Phe-Nominal Cookbook:*

Fun recipes for children that teach measuring and cooking skills

## Things to Add

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- Completed food records
- Documentation of formula/food prescription changes
- Recipes you and your family enjoy



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