



## Guidelines for a Happy, Healthy, Low Phe Halloween

### General rules which apply for children of all ages:

1. Save your treats until you get home. (It is hard to eat and walk and keep track of treats.)
2. Have a grownup help you check your treats to see whether they are safe for you to eat.

### Tips for parents and children with PKU:

1. For the younger child:  
It might be helpful to talk with your close neighbors or friends where your child will be trick-or-treating. You can suggest low phe treats that would be appropriate for your child.
2. For the older child:  
Be sure to talk with them about their school Halloween party: i.e. appropriate treats, how many, etc. Talking with your child's teacher or room mother beforehand allows you to make sure that low phe snacks are available. Ask your child to tell you what choices they made at the party.
3. After trick-or-treating, help your child sort treats into "Yes" and "No" piles. Discuss the criteria for "No" treats (high protein ingredients such as chocolate, nuts, etc.) and "Yes" treats.

#### "No" treats:

- ◆ Can be discarded
- ◆ Can be exchanged for low phe "Yes" treats with other siblings
- ◆ Can be collected and brought to school for party treats

#### "Yes" treats:

- ◆ Low phe treats—remember to add these into the total phe intake
- ◆ Free treats—choose a few treats to eat now. Save some for tomorrow and the next day.....!



4. Portion Control... (or how to avoid the post-Halloween blahs.) A guideline that works in some families is one Halloween treat a day. Place each child's treats in a labeled container and allow your child to choose the time of the treat: i.e. school lunch, after school snack, or whatever works for your family.



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>