

Protein Fact Sheet

Why does the body need protein?

The body uses protein to:

- *renew and/or repair cells and body tissues
- *grow (to make new cells and tissues)
- *make body proteins such as enzymes, some hormones and antibodies
- *supply energy

What happens to proteins in the body?

Approximately one-fifth of our body weight is protein. Proteins are part of the structure of every cell and body tissue including hair, nails, blood, skin and bones.

All proteins are made up of smaller units or building blocks called amino acids. When we eat protein in foods it is broken down by our digestive system into amino acids. The amino acids are then put back together inside our body cells in many different combinations to make new proteins like the ones already in our bodies.

In order for the body to grow or repair itself, all amino acids must be available to the body at the same time and in the right proportions. People with PKU need special proportions of amino acids with less phenylalanine.

How much protein do I need every day?

Dietary Reference Intakes (DRIs) for Protein in grams per day:

	<u>Males</u>	<u>Females</u>
4 – 8 years	19 gm	19 gm
9 – 13 years	34 gm	34 gm
14 – 18 years	52 gm	46 gm
19 – 30 years	56 gm	46 gm
31 years and over	56 gm	46 gm

How much protein is in my formula?

Phenyl-Free 1 = 16 gm protein per 100 gm powder

Phenyl-Free 2 = 22 gm protein per 100 gm powder



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