

SLUMBER PARTY!!!

You've just been invited to the coolest slumber party of the century. The host has planned games and has a creepy house, just perfect for ghost stories. (Plus, all of the important people will be there.) There is no way you can turn this invitation down. There is one small problem, your mom says, "You can't go unless you tell me exactly what your PKU management plan is," and she wants details.



How will you make sure to drink all of your formula?

- How will you bring your formula?
 - a. Already made
 - b. Powdered—make it there
 - c. Other: _____

- How much do you need to bring? (You'll be gone from 5 pm on Friday until noon on Saturday)

- What will you bring it in? _____

- What will you tell someone if they ask you what it is? _____



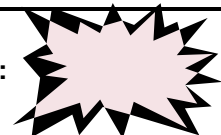
What will you do about food?

- a. Ask the host what the menu will be ahead of time.
- b. Guess what people are planning to eat, and hope that you'll find something that you like *and* that you can eat.
- c. Figure "they won't have anything I can eat, so I'll bring my own food."
- d. Other: _____

You lucked out. The invitation says... "We're having pizza, potato chips, pretzels, soda, ice cream, and a veggie tray." From that list, figure out what you can eat (and how much) and still stay below 100 mg phe.

FOOD	MILLIGRAMS PHE	AMOUNT YOU'LL EAT	AMOUNT OF PHE
Pizza	367 mg per slice		
Potato Chips	5 mg per chip		
Pretzel Sticks	9 mg per 3 pretzels		
Soda	0 mg per 12 ounces		
Ice Cream	135 mg per ½ cup		
Veggie Tray (carrots, cucumbers, celery)	12 mg per ¼ cup		

TOTAL PHE:



Is that going to be enough food for you? **NO WAY!** What will you do?

Here are some other snack food ideas. Use the Food List to figure out how much phe is in each of these foods—and other foods you could add to the list.

FOOD	SERVING SIZE	MG PHE PER SERVING
Popcorn		
Raspberry Sorbet		
Juicyfruits		
Apple Chips		
Snapple		
Almond Bark		
Corn Chips		
Bugles		



Have you ever been to a slumber party? What did you do about formula? _____

What did you do about food? _____



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