



NSPKU



The National Society for Phenylketonuria (United Kingdom) Limited

Dietary Information for the Treatment of PHENYLKETONURIA

**All items must be checked with your
Doctor or Dietitian before use**

2009/10 REVISION

The Society is grateful to the dietitians for their work in producing this revised dietary information, which will continue to be revised annually.

Any alterations made during the course of the year will be announced in the Society's newsletter and via the web site.

Whilst every effort has been made to ensure the accuracy of this data, the responsibility for its use resides with the user and not with the suppliers or the National Society for Phenylketonuria.

Any changes which we are aware of will be notified to you via the web site.

FOR THE SOLE USE OF DIETITIANS, THEIR PATIENTS AND NSPKU

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PHENYLKETONURIA

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THIS LIST REPLACES ALL PREVIOUS INFORMATION

Prepared by Eleanor Weetch, Society Dietitian, with the support of the Honorary Dietitians of the Society's Medical Advisory Panel, on behalf of the NSPKU

Eleanor Weetch, B.Sc., R.D.,
Society Dietitian NSPKU,
Skiers Spring Lodge,
Broad Carr Road,
Hoyland,
Barnsley,
South Yorkshire
S74 9BU

Tel 01226-742494
e-mail dietitian@nspku.org

PKU DIET - BASIC PRINCIPLES

A normal diet contains more phenylalanine than can be tolerated by the person with PKU. The treatment therefore consists of a diet containing only the amount of phenylalanine which is essential for growth and development.

- a) Meat, fish, cheese, eggs, milk, nuts and seeds are rich in protein and therefore phenylalanine so they are not allowed.
- b) Other foods which contain some protein such as potato and cereals are given in small measured quantities so that the blood phenylalanine, which is measured regularly, is kept within safe limits. These measured foods are spread out between the day's meals. The quantities allowed will vary from person to person and from time to time in the same person.
- c) Most fruit, some vegetables and salads can be taken in normal quantities. Sugar, jam, syrups and fats such as butter, lard and cooking oil can be used in normal quantities. There are many manufactured foods which are low in protein and which are available on prescription for the person with PKU. These include low protein bread, biscuits, flour, pasta and rice which can be taken freely and used to provide variety in the diet. You can cook in all the usual ways (fry, grill, bake etc) and you can use herbs, spices and flavourings to add interest.
- d) As high protein foods such as meat, fish, cheese and eggs cannot be eaten these have to be replaced by a special protein mixture which does not contain phenylalanine. These protein substitutes (names include XP AnalogLCP, Easiphen, XP Maxamaid, Anamix, XP Maxamum, Minaphlex, PK Aid 4, Lophlex, Add-ins, Phlexy -10 system, PKU gel, PKU Express, PKU Cooler) are all available on prescription. They will provide the essential 'safe' protein for growth and development. Your paediatrician or dietitian will advise you which is best for your child, the amount required and how it should be taken.

The protein substitute is an extremely important part of the diet for the person with PKU and it must be taken regularly with meals and evenly spread over the day. This helps to keep the phenylalanine levels steady throughout the day.

Vitamins and minerals must also be included in the diet. If they are not already included in your protein substitute your dietitian will advise on the best preparation to take. Take only those prescribed by your doctor.

NOTES FOR THIS EDITION

Changes have been made to the way Broccoli, Brussels Sprouts and Cauliflower are counted. All these vegetables have similar phenylalanine content, and to be consistent they have moved to the 'restrict to ONE normal serving per day' section.

During pregnancy control has to be very strict and some of the information in this booklet may have to be adjusted for the individual.

TRAFFIC LIGHT SYSTEM

The diet is described by the traffic light system:

Red - STOP! Do not eat these foods

Amber - Go Cautiously. These foods can be eaten in controlled amounts.

Green - Go! These foods may be eaten in normal quantities

RED LIST – STOP!

FOODS NOT ALLOWED BECAUSE THEY ARE HIGH IN PROTEIN AND PHENYLALANINE

MEAT – All kinds – beef, lamb, pork, ham, bacon, chicken and game.

Offal – liver, tongue, kidney.

Sausages, canned meat e.g. corned beef; meat products e.g. beefburgers, meat paste, meat pies.

FISH – All kinds including shellfish, frozen or tinned.

EGGS – All kinds.

CHEESE – All kinds including cheese spreads. Some vegan cheese is suitable.

Check protein on pack for exchange value.

NUTS AND SEEDS

FLOUR-BASED FOODS e.g bread, flour, cakes and biscuits

SOYA – Foods made from soya such as TVP (meat substitute).

QUORN AND TOFU

ASPARTAME and SALT OF ASPARTAME with ACESULFAME K.

(Aspartame can also be found combined with another sweetener called Acesulfame K. This combined sweetener must be avoided but Acesulfame K on its own is suitable).

Aspartame (and salt of aspartame with acesulfame K) is an artificial sweetener which can be found in fizzy drinks, squashes, cordials, alcoholic drinks, puddings, crisps and some chewing gums. It can be found in some table top sweeteners e.g. Canderel, Flix and granulated sweeteners. Aspartame contains phenylalanine and therefore it must not be taken.

Foods and drinks containing aspartame will be labelled either:-

Artificial Sweetener: Aspartame OR

Artificial Sweetener: E951

Foods containing salt of aspartame with acesulfame K will be labelled:

Artificial Sweetener: Salt of Aspartame and Acesulfame K: E962

The food or drink will also be labelled 'Contains a source of phenylalanine'

Aspartame is also used in some drugs. Please check with your doctor before taking any drugs.

All drugs which contain aspartame must declare this ingredient (and all other ingredients) in the patient information sheet which is dispensed with the drug.

It is usually the sugar- free drugs which might contain aspartame so ask your doctor to prescribe a sugar-containing drug.

If your pharmacist does not give you an information sheet with your drug please ask him/her to check that there is no aspartame in the drug you have been given.

All other artificial sweeteners are suitable e.g Sucralose, Saccharin.

AMBER LIST - GO CAUTIOUSLY

FOODS CONTAINING SOME PHENYLALANINE TO BE TAKEN WITH CAUTION.

BASIC LIST OF 50mg. EXCHANGES OF FOOD

These items should be measured accurately. Weigh food after cooking unless otherwise stated.

VEGETABLES

Potatoes:-

Boiled,boiled and mashed milk free	
Jacket (all these ways of cooking)	80g
Roast	55g
Chips – frozen,fresh,oven,crinkle	45g
Canned,new (drained weight)	100g
Croquette	40g
Instant Mashed Potato –dry powder	10g
Yams, boiled	60g
Bamboo Shoots, raw	60g
Spinach, boiled	25g
Spring Greens	35g
Peas-fresh,frozen & Petit Pois	25g
Broad Beans	20g
Frozen mixed Vegetables	30g
Baked beans –ordinary,barbecue,	
Curried	20g
Sweetcorn kernels & baby corn-	
Canned and drained	35g
Corn on the cob, raw or cooked	
weight	55g
Length of cob	4cms
Plain popped Popcorn	10g
Un-popped Popcorn	10g
Kale	35g
Vine leaves	30g

CEREALS

Kelloggs Cornflakes	15g
Frosties	20g
Rice Krispies	15g
Sugar Puffs	15g
Weetabix, Weetaflakes	10g
Shredded Wheat	10g
Ready Brek (Weetabix)	10g
Puffed Wheat	10g
Bran Flakes	10g
Oatmeal (raw)	10g
Rolled Oats	10g
Rice (raw) white or brown	15g
Rice(boiled)white/brown	45g

FRUITS

Avocado pear, flesh only	55g
Passion Fruit	40g

DAIRY

Milk	30ml
Single Cream	40ml
Double Cream	60ml
Soured Cream	35ml

See NSPKU web site for more useful exchanges www.nspku.org

Footnote: Weights are given to nearest 5 g

THE FOLLOWING FRUITS AND VEGETABLES IF TAKEN IN LARGE QUANTITIES ADD A SIGNIFICANT AMOUNT OF PHENYLALANINE TO THE DAY'S INTAKE. Restrict to ONE serving of any ONE item per day. A serving is a handful - a child's hand for a child, an adult's hand for an adult. These foods may be used in SMALL quantities such as in vegetable stews, sauces and fruit salad.

FRUIT

Banana e.g. one small one per day
Dates
Figs, dried
Fruit mincemeat (sweet mincemeat without nuts)
Physalis
Dried Banana Chips
Small packs of dried fruit mixture (not goji berries)

VEGETABLES

Asparagus
Beansprouts
Broccoli
Brussels Sprouts
Cauliflower
Plantain
Seakale
Sugar Snap Peas
Mange Tout Peas
Tinned Sweet Chestnuts – up to 100g free
Whole Hearts of Palm

GREEN LIST – GO!

FOODS CONTAINING SMALL QUANTITIES OF PHENYLALANINE WHICH CAN BE USED IN NORMAL QUANTITIES.

TAKE CARE TO AVOID EXCESS

FRUIT

Most types (fresh, tinned, raw, cooked in sugar and dried except where stated) including apples, apricots, bilberries, blackberries, blueberries, cherries, clementines, cranberries, currants (black, red), custard apples, damsons, dragon fruit, figs (fresh NOT dried), fruit pie filling, fruit salad, gooseberries, grapes, grapefruit, greengages, guavas, jack fruit, kumquats, lemons, limes, loganberries, lychees, kiwi fruit, kumquats, mandarins, mangoes, mangosteens, melon, water melon, medlars, mulberries, nectarines, olives, oranges, paw paw (papaya), peaches, pears, pineapple, plums, pomegranate, prickly pear, prunes, quince, raisins, raspberries, rhubarb, satsumas, sharon fruit, star fruit, strawberries, sultanas, tamarillo, tangerines, mixed peel, angelica, glace cherries and ginger.

All fruit crisps eg apple, pineapple

VEGETABLES

Artichoke (Globe and Jerusalem), aubergine, all green beans (French beans, runner beans, dwarf beans) beetroot, cabbage, capers and caperberries, carrots, cassava (yucca), celeriac, celery, chicory, coconut milk (fresh milk only **not canned**), courgettes, cucumber, endive, fennel, garlic, gherkin, karela, kohlrabi, Lady finger (okra), leek, lettuce, marrow, mooli, mushrooms, mustard and cress, onion, pickled onion, parsley and all herbs, pak choi, parsnip, peppers (all colours), potato flour (not instant potato) pumpkin, radish, squash – butternut squash, acorn squash, spaghetti squash, swede, sweet potato, tomato, turnip, watercress, water chestnuts.

All crisps made from cassava and/or tapioca (but check no aspartame and that all ingredients are classed as free) - see free list for examples.

All clear pickles in vinegar e.g. Pickled onion, gherkins, red cabbage.

CEREALS

Cornflour, arrowroot, custard powder (NOT instant custard), blancmange powder – vanilla and fruit flavoured (NOT blancmange mix or chocolate flavour), cassava flour, sago, tapioca and tapioca starch but NOT ready to serve milk puddings including sago and tapioca. Potato Flour (NOT Smash or instant potato powder).

FATS

Butter, margarine (but NOT margarine which has a protein content of over 1.0g per 100g), lard, vegetable fats and oils (liquid and solid).

A list of suitable low fat spreads appears in the manufactured foods section on page 12.

MISCELLANEOUS

Sugar: white, brown, caster, icing; glucose, ready to roll icing (except chocolate). Tate and Lyle Light Cane. Jam, honey, marmalade, golden syrup, pouring syrup, treacle, maple syrup, boiled sweets, rock, candy sherbet, barley sugar and candy floss.

Food essences and colourings: e.g. vanilla, cochineal, peppermint, almond essence. Salt and pepper, herbs and spices, curry powder, vinegar, mustard, mint sauce and mint jelly. Soy sauce – 2 tablespoons per day limit

Baking powder, bicarbonate of soda and cream of tartar.

Vegetarian Jellies without gelatine e.g. Agar Agar and Supercook Vege-gel. Gellan (artificial gelatine)

DRINKS

Water, soda water, mineral water, fizzy drinks e.g. lemonade, coke, fruit cordial and squash, black tea and green tea (not instant tea), black coffee and pure fruit juices. Rice Milk –e.g. Rice Dream and Provamel Rice Drink.

Remember to check all drink labels routinely for aspartame as recipes change constantly.

ALCOHOL – Advice for adults

The following information can be used as a guide to the protein content of alcoholic drinks. Please consult your dietitian and/or doctor about alcohol before using this information as individual treatment varies and you should follow the advice of your own medical advisors. We would advise that women should not take alcohol during pregnancy. National guidelines should be observed.

There are some alcoholic drinks which contain only a trace of protein and therefore can be taken without counting them as phenylalanine exchanges in the diet. They are as follows: Cider – dry, sweet and vintage; vermouth – sweet and dry; wine – red and white – sweet, medium and dry; champagne; spirits – whisky, gin, rum, brandy, vodka (make sure all mixers are aspartame free); liqueurs – cherry brandy and Curacao; port and sherry. Bottled shandy (not shandy made in the pub which is stronger) Alcopops e.g. Hooch. (Some alcopops contain aspartame but this will be declared on the bottle label if present). Alcoholic fruit drinks e.g. Source.

NB All beers, lagers and cream liqueurs contain significant phenylalanine and you should consult your dietitian or refer to the NSPKU leaflet on alcohol.

SOME MANUFACTURED FOODS LISTED ON PAGE 12.

PRESCRIBABLE FOODS SEE PAGE 7.

SPECIAL LOW PROTEIN/PHENYLALANINE PRESCRIBABLE PRODUCTS ALLOWED FREELY

These foods can be used *without counting in the diet*; check that the name on the packet or tin exactly matches the name listed below and the brand specified. The items are as purchased and many need special preparation and additional ingredients added must be selected appropriately for your low phenylalanine diet.

The pack weights and number of packs in a box have been included where supplied by the manufacturer.

BISCUITS

GLUTEN FREE FOODS LTD

PK Foods Aminex Low Protein Rusk 200g
PK Foods Aminex Low Protein Biscuits 200g
PK Foods Aminex Low Protein Cookies 150g
PK Foods Low Protein Crispbread 75g
PK Foods Low Protein Chocolate Chip Cookies 150g
PK Foods Low Protein Orange Cookies 150g
PK Foods Low Protein Cinnamon Cookies 150g

SHS INTERNATIONAL LTD.

Loprofin Low Protein Sweet Biscuits 150g
Loprofin Low Protein Orange Cream Wafers 100g
Loprofin Low Protein Vanilla Cream Wafers 100g
Loprofin Low Protein Chocolate Cream Wafers 100g
Loprofin Low Protein Crackers (savory) 150g
Loprofin Low Protein Herb Crackers 150g
Loprofin Low Protein Cinnamon Cookies 100g
Loprofin Low Protein Chocolate Chip Cookies 100g
Loprofin Low Protein Chocolate Flavour Cream Biscuits 125g

Juvela Low Protein Cinnamon Cookies 125g
Juvela Low protein Orange Flavour Cookies 125g
Juvela Low Protein Chocolate Chip Cookies 110g

ULTRAPHARM LTD.

Aproten Low Protein Biscuits 180g
Aproten Crispbread 280g
Ultra PKU Savoy Caramelo Biscuits 125g
Ultra PKU Vanilla Biscuits 200g
Harifen Low Protein Cracker Toast 200g
Harifen White Chip Cookies 200g
Valpiform Low Protein Shortbread Biscuits 120g

PASTA

GLUTEN FREE FOODS LTD

PK Foods Low Protein Pasta Spirals 250g

SHS INTERNATIONAL LTD.

Loprofin Low Protein Rice 500g
Loprofin Low Protein Pasta Spirals (Fusilli) 500g
Loprofin Low Protein Macaroni 250g
Loprofin Low Protein Penne 500g
Loprofin Low Protein Vermicelli 250g
Loprofin Low Protein Long Spaghetti 500g
Loprofin Low Protein Lasagne 250g
Loprofin Low Protein Tagliatelle 250g
Loprofin Low Protein Gnocchetti Sardi (small shells) 500g
Loprofin Low Protein Conchiglie (large Shells) 500g
Loprofin Low Protein Puntoni (Soup pasta) 250g
Loprofin Low Protein Animal Pasta 500g

Loprofin Low Protein Snack Pot 47g – 8 pots/case
Flavours: Curry, Tomato and Basil,
Curry, Tomato and Basil Snack Pot 1 pot = ½ exchange

FIRSTPLAY DIETARY FOODS LTD.

Promin Low Protein Pasta (six shapes) – Macaroni
All in 500g pack Short Cut Spaghetti
Shells
Spirals
Alphabets
Elbows

Promin Low Protein Tricolor Pasta (four shapes) - Shells
All in 500g packs. Spirals
Alphabets
Elbows

Promin Lasagne Sheets 200g pack

Promin Low Protein Pastameal – 500g
Promin Low Protein Couscous – 500g pack
Promin Low Protein Imitation Rice – 500g pack
*Promin Pasta in Sauce: Tomato, Pepper and Herb } 4 sachets in a box
Cheese and Broccoli } 1 sachet = 1 exchange
Pasta in Sauce Moroccan Flavour – 1 sachet = ½ Exchange

Available from: FirstPlay Dietary Foods Ltd., 338, Turncroft Lane, Offerton, Stockport,
SK1 4BP Tel: 0161-474-7576

ULTRAPHARM LTD.

Aproten Pastas: Macaroni (Rigatini) 500g
Flat Noodles (Tagliatelle) 250g
Short Macaroni (Ditalini) 500g
Spaghetti 500g

BREAD, FLOUR and MIXES

FATE SPECIAL FOODS

Fate Low Protein All-Purpose Mix 500g
Fate Low Protein Cake Mix 2x 250g
Fate Low Protein Chocolate Flavour Cake Mix 2 x 250g
N.B. Fate low protein products can only be obtained directly from Fate Special Foods.
Please ask your chemist to telephone 01215-22-44-33 to arrange direct delivery to your chemist.

GENERAL DIETARY LTD

Ener-G Low Protein Rice Bread – sliced 600g

GLUTEN FREE FOODS LTD

PK Foods Low Protein White Sliced Bread 550g

PK Foods Low Protein Flour Mix 750g

SHS INTERNATIONAL LTD.

Loprofin Low Protein Loaf – sliced and unsliced 400g

Loprofin Bread Low Protein White Rolls 4 rolls in a pack

Loprofin Low Protein Part-Baked Rolls 4 rolls in a pack

Juvela Low Protein Loaf sliced and unsliced 400g

Juvela Low Protein Bread Rolls 5 rolls in a pack

Juvela Low Protein Pizza Bases 2 x 180g

Loprofin Low Protein Mix 500g

Juvela Low Protein Mix 500g

Loprofin Lemon Cake Mix 500g

Loprofin Chocolate Cake Mix 500g

ULTRAPHARM LTD.

Aproten Low Protein Flour 500g

Ultra PKU Flour Mix 500g

Ultra PKU Fresh Bread 400g

Ultra PKU Fresh Pizza Base 5 x 80g

(For this bread and pizza base your chemist needs to contact Ultrapharm directly to obtain these products. Not available through wholesalers. Telephone: 01491-570000)

BREAKFAST CEREALS

SHS INTERNATIONAL LTD

Loprofin Low Protein Breakfast Cereal Loops 375g

Loprofin Flakes – Apple Flavour 375g

Loprofin Flakes – Chocolate Flavour 375g

Loprofin Flakes – Strawberry Flavour 375g

FIRSTPLAY DIETARY FOODS LTD

Hot Breakfast –	Original	} 6 sachets per box
	Apple and Cinnamon Flavour	
	Chocolate Flavour	
	Banana Flavour	

PUDDINGS AND DESSERTS

GLUTEN FREE FOODS LTD

PK Foods Low Protein Orange Jelly Mix (4 x 80g) carton

PK Foods Low Protein Cherry Jelly Mix (4 x 80g) carton

FIRSTPLAY DIETARY FOODS LTD

Promin Low Protein Rice Pudding Mix – Flavours: Original, Apple, Banana, Strawberry
– 4 sachets per box

Promin Low Protein Chocolate and Banana Dessert

Promin Low Protein Strawberry and Vanilla Dessert

Promin Low Protein Caramel Dessert

Promin Low Protein Custard Dessert

Taranis Low Protein Lemon Cake

SHS INTERNATIONAL LTD

Loprofin Dessert Mix Vanilla 500g

Loprofin Dessert Mix Strawberry 500g

Loprofin Dessert Mix Chocolate 500g

All above are free if made with Duocal or Calogen but if chocolate flavour is made with Loprofin milk or Snowpro count as 1/2 exchange per serve.

MISCELLANEOUS FOODS

FIRSTPLAY DIETARY FOODS LTD

*Promin Low Protein Burger Mix Original Flavour (2 x 62g sachets)

*Promin Low Protein Burger Mix Lamb and Mint Flavour (2x62g sachets)

Count as 1 sachet = 1 Exchange

Promin Low Protein Sausage Mix – Original, Tomato and Basil, Apple and Sage

All flavours 1 sachet = ½ Exchange

Promin Low Protein Chocolate and Hazelnut Flavour Spread

FAT and FAT and CARBOHYDRATE PRODUCTS

SHS INTERNATIONAL LTD

Calogen LCT Emulsion – Neutral, Banana, Strawberry 200mls and 500mls bottles.

Duocal – Liquid 250mls

Duocal – Super Soluble 400g can.

EGG REPLACERS

GENERAL DIETARY LTD

Ener-G Egg Replacer 454g

GLUTEN FREE FOODS LTD

PK Foods Low Protein Egg Replacer 350g

SHS INTERNATIONAL LTD.

Loprofin Egg Replacer 2 x 250g

Loprofin Egg White Replacer 100g

PROTEIN FREE HIGH ENERGY BAR

SHS INTERNATIONAL LTD.

Duobar available in Neutral, Toffee and Strawberry 8 x 45g bars

Loprofin Low Protein Crunch Bar 8 x 41g

VITAFLO INTERNATIONAL LTD.

Vitabite 7 x 25g bars per box

LOW PROTEIN DRINKS - * These products contain some phenylalanine. Check with your dietitian how much of these drinks you can have.

MILUPA

*Milupa lpd 400g

250ml = half an exchange when made as instructions

SHS INTERNATIONAL LTD.

*Loprofin PKU Long Life Milk Drink 200ml cartons

Contains approx. half an exchange per carton

*Sno-Pro Drink 200ml cartons

Contains half an exchange per carton.

LOW PROTEIN FOOD MANUFACTURERS' CONTACT NUMBERS

Useful if there is a query.

Fate Special Foods	01215-224433
General Dietary Ltd	0208-336-2323
Gluten Free Foods	0208-953-4444
SHS/Nutricia	01225-711877
Ultraparm Ltd	01491-570000
Vitaflo Ltd	0800-515174

MANUFACTURED FOODS OF NEGLIGIBLE PHENYLALANINE CONTENT ALLOWED FREELY

These foods have been selected taking into account the *normal portion size*.

MARGARINES, FATS AND 'MOCK' CREAM

All vegetable oils, lard and solid vegetable fats are allowed freely.
Butter and margarine contain only traces of milk protein and can therefore be used freely if they contain 1.0g protein per 100g or less.

Some lower calorie spreads often have added buttermilk which increases the protein but the following are suitable

Anchor

Lighter Spreadable

Arla Foods

Lurpak Lighter Spreadable

Asda

Spreadable Light

Morrison's

Better by Far Light

Sainsbury's

Sunflower Light

Tesco

Spreadable Butterpack Lighter
Value Sunflower Light Spread

Van den Berghs

I Can't Believe it's Not Butter Light
Flora Light Spread
Flora Pro-Active Light

GRAVY

The following gravies, when made up as directed, can be used without counting in the diet to a limit of 100mls per serving. (*Protein content no more than 0.3gms per 100mls*)

Asda

Vegetable Gravy Granules
Gravy Granules for Meat
Granules for Chicken
Smart Price Gravy Granules

Bisto

Bisto Powder
Bisto Granules range: Favourite, Onion, Chicken, Turkey, Vegetable
Bisto Best range: Chicken, Vegetable, Onion, Beef

Comptons

Gravy Salt

Cross and Blackwell

Gravy Browning

Morrison's

Vegetable Gravy Granules
Onion Gravy Granules
Chicken Gravy Granules
Beef Gravy Granules
Turkey Gravy Granules
Instant Gravy Mix

Sainsbury's

Gravy Granules
Gravy Granules for Meat, Chicken and Vegetarian Dishes

Tesco

Value Gravy Granules
Gravy Granules – Beef, Chicken, Vegetable

Uncle Roy's

Old Fashioned Gravy Salt

STOCK CUBES

Any vegetable stock cube or powder with a protein content of 0.3g per 100ml or less is suitable.

The following are examples which be used for soups, gravies and stock

Kallo

Just Bouillon Premium Vegetable Stock
Cube
Organic Vegetable Cube

Knorr

Vegetable Cube

Marigold

Organic Swiss Vegetable Bouillon Cubes
Marigold Swiss Vegetable Bouillon Powder

**Ready to Serve Crackers,Crisps,
Pancakes****Blue Dragon**

Rice Flour Pancakes

Taj Brand

Cassava Chips – unsalted and salted
Cassava Chips – Chilli Lemon
Cassava Sticks

Waitrose

Indonesian Style Vegetable Crackers
Not available in every Waitrose - ask local
store manager.

**DESSERTS, PUDDINGS, SWEET
SAUCES, FRUIT BARS AND SNACKS
AS PURCHASED (not made up)**

All cornflours and custard powder allowed
freely.
DO NOT use instant custard mixes.

Asda

Raspberry Dessert Sauce
Strawberry Sauce
Jelly Crystals Strawberry and Orange
Great Stuff Jellies –no added sugar-all
flavours

Askeys

Treat Strawberry

Betty Crocker

Ready to Spread Icing
– Rich and Creamy Vanilla
Buttercream Style Vanilla

Clear Spring

Organic Fruit Puree – all flavours

Del Monte

Fruitini Squeezie:
Blackcurrant, Strawberry, Apple
Fruit Express
Fruitini Fruit Pieces in Juice

Dole

Fruit in Jelly Bowls – all flavours
Fruit in Juice
Fruit Parfait – Peaches & Vanilla Cream,
Apple & Caramel, Pineapple & Coconut

Ella's Kitchen

Organic Fruit Smoothies

Empire Food Brokers Ltd

Marshmallow Fluff- Vanilla

Fiddes Payne

Cake and Dessert Sprinkles except
chocolate vermicelli

Foundation Foods

Rich's Rich Whip Cream
Mostlty found in Kosher stores in large
cities

Fresh and Natural Foods

Fruit Juice Nuggets

Fruit Bowl Stream Foods

Fruit Flakes- 1 bag free
School Bars

Greens

Lemon Pie Filling
Quick Jel
Carmelle

Just Wholefoods

Vegetarian Jelly Crystals- all flavours
except raspberry

Kalibo

Cool Fruits Organic Smoothie

Kelloggs

Winders

Lyles

Golden Syrup Maple and Original

Marks and Spencer

Fresh Fruit Jelly Terrine
Mango and Passion Fruit Jelly

Naturo

Fruit to Go Fruit Bars

Pearce Duffs

Blancmange powders all flavours but not
Chocolate

Premier Foods

Hartleys Individual Jellies – all flavours
(NOT low sugar)

Rowse

Raspberry Dessert Sauce

SPC

Fruit 'n Jelly Splits
Fruit Sorbet

Supercook

Vege-gel
Silver Balls
Sugar Strands
Hundreds and Thousands
Jelly Diamonds
Writing Icing
Easy Ice Vanilla
Edible Wafer Paper
Barbie Fairytopia
Ready to Roll Coloured Icing

Tesco

Rhubarb Compote
Gooseberry Compote
Fruity Jelly – all flavours
Just Jelly Tubs
Value Range Orange Flavour Jelly

Waitrose

Mango and Lime Coulis
Blackcurrant Coulis

Weightwatchers

Raspberry & Strawberry Flavour
Sugar Free Jelly Crystals

**SWEET AND SAVOURY – SAUCES,
PICKLES AND SPREADS**

**All the following table sauces and dips
contain no more than 1.5gms protein per
100g**

Asda

Brown Sauce
Extra Special Brown Sauce
Smart Price Brown Sauce
Lemon Curd and Smart Price
Tomato Ketchup and Smart Price
All Mayonnaise
Mild Salsa Dip
Hot Salsa Dip
Sweet Thai Chilli Dip
Tangy Sandwich Pickle Spread
Onion Chutney
Smart Price Sweet Pickle
Thousand Island
Garlic and Herb Dressing
Pesto and Balsamic Vinegar Dressing
Salad Cream
Burger Relish
Sweet Onion Relish
Hot Chilli and Jalapeno Relish

Aunty's

Mixed Berry Dessert Sauce
Butterscotch Dessert Sauce

Best Foods UK Ltd

Napolina Pizza Toppings:
Tomato Sauce with Herbs

Bespoke Foods

Bone Suckin' Salsa

Blue Dragon

Dipping Sauce:
Sweet Chilli Sauce – Original and Hot
Hot Chilli Sauce

Branston

Pickle
Smooth
Small Chunk
Mustard Pickle
Beetroot Pickle

Colmans

Seafood Sauce
Tartare Sauce

Crosse and Blackwell (Nestle)

Browning
Waistline Creamy Dressing

Discovery

Mexican Fajita Spice Mix
Mexican Wicked Chilli
Roasted Pepper Salsa

Doritos

Mild Salsa Dip

Duerr's

Lemon Cheese

Florentino

Basil Pesto

General Mills

Old El Paso Roasted Tomato and Pepper Salsa

Geeta's

Mango Chutney

Hartley's

Fruit Toppers:
Raspberry
Mango

Heinz

Tomato Ketchup and Organic
Tomato Ketchup reduced sugar and salt
Salad Cream
Sandwich Spread – original

Hellmans

Mayonnaise – Real, Light & Extra Light
Squeazy Light, Extra Light and Ordinary

HP Foods

HP Sauce
HP Barbecue Classic
HP Steak Sauce
Daddies Tomato Ketchup
Fruity Sauce
Lea and Perrins: Worcestershire Sauce
Lea and Perrins Tomato and Worcestershire Sauce
Daddies Brown Sauce

Ismael

Black Olive Pate

Levi Foods

Reggae Reggae Sauce

Marks and Spencer

Fire Roasted Pepper Salsa Dip
Sweet Chilli and Garlic Marinade
Asian Style Soy and Ginger Marinade
Sweet Chilli Dipping Sauce
Jamaican Jerk Dipping Sauce
Blossom Honey and Mustard Dressing
Classic French Dressing
Avocado Mint and Lime Dressing
White Balsamic and Raspberry Dressing
Tomato Ketchup
Salad Cream
Peri Peri Mayonnaise
Coriander, Lime and Ginger Mayonnaise
Reduced Fat Mayonnaise
Mayonnaise
Hollandaise Sauce
Coronation Sauce
Seafood Dressing

Raspberry Dessert Sauce
Toffee Dessert Sauce

Morrison's

Lemon Curd and Bettabuy Lemon Curd
Brown Sauce, Value and Spicy
Salad Cream, light, extra light and value
All Mayonnaise
Seafood Sauce and reduced fat
Thousand Island Dressing
Tartare Sauce
Tomato Ketchup, reduced salt and sugar
Value Tomato Ketchup
Hot Chilli Ketchup
Spicy Curry Sauce
Relish – Tomato & Chilli, Tangy Onion, Hamburger
Honey and Mustard Dressing
Eat Smart Caesar Dressing
Eat Smart Thousand Island
Big Dipper Cool Salsa Dip
Big Dipper Hot Salsa Dip

Nestle

Gales Lemon Curd

Patak's

Mango Chutney

Pizza Express

House Dressing

Sainsbury's

Tomato Ketchup

Lemon Curd & Basic (NOT Luxury or Taste the Difference)

Brown Sauce and Basics

French Mayonnaise & French Light

Mayonnaise & Basics & Light

French Dressing

Salad Cream, Basics and Reduced Fat

BBQ Sauce

Seafood Sauce

Hollandaise Sauce

Cool Salsa Dip, Hot and Basics

Spiced Mango Chutney

Bernaise Sauce

Sweet Pickle

Caesar Dressing

Fruity Sauce

Tartare Sauce

Sharwoods

Green Label Mango

Plum Sauce

Somerfield

Tomato Ketchup

Salad Cream and Simply Value

Sweet Pickle

Lemon Curd

Tesco

Brown Sauce, Finest and Value

Piccalilli & Sandwich Piccalilli

Sandwich Pickle

Original Pickle

Mango and Spicy Mango Chutney

Onion Relish

Tomato Relish

Value Sweet Pickle

Hamburger Relish

Salad Cream and Healthy Living Salad Cream

Mayonnaise and French Style

Squeezy Pickle

Spicy Indian Piccalilli

Lemon Curd & Value

Value Strawberry Ice Cream Sauce

Strawberry Dessert Sauce

Finest Raspberry Sauce

Mango and Passion Fruit Sauce

Waitrose

Mango Chutney and Hot & Spicy Mango Mayonnaise – Ordinary, Lemon, Reduced Calorie and Wholegrain Mustard

Mustard Piccalilli

Sweet Piccalilli

Spicy Peach Chutney

Caramelised Red Onion

Pesto Dressing

Roasted Vegetable

Walkers

Dippas:

Dorritos Hot Salsa

Mild Salsa

COOK-IN AND POUR OVER SAUCES, MARINADES AND STIR FRY – CANNED AND JARS

Suitable if protein content is 1g per 100gms or less.

These contain concentrated vegetables and care should be taken to avoid excessive use.

As a guide 3 times per week.

Check with your dietitian.

Amoy

Sweet Thai Chilli

Aromatic Sweet and Sour

Asda

Smart Price Bolognese Sauce

Sweet and Sour Cooking Sauce

Cantonese Sauce

Good For You Sweet and Sour

Extra Special Sweet and Sour

Smart Price Sweet and Sour

Smart Price Casserole Sauce

Fish Pie Sauce

Lemon and Ginger Sauce

Sweet Chilli and Garlic

Spiced Plum and Ginger Marinade

Mango and Brazilian Lime Marinade

Piri Piri and Hoisin Marinade

Szechuan Stir Fry

Chow Mein Stir Fry

Teriyaki Stir Fry

BLUE DRAGON

Sweet and Sour

Thai Green Curry

Peking Lemon

Chop Suey
Sweet Chilli and Garlic

BISTO

Somerset Pork

COLMAN'S

Pouch Specials:
Cracked Peppercorn and Cream Sauce
Parsley

D.C. Jardies

Cowboy Kettle Chilli Mix

ELLA'S KITCHEN

The Italian One

General Mills

Taco Spice Mix

Gourmet Cooking Sauces

Jambalaya Fennel and Apricot Tagine

Homepride

Barbecue
Curry
Sweet and Sour
Red Wine
Chicken Supreme
Chasseur
White Wine and Cream
Classic Curry
Potato Bake
Garlic and Herb
Classic Sweet and Sour
Fred's Favourite Sweet and Sour

Knorr

Chicken Tonight:
Classic Chasseur
Country French
Creamy Curry
Creamy Mushroom
Creamy Peppercorn
Stir Fry Pack:
Sticky Soy, balsamic vinegar and peppers
Uncle Ben's Stir Fry:
Aromatic Sweet and Sour
Thai Red Chilli
Sweet and Spicy Chilli

Lloyd Grossman

Roasted Tomato Sauce
Burgundy Red Wine

Marks and Spencer

Kentish Cider and Bramley Apple Sauce
Caramelised Onion
Mixed Mushroom
Sweet and Sour
Sichuan Hot and Sour
Sticky BBQ Marinade
Sweet Chilli and Garlic Marinade
Asian Style Soy and Ginger Marinade

Master Foods

Dolmio
White Lasagne Sauce
Uncle Ben's:
Sweet and Sour
Light Sweet and Sour
Sweet and Sour Extra Pineapple
Lemon Chicken and Ginger
Thai Sweet Chilli
Express Tomato and Basil
Szechuan Chilli
Oriental Cantonese

Morrison's

Sweet & Sour Extra Pineapple
Szechuan
Chasseur
Eat Smart Sweet and Sour Reduced Sugar
Sweet and Sour
Cajun Marinade
Sweet Chilli Marinade

Napolina

Pizza Topping- Tomato Sauce
with Herbs

Newman's Own

Creamy Cajun Marinade
Asian Style Marinade

Sainsbury's

Basics Sweet & Sour Sauce
Chinese Sweet & Sour Sty Fry
Oriental Lemon and Ginger
Basics Tomato Pasta Sauce
Spiced Lime Masala
Hot Chilli and Sweet Pepper
Szechuan Sweet and Sour
Be Good to Yourself Szechuan Tomato

Sharwoods

Sweet and Sour
Sweet Chilli and Lemon Grass
Kung Po
Teriyaki
Hoi Sin and Plum
Sweet Chilli and Red Pepper
Kaffir Lime and Coriander

Seeds of Change

Sweet & Sour
Madras Hot and Spicy

Somerfield

Simply Value Pasta Sauce
Healthy Choice Pasta Sauce
Sweet and Sour
Healthy Choice Sweet and Sour

Swartz

Stir Fry Sweet and Sour

Tesco

Sauce for Pasta – Chunky Vegetable
Value Sweet and Sour Sauce
Value Pasta Sauce
Original Pasta Sauce
Lemon and Ginger
Mushroom Pasta Sauce
Sweet and Sour
Choi Mein Stir Fry
Oriental Style Plum and Ginger
Sweet chilli Marinade
Light Choices Pasta Sauce
Organic Sweet and Sour

Waitrose

Perfectly Balanced Sweet and Sour

Yutaka

Teriyaki Sauce

SWEETS

Suitable if protein content is 0.3g per 100gms or less.

Do not use sugar-free sweets and chewing gums containing aspartame

Asda

Flying Saucers
Sherbet Fruit Cocktails
Crystal Clear Fruit Drops
Butterscotch

Cough Candy
Jelly Beans
Rhubarb and Custard
Cola Cubes
Sherbet Teddies
American Hard Gums
Rosey Apples
Fruit Jellies

Biona Organic

(independent health food shops, selected Waitrose and www.goodnessdirect.co.uk)
Cola Bottles
Fruit Lollies
Jelly Bears
Tutti Frutti Wine gums
Licorice Bears
Peppermints
Peppermint Roll Pack
Pineapple Chews

Duchy of Cornwall

Sherbet Lemons
Barley sugars

Ferrero

Tic Tacs: Fresh Mint
Lime and Orange
Spearmint
Tropical Twist

Fox's

Glacier Mints
Glacier Fruits

Golden Casket

Millions

Jelly Bean Factory

Gourmet Beans

Joseph Dobson

Mint Imperials
Pear Drops
Voice Tablets
Yorkshire Mixture

Just Wholefoods

VegeBears Fruit Jellies
VegeBears Frooty Fruits

Kraft

York Fruits

Leaf

Chewitts

Marks and Spencer

Chewing Gum- Cool Mint, Very Berry,
and Menthol
All Butter Mintoos
Mint Assortment
Lemon Sherbets
Rosy Apples
Mint Crumbles
Fruit Sherbets

Master Foods

Starburst Original Fruity Chews
Starburst Choozers
Skittle Fruits
Skittles Crazy Sours

Morrison's

American Hard Gums
Sparkling Fruits
Sherbet Fruits
Butter Mintoos
Fairtrade:
Mint Crumbles
Sparkling Fruits with Cherry Centres
Mint Imperials
Blackcurrant and Liquorice

Nestle Rowntree

Jelly Tots
Polo:
Original
Polo sugar Free

Rowntrees

Tooty Fruities

Sainsbury's

Clear Fruits
American Hard Gums
Basics Clear Mints
Basics Fruit Chews
Cough Candy
Mint Imperials
Rhubarb and Custard
Mini Jelly Beans
Citrus Slices
Clear Mints
Sugar Free Whitening Chewing Gum

Smith Kendon

Travel Sweets Mixed Fruit Flavours

Swizzlers Matlow

Clicker Pop Heart Beat
Clicker Pop Kicker
Climpies
Creepy Klick Dispenser
Barley Sugar
Butterscotch
Coffee Drops
Crystal Fruits
Crystal Liquorice
Crystal Mints
Dolly Beads
Dolly Watches
Double Dips Sugar
Double Lolly Fizz
Drumbo Pops
Fizzers Dextrose
Flic 'n' lic
Flic 'n' lic Sour
Ghoulish Glasses
Horror Candy Container
Lolly Fizzy Pops
Lolly Fruity Pops
Lolly Fruity Pops /sour
Lolly Ice Cream Pops
Lolly Swizz Kid Fruity
Love Heart Dip
Mega Bubble Gum
Mr Fruits
Parma Violet
Parma Violet Lolly
Rainbow Dust Straws
Refresher Bar Lemon Mega
Slime Heads
Super Baby Bottles

Tesco

Mint Assortment
Sparkling Fruit Drops
Butter Mintoos
Cola Cubes
Fruit Sherbets
Pear Drops
Rhubarb and Custard

Thorntons

Fruit Rock – Orange, Blackcurrant,
Pineapple, Strawberry
Real Fruit Jellies
Mint Crumbles

Trebor Basset

Bassets and Beyond:

Mint Creams

Murray Mints

Trebor

Soft Mints Spearmint

Soft Mints Peppermint

Extra Strong Peppermint

Waitrose

Butter Mintoes

Clear Fruits

Sherbet Fruits

Mint Imperials

Fruit Jellies

Sherbet Fruits

Wether's

Original

Buttermints

Wrigley

Hubba Bubba: Seriously Strawberry,

Atomic Apple,

Cool Cola

Hubba Bubba Max: Strawberry and Water Melon,

Sour Double Berry

Hubba Bubba Glob

Altoids Peppermint Mints

ICE LOLLIES, SORBETS AND WAFERS**ASKEYS**

Ice Cream Wafer (one wafer 0.2g protein)

Ben and Jerrys

Jamaican Sorbet

Mango berry Swirl

Bottle Green

Simply Sorbet:

Ginger and Lemon Grass

Elderflower

English Summer

Calypso

To freeze at home:

The Simpsons Freeze Pops

Jubbly Ice Lollies-Blackcurrant, Strawberry

Sugar Free Freeze pops

Jubbly Smoothies

Icicles

Safari Pops

Carte D'or

Lemon Sorbet

Del Monte

Smoothies – Raspberry & Mango

Fruitini – 8 Fruit Juice Ices

Kara

Smooze – Fruit ice- all Flavours

Lyons Maid

Rowntrees Fruit Pastil Lolly

Mackies of Scotland

Iced Fruit Smoothies:

Blueberry and Raspberry

Mango and Orange

Morrison's

10 Assorted Fruit Lollies

9 Traffic Light Lollies

8 Orange Juice Lollies

15 Value Assorted Fruit Flavoured Lollies

6 Assorted Push Up Lollies

10 Rocket Lollies

Ribena

Blackcurrant Smoothie

Sainsbury's

Real Fruit Lollies Push Ups

Basics Assorted Fruit Flavour Lollies

Rocket Lollies

Sorbet – Lemon, Mango

Burst Lollies – Mango & Passion Fruit, Kiwi

10 Assorted Real Fruit Lollies

Sunlolly

Cola

Tesco

Lemon Sorbet

Freshly Squeezed Orange Juice Lollies

Healthy Living Pomegranate and Blueberry Lollies

Orange and Passion Fruit Lollies

Waitrose

Sorbet – Lemon, Mango

Fruit Juice Lollies

Cloudy Lemonade Lollies

Freshly Squeezed Orange Juice Lollies

Rocket Lollies

Walls

Calippo: Orange, Strawberry, Tropical

Mini Calippo

BE AWARE!

THE FOLLOWING MAY BE TAKEN FREELY AS LONG AS THEY DO NOT CONTAIN ASPARTAME. See page 3.

DRINKS

Fruit Juices, fizzy drinks, lemonade, cola Varieties, fruit drinks, squashes and cordials are allowed freely. Tea, including fruit and herb teas, coffee (ground and instant).

LIFT

Instant Tea: Lemon, Apple and Peach

RICE MILK

WAITROSE

Rice Drink with added Calcium and vitamins

FAIRTRADE

Organic Rice Drink

PROVAMEL

Rice Drink

RICE DREAM

Original

SAINSBURY'S

Rice Drink

DRINK FLAVOURINGS

NESTLE

Nesquik Powder – Strawberry, Banana

RAYNER BURGESS

Crusha Milk Shake Mix:

Banana, Raspberry, Strawberry

Not No Added Sugar Variety

CRUSHA SHAKE SYRUP:

Strawberry, Raspberry and Chocolate

TESCO

Milk Shake Mix: Strawberry, Banana

WHILES

Thick Shake – Strawberry, Banana

Strawberry Milk shake

MISCELLANEOUS

Fruit Purees, honey, maple syrup, and

Golden syrup

Also see dessert sauces on pages 13-14.

WORKING OUT EXCHANGES IN THE SUPERMARKET.

There are some sections in the supermarket where you will find useful foods.

Ready made puddings

Meringue nests and Brandy Snap Baskets have the protein per nest or basket– useful with fruit and sorbet.

Chocolate and Toffee Sauces – good on fruit, ice cream or low protein sponge.

Jelly- type puddings. There are now many jelly puddings which are set with suitable gelling agents e.g. gellan, carageenan, locust, carob and xanthan bean gum all of which are low in protein. Do not use jellies containing gelatine as it is very high in protein.

Soup

A number of the 'Soup in a Cup' varieties contain 1 exchange per sachet.

Savoury Spreads and Pate

More vegetable ones now eg mushroom, roasted peppers

Sauces for making up

Look for the easy to prepare hot sauces needing water only e.g. Free & Easy Dairy Free Cheese Flavour Sauce ½ exchange for 100g.

Crisps and snacks

Check small packets for protein per pack. Many of them are 1 exchange per bag and some are only ½ exchange per bag.

Cereal Bars

Some are 1 exchange per bar. Useful for a packed meal or snack.

Alternative 'milk' and 'cream'

Coffee Whiteners and non-dairy creams can be useful store cupboard items. Look at Oatly and Oat Supreme. Check the protein value.

Visit our web site for more detailed information about supermarket foods at www.nspku.org

How to calculate a 1g protein exchange from the food label

NUTRITION		
Typical Values	Per 100g	Per Pack
Energy kJ	2200	1100
kcal	525	265
Protein g	3.1	1.6
Carbohydrate g	62.0	31.0
of which sugars g	7.0	3.5
Fat g	29.5	14.8
of which saturates g	13.3	6.7

- Look at the protein per 100g
- Divide this protein figure into 100 and this will give you the amount of the food for a 1g protein exchange.
- $100 \div 3.1 = 32.2$
- Round up or down to the nearest 5g = 30

So 30g of this food = 1 exchange

CURRENT LEAFLETS AND BOOKLETS

Published by the National Society for Phenylketonuria (United Kingdom) Limited.

Leaflets are available on the following:

- For Parents
- Maternal PKU
- For Schools
- About Alcohol
- For GPs
- For Employers
- Dental Care - leaflet for parents, booklet for children
- Granny's Guide
- 10 + 1 Steps to Success with PKU

2 The Child with PKU

3 Dietary Treatment for the Untreated Adult PKU

4 Packed Meals for a PKU Diet

5 Travelling with PKU

6 Joe's Story

7 Returning to the PKU Diet

6 Pictorial Guide to a Low Protein Diet

7 Other leaflets and booklets on other topics concerning phenylketonuria are in the course of discussion or preparation.

NOTES



The National Society for Phenylketonuria (United Kingdom) Limited

Patrons

Ken Dodsworth MBE Lady Teresa Carter Anna Raeburn Dr Miriam Stoppard MD, MRCP

Helpline: 0208 364 3010 (24 hour answering machine)
Email: info@nspku.org

P. O. Box 26642,
London,
N14 4ZF

NSPKU FAMILY MEMBERSHIP (For teenagers/adults with PKU)

Thank you for expressing an interest in joining the NSPKU. Your free membership will last until the next renewal date on 1st November

Family Membership of the NSPKU entitles you to receive copies of our quarterly magazine, News & Views, and other new and updated literature as it is produced. The NSPKU is also arranging events for teenagers and adults with PKU to address their particular needs.

In future years the annual subscription costs will be £17 (UK) or £23 (non-UK) (payable in £ sterling to **NSPKU**). Payment can be made by cheque, credit card or annually or quarterly by direct debit (a direct debit mandate is enclosed for your use). However, if you feel that you are unable to pay the subscription fee at that time, we would ask if you could contribute a donation of £2 to cover our administration charges. Whether you are able to pay or not, you will need to return your renewal form if you wish to continue your membership. This will enable us to ensure that our records are correct. These will be held on a computer in accordance with the Data Protection Act.

Thank you,
Honorary Secretary NSPKU

----- CUT ALONG LINE -----

NSPKU FAMILY MEMBERSHIP (For teenagers/adults with PKU)

Person with PKU - Name:- _____ (BLOCK CAPITALS PLEASE)

Address:- _____

:- _____

:- _____

:- _____

Post Code:- _____

Telephone:- _____

dd mm yy

Date of Birth:- ____ / ____ / ____

Please send me details of Guarantor Membership, which would give me the opportunity to have a greater say in the way the NSPKU is operated Yes / No (Delete as appropriate)

I/we confirm that this is the first time I/we have applied for membership my/our details may be held on computer in accordance with the Data Protection Act 1984.

Signed _____

Date _____

FM/ _____

Please return the completed form to:-

NSPKU, P. O. Box 26642, London, N14 4ZF.

Office Use Only	From	I/P
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Company No 1256124

A Company Limited by Guarantee & Registered as a Charity
Merrywood, Green Road, Wivelsfield Green, West Sussex. RH17 7QD
Internet: <http://www.nspku.org>

Charity No 273670



The National Society for Phenylketonuria (United Kingdom) Limited

Patrons

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NSPKU FAMILY MEMBERSHIP (For families with children with PKU)

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Thank you,
Honorary Secretary NSPKU

----- CUT ALONG LINE -----

NSPKU FAMILY MEMBERSHIP (For families with children with PKU)

Name:- _____ (BLOCK CAPITALS PLEASE)

Address:- _____

:- _____

:- _____

:- _____

Post Code:- _____

Telephone Number:- _____

	dd	mm	yy
Person with PKU 1 Name _____	____	____	____
Person with PKU 2 Name:- _____	____	____	____
Person with PKU 3 Name:- _____	____	____	____
Person with PKU 4 Name:- _____	____	____	____

Please send me details of Guarantor Membership, which would give me the opportunity to have a greater say in the way the NSPKU is operated

Yes / No (Delete as appropriate)

I/we confirm that this is the first time we have applied for membership of the NSPKU and understand that my/our details may be held on computer in accordance with the Data Protection Act 1984.

Signed _____

Date _____

FM/ _____

Please return the completed form to:-

NSPKU, P. O. Box 26642, London, N14 4ZF.

Office Use Only	From	I/P
-----------------	------	-----

File: Fam1Family.doc C - 17 January 2007

Company No 1256124
A Company Limited by Guarantee & Registered as a Charity
Merrywood, Green Road, Wivelsfield Green, West Sussex. RH17 7QD
Internet: <http://www.nspku.org>

Charity No 273670

Type of payment: Family/Literary* membership (UK) (please indicate)
Frequency of Payment: yearly/quarterly* (please indicate)

Instruction to your Bank or Building Society to pay by Direct Debit



Please send completed instruction to:

Lucy Welch
Administrator
NSPKU (UK) Ltd
PO Box 26642
London
N14 4ZF

Originator's identification no.

6	8	5	3	2	1
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Charity Services
Charities Aid Foundation
Kings Hill, West Malling, Kent, ME19 4TA

Name(s) and address of account holder(s)

Mr/Mrs/Miss
Address-----

-----Postcode-----

CAF Reference number:

6258-01

For CAF Official use only- this is not part of the instruction to your Bank/Building Society

Date of first payment – on or after:

Bank/Building Society account no.

--	--	--	--	--	--	--	--

Branch Sort Code

--	--	--	--	--	--

Name and full address of Bank/Building Society

To: The Manager

Address-----

-----Postcode-----

Instruction to your Bank/Building Society
Please pay **CAF RE NSPKU (UK) LTD**
Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with CAF RE NSPKU (UK) LTD and if so, details will be passed electronically to my Bank/Building Society

Signature

Date

Banks and Building Societies may not accept Direct Debit instructions for some types of account

-----DETACH HERE-----

This guarantee should be detached and retained by the payer



The Direct Debit Guarantee

- This guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society.
- If the amounts to be paid or the payment dates change, CAF RE NSPKU (UK) LTD will notify you at least ten working days in advance of your account being debited, or as otherwise agreed.
- If an error is made by CAF RE NSPKU (UK) LTD or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a direct debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to CAF, Charity Services, Kings Hill, West Malling, KENT, ME19 4TA



The National Society for Phenylketonuria (United Kingdom) Limited
