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Nick Nairn

Cookery School

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Big Kids at Edale



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News and information
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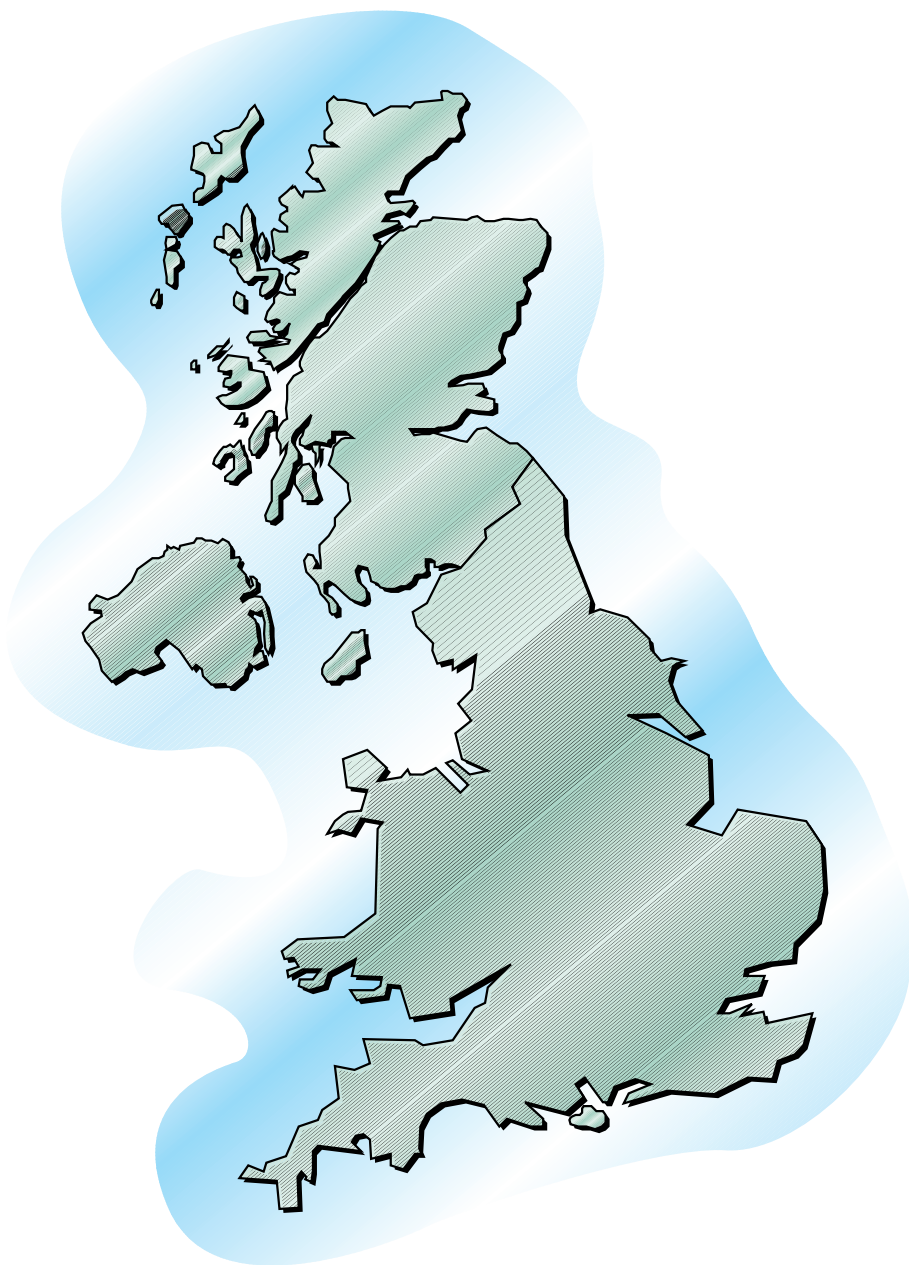
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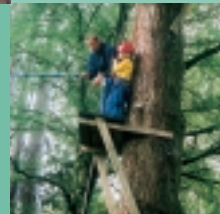
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Editor's Report...

What goes around comes around. I can remember the grief I used to give my Mother over eating and finishing off my food at the table. Every meal time was the same. I hated food, it just used to get in the way of valuable play time and general shenanigans.

It was a bit like a spaghetti western whereby two bristle chinned Latino types (sorry Mum) faced each other on a dust driven street, only the spaghetti was still on the plate and I was not gonna eat it. No sir. I want down from the table. NOW.

Mum peers at me from under her sombrero. You're not getting down kid. Not this time (spoken in a broken Mexican accent) You stay and you eat, chinchilla breath. I leer back. You sons of midges, I aint gonna eat no more stinkin spuds. And so it went on. And on. And on and on etc etc I'm still the same today, only the spurs are on the other heel.

I aint gonna eat no stinkin protein supplements you sons of leechesí. (tumbleweed blows merrily past as if to taunt me). Grandma now chips in with the taunt "hey eengleesh, yow driva me crizy for years, eeza your turn now, I speet in your direction, eengleesh stoopid."

I hold my hand up. Maybe if I'd known what the equivalent of a dietary round the world swim (circum-navigating) was as regards PKU I might have turned out differently. But I doubt it. We are what we are. But I must say this for the record. Sorry Mum.

Pete Bramley

Editor

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Irene Lilian Johnson	367.50
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A Weekend In Keswick



Following last year's successful trip to the Lake District for an outdoor activity weekend we set off again for a weekend of little sleep, lots of fun and a chance to make some new friends.

27 young people, all with PKU, from 9 – 15 years of age came from as far away as Elgin in the very north of Scotland, Edinburgh, Glasgow, Leeds and Dundee to participate in canoeing, wall climbing, rope activities and gorge walking.

Many of the young people had been before and were making contact with old friends, but there were some younger ones who had never been away from home before, let alone met anyone else with PKU.



When we arrived, Nigel our coordinator for the weekend gave a brief chat on how the weekend would be organised and also a few house rules. Then we were up to the dormitories to make up the beds! A short while later it was into the routine of making up the protein supplements and preparing for the evening meal. As we found last year, this part was very time consuming and although we felt quite prepared, it was still a bit of a muddle. We did have fun, such as; shaking the Maxamum and the top coming off. It's very sticky!

The young people became adept at sorting themselves out and just getting on with it. By the end of the weekend we had it down to a fine art. One of the amusing things for us was listening to the comments from the youngsters about their supplement and the encouragement they gave each other when someone was struggling. We also had a few that tried everything going and I hope we did not upset too many dietitians on the Monday morning when we phoned to let them know that someone had changed what they were taking!



It is amazing what can be achieved when you are in company and being encouraged to do something that scares the life out of you. It brings a lump to the throat when you see a 9 year old jump off a tree on the double death swing after thinking about it for ages, doing it and then saying I want to do it again.

Even the adults found themselves up the tree and jumping off when they would really rather have both feet on the ground. I think I must have screamed the loudest when it was my turn to go on the swing having found myself saying to two of the young girls,

if I do it will you? I don't know what the view was like up there as I couldn't open my eyes, but I did it!

That was the theme for the weekend – we all did things we did not think we could – even if it was being away from home for the first time without mum and dad or mum and dad letting them go away for the first time.

The instructors were second to none and seemed to have an intuition for knowing when to push the youngsters a little bit and also know when they really did not want to do the task. Our weather this year was mixed but on the whole good and we enjoyed the wonderful scenery.

On the Saturday one of the boys had his 9th birthday and we surprised him with a football cake, gifts and a hearty rendition of Happy Birthday. It was therefore not surprising that he was last to go to sleep that night! The activity sheets designed by Anita for the self management skills package currently being produced, worked a treat at calming down the more boisterous members of the group. Doing a "punny" at 12.30am certainly is effective!

Thanks must go to the dietitians Clare, Carolyn and Joanne along with Peter Robinson our doctor for giving up their weekend to take the young people. I know I get a great deal of satisfaction when you see the youngsters getting together, hearing them say that they had never met anyone else with PKU before and also afterwards when they say that one of the best things was being able to eat the same as everyone else



and not be the odd one out.

All credit as well to the staff at the centre for their patience and willingness to accommodate our needs. The chef is by now quite adept at the low protein cooking and thanks must also go to SHS for providing all the low protein products used during the weekend along with Vitaflo and the NSPKU for their donations towards the cost of the weekend, without which we could not afford to subsidise the weekend and also take along those who otherwise could not go.

*Barbara Cochrane
Dietitian, Glasgow*



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Letters

News & Views, 48 Hazeldell, Watton-at-Stone, Hertford SG14 3SN
Email: nspku.secretary@nspku.org

The treatment of phenylketonuria varies for each individual patient. No patient should alter their own treatment as a result of reading how another patient manages their diet without first consulting their doctor or dietitian.

Dear News and Views,

Recently you received a cheque for £151.33p from Nigel K Ford Funeral Directors, in memory of Mrs Kathleen Nancy Wood. She was the grandmother of Sophie Wood of Taunton, Somerset, who is 14 years old and is PKU.

Nancy was always interested in Sophie's diet, and was amazed at how well she managed on it, considering that Sophie is only on 10 exchanges a day. Nancy always supported the spring draws and enjoyed reading "News and Views".

The Wood family thought it would be appropriate to donate some of the collection, to the PKU Society in her memory and feel sure that Nancy would have approved.

Please feel free to put this money to the best possible use by the society.

Yours faithfully,

Neil Wood, father of Sophie

Dear News and Views,

Please find enclosed a cheque for the value of £40 for the NSPKU. This money was collected by friends and neighbours on behalf of my husband Thomas Ackers who died suddenly aged 72.

Our great granddaughter Terrell McCabe (see picture) has PKU. She is 2 ½ year's old and her great grandad was very proud of her.

Yours,
Mrs Lillian Ackers.

Dear News and Views,

Please find enclosed a cheque for £40. This money was raised for the NSPKU at our Harvest Festival this year.

Yours,

Mrs. P. A. John.

Dear News and Views,

Please accept this donation of £225 in memory of the dear and much loved granny of Jack Broadbent aged 8 who has PKU.

Jack's granny Ann Richardson, was a social worker at Stockport Social Services and this donation was collected by her work colleagues and friends.

Jack's granny would love this money to go to the



NSPKU – she appreciated the valuable support the NSPKU gives PKU families like ours.

Ann, my mum and Jack's granny, died of breast cancer in May 2003 aged only 51. We love and miss her.

Thank you NSPKU!

Love,

Emma (Jack's mum), Jack and all the family.

Contacts

Hi!

My name is Patrick Taylor, 25 and am a PKU from Southampton. I would really like to have contact with someone around my own age to share my experiences, problems and feelings with who understands. I would prefer this PKU adult to live nearby in Southampton. I look forward to a reply soon.

My contact details are as follows:

patsstay@hotmail.com
mobile on 07729615979

Hi!

My name is Samantha Beer. I am 11 years old and I live in Camberley, Surrey. I am on 3 and a half exchanges a day, which as you know, is very low. I feel very disappointed about how many I am on. Sometimes I feel very upset and cry. My mum and dad help me a lot and try their best to get me to eat some other foods for PKU people. When my mum orders these foods from the chemist I do try them but I don't really like the taste. But mum and dad never give up trying.

My favourite foods are roast potatoes, peas, broccoli and gravy. My mum and dad say to me that I should try to eat more fruit and different things. So if there is anyone out there with the same amount of exchanges as I have, could they give me some ideas of what they eat? They can contact me on my email address

Many thanks,
Samantha Beer x x x x
littlebeer@aol.com

*If you wish to make contact with someone else to share your PKU experiences, write to: News & Views Editor, 48 Hazeldell, Watton-on-Stone, Hertford SG14 3SN.
Or Email: editor@nspku.org*



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Chair's Report...

It is a pleasure to bring you the report of the ES.PKU Conference in this issue. The meeting was considered a great success by the many delegates I had the chance to speak with during the four days, and taking into consideration the hard work and cost I believe it to have been very worthwhile for the NSPKU to host this event. It was both enjoyable and valuable to be in contact with people coping with PKU from many different countries and made me on occasions, stop quietly for a moment to consider how fortunate we and our children are to be in receipt of the care we have. Every member of the COM was committed to making the conference a success and worked very hard to that end, but I will single out Eleanor Weetch, Mike Bailey, Pete Bramley and Jo Clough for praise because of their magnificent organisation of the event. I would also like to thank the excellent speakers and many 'friends of the society', dietitians and family members in particular, who pulled all the stops out and manned information desks, ran messages and supported us in any way they could. It was all much appreciated.

You can read the breakdown from the talks further on but if you would like any extra information please contact any of us. In fact, don't ever hesitate to contact any of us about anything to do with PKU because we are here to work for your society and not just for the good of our health (although running around at breakneck speed, those of you at the conference will know what I mean, does help to keep us fit and active). We really do like to know what your views are, hear your queries and niggles and we are always especially grateful to hear about your experiences and receive helpful suggestions. If getting into a long telephone conversation is not your cup of tea, then why not Email us? All of our addresses are on the contacts page.

UK NEWBORN SCREENING PROGRAMME

I have recently attended a meeting with the above group that was set up and funded by the Government with the task of reviewing neonatal screening in the UK and making recommendations on future screening procedures and possible developments. Our group is charged with the task of reviewing clinical practice in the period immediately after diagnosis and follow this by making recommendations on 'Initial Clinical Referral Standards for Phenylketonuria. Myself and two PKU mums, Caroline Bridges and Wendy Cheale, were warmly welcomed and encouraged to join in the discussions, feeling that our experiences and those of other families were listened to and taken into account. It was also pleasing that note was also made of the recommendations in our Management of PKU Document. The recommendations of the group will be available for distribution from February, and if you would like to see a copy and report your comments back, please contact me.

MERCHANDISE

Sara has a few pairs of Salter scales for sale again. They are a good kitchen model that weigh in 1g increments and normally retail at about £40. They have an add and weigh facility and are guaranteed directly by Salter, a company with whom we have experience of an excellent after-sales service. The cost

has increased from the last time we sold them, to £28 and we are adding a £4 P+P charge.

She also has a considerable number of Kenwood Juicers priced at a very low £9 plus P+P. They help to add interest to the diet, being useful for citrus drinks, cocktails, mocktails etc. A recipe sheet is supplied with each order that we are hoping to add to, through News & Views when **some of you** send us your favourite drinks recipes.

Last, but not least, she has a few stylish polo shirts left that were produced to be a memento from the ES.PKU Conference. Available in medium or large, black with gold lettering, and going for the reduced price of £7 plus P+P. Don't miss this bargain – it will get everyone talking about the NSPKU/ES.PKU when you wear it, and we want more people to know about PKU and what a success story the treatment of this condition is!

Sara Bartlett
Chair

Treasurer's Report...

I have just been reading back through past reports to make sure I don't begin to sound like a broken record, (remember those things made of black vinyl that went out with the ark!). I already spend most of the day repeating myself to the children and of course to my husband, who being male, has the inability to hear anything the first time it's said. However trying to come up with new and interesting ideas is not that easy. Having racked what is left of my brains after Christmas and the Audit I have come to the conclusion that things don't have to be new and exciting to work. After all, the wheel has been around for a few thousand years now and it still seems to do its job pretty well! So perhaps at the start of a new year (or when you read this as we are bursting into spring...dig, dig Ed!) we could give a thought to some of the old faithful tax dodges! There is of course the "wheel" of charity giving, the gift aided donation, suitable for all tax payers. Just complete a declaration form and we can claim back the tax increasing the size of your donation at no cost to you. There are also work based schemes such as "Give as you earn" where you can give regularly, your donation is deducted before tax. This scheme can also operate as a Staff fund with a number of staff contributing as a group to charity. For one off donations and fundraisers there is the Matched Giving Scheme (this can also work for regular donations), whereby an employer matches all or part of your donation. Companies get tax relief on their donation, and of course a few brownie points! For details of all these and more you can either contact me or visit www.allaboutgiving.org. For the computer literate, this site also enables you to donate online. Of course for those of you who like myself aren't employed and don't pay tax there is still thank goodness the good old cheque book, an envelope and a stamp!!

Julia Bailey
Honorary Treasurer

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Nick Nairn Cookery School

Just take a carrot!

At the beginning of September we were thrilled to be able to spend a day at Nairn's Cook School at the Lake of Mentieth in the beautiful countryside of Stirlingshire.

Nick Nairn, who is a popular Scottish TV celebrity chef, often seen on Ready Steady Cook, organised the day. Nick had previously come along to one of the low protein cookery workshops and had said he had not come across the diet before and was appalled at the limited foods allowed on the low phenylalanine diet. He was keen to help to broaden the range and variety of ways of cooking the vegetables. He is a great believer in using quality home grown organic produce and his own diet is based on the many vegetables grown in the grounds of his home.



There was space for 10 at the cook school and the lucky few included a Granddad of a young girl with PKU, a teenager, a few mums and adults with PKU. We arrived in time for coffee and were treated to a carrot, ginger and apple juice drink – freshly made. It was delicious and reminded us of how easy it is to make your own drinks that are full of vitamins and minerals.

Then we were ready to begin. First we had a demonstration on the many ways to prepare simple vegetables without boiling them to a mush! The method of pan-frying with a little olive oil and cumin seeds produced delicious results. For the next couple of hours we were shown how to listen to the pan when cooking and learnt how to judge when the pan was hot enough and not too hot. Simple as it may sound, the technique demonstrated how the flavour could develop from many vegetables to produce wonderful results. In addition, the vegetables were also roasted and compared with the pan-fried. It is simple when you know how!

Following coffee, we were shown how to make onion marmalade, which made a delicious pizza topping, and also would be very good for tarts, toasties and sandwiches. The tomato sauce was similarly delicious and could be used for pizzas and pasta and could be kept in a jar in the fridge for several weeks.

We made our lunch, which was pan-fried pizzas, rice with stir-fried vegetables, pasta with roasted vegetables. Then Sam, one of the assistant chefs made our dessert. We gave instructions on making up a plain and a chocolate sponge cake, but got the timing a bit wrong for how long it should have been in the oven. The sponge had risen wonderfully, but when cut open was very raw in the middle and then sank. Not to be disheartened, Nick then scooped out the raw mixture, filled the chocolate one with strawberries and Belgian chocolate sauce (1.5g protein/100g) and the plain one had lemon curd. He then popped the top back on, dusted with a little icing sugar and portioned them out. Onto the top of the dessert he poured over a little Sainsbury's "Free from" cream (0.9g protein/100g) and we had delicious dessert out of something most of us would have binned.

The whole day was wonderful, we learnt many new tips on how to get the best out of vegetables, how to bring out the flavour and what we can add to make the dish just that little bit different.

It was also encouraging to spend the day with someone who had a genuine interest in the diet and was prepared to take time out of a very busy schedule to talk to us and learn more about the condition.

It made it a grand day out! Our thanks go to Nick and his staff for making us so welcome and being prepared to spend the time with us. We went back with our trendy Nairn's aprons to show off to friends.

Barbara Cochrane

Recipes from the day

Chargrilled carrot with cumin

Slice carrot into very thin strips & drizzle with light olive oil. Rub oil into carrot and sprinkle with whole cumin seeds. TIP – ground cumin burns. Put in griddle pan and leave to cook. Turn over and season at end with salt, pepper and lemon juice.

Fried carrot with lemon

Cut long strands of carrot with potato peeler and place in a pan with a knob of butter. Lower heat once the butter has melted. Add a squeeze of lemon and place lid on pan. Leave to stew in own juices. Season with salt & pepper and lemon zest. Can add coriander if required.

Tomato Sauce – Use with pasta or as base for pizza.

Place approx. 4 tbsps of good olive oil in heavy-based saucepan. Add 2 cloves garlic, finely chopped, can add chilli if require. Before garlic starts to burn, add 2 cans chopped tomatoes. Bring to boil and add 1 heaped teaspoon of caster or granulated sugar. Reduce heat and simmer while sauce reduces down for approx. 30 – 40 mins. Near end, reduce heat further. Finish with chopped basil (remember to remove stalks) and a few drops of balsamic vinegar.

Pesto

Oil then garlic – mesh to garlic paste. Remove garlic and then add a variety of herbs – basil/parsley/rocket and spinach – blend together. Can freeze.

Unleaven pizza base/bread

Use 300g flour, reduce oil by half and 100ml water. Mix to dough and roll out thin.

Onion Marmalade - Use in sandwich/toastie or as a pizza base

Finely slice 2 onions. Add butter or oil to pan. Add onions and cook on low heat for 30 mins. When onions caramelised, add 1 tbsp. red wine/fruit vinegar and 1 tsp redcurrant jelly.

Chargrilled vegetables – Use with cous cous/tomato sauce/on pizza bases or with pasta
Courgette – Cut long strands and rub in light olive oil.

Aubergine – Cut into slices & salt down and leave for 15 mins. Wash salt off and pat dry. Oil down as well.

Red pepper – cut into quarters and remove pith & seeds. Oil down.

Add all above to chargrill pan or place on baking tray.

Butternut squash – Cut & remove pith & seeds. Keep skins on & oil over and place in oven for 30 mins at a temperature 200 C. Remove flesh from skins using a spoon. Can use with olive oil and toss with cooked pasta.

Pizza options

Tomato sauce as base with roasted/chargrilled vegetables and chilli or butternut squash as topping – cook for 2/3 mins in oven, then drizzle with oil and add chopped basil. Season with salt & pepper

Onion marmalade as base then add thinly sliced potatoes. Leave skin on potatoes and soften in pan for 1 min with light olive oil.

Soups

Tomato & Basil Soup

Place good olive oil in large pan; add 2 cloves of finely chopped garlic. Add 1 sliced red onion to pan. Sweat onions & garlic – place lid on pan. Cut ripe tomatoes into 8's and add with 1/2 glass of vermouth/sherry or water. Add good handful of basil with stalks plus 1tsp of sugar. Put lid on and leave. Liquidise or put through mouli – season with salt & pepper.

Parsnip Soup

Peel & remove woody stems from 2 large parsnips and cut into cubes. Finely chop 1 onion. Melt butter into large pan. Add onion and 1/2 tsp. curry paste. Add 1/2 tsp. salt & pepper. Add boiling water and parsnips (TIP- ONLY ADD ENOUGH WATER TO COVER PARSNIPS). Can add garlic and 1/2 red chilli if require. Bring to boil and place lid. Reduce heat and simmer for 20 mins. Liquidise on high speed.

Stir Fry Vegetables

Pak Choi – good in stir-fry

Coriander, chilli, ginger & garlic “must have” in a stir fry

Asparagus instead of beansprouts

Thinly slice ginger to matchstick size (alternatively can grate ginger into clean teatowel and squeeze out the juice. If using this method then add to stir fry near the end)

Red chilli – cut into matchsticks

Garlic – finely chopped – 1 clove

Red pepper – fine slices – remove seeds etc

Slice mushrooms

Pak Choi – cut ends off and chop

Asparagus – cut off purple ends, use peeler to take ends off and cut into diagonal slices

Courgette – cut ends off and cut into 1/3's and then cut into batons.

Lime & soy sauce

Remember to count Soy sauce in your exchanges.

Eg. Waitrose Dark Soy sauce 5g Protein per 100mls, so 20mls = 1 exchange. We are currently having some soy sauce analysed for phenylalanine

Add light vegetable oil to wok, then add ginger & chilli. Cook till slightly crisp. Add garlic, red pepper and keep stirring. Then add mushrooms. (TIP - If think food sticking or going to burn spray with water as the steam will help to cook the veg). Add courgettes and season with salt & pepper. Add cooked carrot if available, then Pak Choi & soy sauce with a squeeze of lime. Pak Choi will start to wilt down. Add a little mint and coriander plus 1/2tsp. sugar.

Mango & Avocado salsa - Use as a starter with salad & basil oil.

Remove skin from mango and remove stone. Dice into cubes.

Quarter avocado and remove skin & stone. Cut into 3 strips & dice

Finely chop 1/2 red onion

Finely shred 1 red chilli

Cut out eye of 1 tomato and remove skin if thick

skinned. Cut out centre and remove seeds & dice

Juice of 1 lime

Japanese pickled ginger - optional

Light olive oil

Lots of coriander & few leaves (max. 6) of mint

Mix all ingredients together and season with salt & pepper

Avocado flesh 55g = 1 exchange

Handy hints & tips

1. When cooking it is important to get your griddle/frying pan to the correct temperature:

Pan too cool – water leaches out and vegetables are boiled instead of fried or chargrilled

Pan too hot – vegetables are burnt

Pan just right – pan will sizzle and sound like a

“Happy Pan” – vegetables chargrilled or fried correctly.

2. Oils in cooking

Light olive oil – usually £2/3 per bottle, use in frying

Good olive oil – usually £3/4 per bottle – can be used in salad dressings

3. Storage

To store tomato sauce, freeze for 3 months or place in a jar with a film of oil on the top. Keep for 12 months in the fridge.



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Working closely with PKU dietitians and PKU patients Leanora Munn and Pauline Young of Yes We Cook That.com now have a menu of over 120 ready meals and snacks all suitable for PKU sufferers.

All meals are clearly labelled with the ingredients and any exchanges and are made using only prescriptive flours, egg replacers, milks and pastas.

Our menus are available through your dietician in some parts of the country or directly from Yes We Cook That.com

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Pictorial Guide to Low Protein Foods

This is a new and exciting publication from the NSPKU.

The guide is divided into 2 parts; foods available on prescription and supermarket and brand named foods. There are 35 A4 colour pages. A colour-coded background has been used behind all the pictures to illustrate which foods are free (green background), exchanges (orange) and which to avoid (red).

The guide is presented in a colourful plastic file and each page is in a wipe-clean, protected sleeve. The guide will be up-dated each year and copies of new or changed sections will be made available to you. There are plenty of free sleeves at the back for new pages to be inserted.

Section 1

All foods and drinks which are available on prescription for PKU.

Section 2

Fruit bars, dried fruit packets and other snacks

Cook in and stir fry sauces and mixes

Sweets and lollies

Ice lollies, sorbets and wafers

Crisps and snacks

Sweet and savoury toppings

Sauces, pickles and dressings

Soups

Baking ingredients

Herbs and spices

Flavouring and sauces

Fats and oils

Soft drinks

Alcohol

Aspartame containing foods and drinks

It is hoped that the guide will be useful in many different situations;

- at the GP surgery to help him/her know what is available
- at the chemist to check you have been given the correct food (and not gluten free for example)
- visiting friends' houses to help the cook
- viewing the whole range of prescribable foods to encourage variety
- helping you to spot new foods in the supermarket which you might not have seen or tried
- helping grandparents of other family members understand the diet and what can be included.

The list could go on!

COST

The guide costs £8.50 which includes postage and packing.

HOW CAN I GET HOLD OF A COPY?

Contact Eleanor Weetch, Society dietitian, for an order form. See contact details on the inside cover of News and Views. You can also ask your dietitian about availability from the dietetic department within the hospital you attend.



Christmas Cheer Up North!

The fabulous staff at the Willink Biochemical Unit Royal Children's Hospital Pendlebury Salford threw a wonderful party in November for all the families who attend their PKU clinic. All partygoers brought some PKU food and the groaning tables saw a truly gorgeous display. Magic Philip entertained the children whilst parents and grandparents chatted. Santa Claus even made a personal visit with a gift for each child.



The doctors, nurses and dieticians who work at Pendlebury gave up their precious free time to organise the party and it was very much appreciated. Since PKU is so rare, families can feel isolated coping with a diet that other people don't understand. A party like this gives families the chance to swap ideas, share problems and most of all to remind them that they're not the only ones. A room full of bright, happy and active PKU children is also a boost to parents! The Pendlebury party was uplifting, stimulating and a great blast off for Christmas. Thank you Fiona White and all the staff at the Willink, Pendlebury.

Kiri Thomas

The Maksym family wanted to add a few words also.

.....I would like to say a big thank-you to all the staff at Pendlebury hospital. The Christmas party was a huge success.

The food brought was terrific. Each year it just seems to get better and better. Keep it up mums, dads, grandparents and everyone who contributed! It was lovely to see all the children eating as much as they could.

Once again, on behalf of my son James and his best friend Andrew (who loves PKU food), I would like to thank all the staff at the Willink Biochemical Genetics Unit, Pendlebury Hospital.

Yours,
Margaret Maksym

..... On the 29th November 2003 I went to my PKU party with my best friend Andrew. There was a magician, Father Christmas and lots of great food.

I would like to thank everybody at the Willink Unit Pendlebury Hospital for organising the party and for everybody who brought food.

We had a great time.

Love,
James Harry Maksym 8 1/2 years





The Italian Job



New Loprofin Lasagne sheets are just the 'Italian' job and are an addition to the authentic low protein Italian pasta range from SHS. Ideal for cannelloni as well as lasagne they do not need to be pre-soaked before cooking.



Each 75g portion contains:
Energy 148kj, 270kcal and Protein 0.3g
of which phenylalanine 7.5mg.
Available on prescription in 12 x 250g boxes.

For more information on Loprofin Lasagne sheets please contact Nutrition Services on 0151 228 1992

SHS

Curried Parsnip Soup - Delicious and warming

Ingredients

- 125g (5oz) chopped onion
- 2 cloves garlic, crushed :
- 2-3 x 5mlsp (2-3tsp) medium curry powder
- 2 x 15mlsp (2tbsp) olive oil
- 300g (12oz) parsnips (peeled and trimmed weight)
- 150g (6oz) carrots (peeled and trimmed weight)
- 1litre (1¾ pint) vegetable stock
- Salt and freshly ground black pepper
- 125ml (¼ pint) Loprofin PKU Drink

Method

- 1 In a large pan, fry the onion, garlic and curry powder, in the oil over a moderate heat for a few minutes, until the onions are tender, stir occasionally to prevent the onions sticking.
- 2 Finely chop or process the parsnips and carrots, add to the pan with the stock and seasoning to taste.
- 3 Bring to the boil, reduce the heat, cover and simmer for 20 minutes, until the vegetables are tender.
- 4 Remove the pan from the heat and liquidise or process the soup, until smooth, return soup to the pan.
- 5 Stir in the Loprofin PKU Drink, reheat the soup before serving.

Tip

The soup may be frozen successfully – before freezing divide into individual portions and store in solid airtight containers. Defrost at room temperature for at least 2 hours, before reheating.

Ratatouille Rolls - So quick and easy to make

Ingredients

- 22g (¾ oz) butter
- Large pinch dried dill
- 1 Loprofin Low Protein Part Baked Bread Roll
- ½rd of a 390g can ratatouille *
- Oven temperature: 200 C/400 F/Gas Mark 6

Method

- 1 Beat together the butter and dill in a small bowl.
- 2 Slice the **Loprofin** Roll in half, to give 2 rounds, spread the dill butter over the cut surface of each half.
- 3 Place the rolls, butter-side uppermost on a baking tray and bake in a preheated oven for 10 minutes.
- 4 Meanwhile, place the ratatouille in a small pan, over a moderate heat and bring to the boil.
- 5 To serve, place the baked rolls onto a warmed serving plate and spoon hot ratatouille onto each, garnish with a sprig of herbs and serve whilst hot.

Serves 1

*Check with NSPKU Food List re. suitable products.

Fate Special Foods recipes



FATE WINTER VEGETABLE STEW WITH DUMPLINGS

Hello,

After just hearing that snow, ice and blizzards are expected over much of the UK next week, I reckon this will be just the thing to warm everyone up. The stew is rich, tasty and warming, and you can change the type of vegetables as long as they are allowed in your diet, just keep the quantities about the same.

Serve the stew with Fate Dumplings. ~ Now, I know that Dumplings are old fashioned things, but you should try these. They are really light and fluffy inside, easy to make, and perfect with any kind of low protein stew. I like to make them quite small, each one made with a teaspoon of mixture (they will rise a little as they are cooking) and they only take a few minutes to cook. You can vary the dumplings by adding chopped herbs such as parsley, chives, thyme or sage.

Ingredients

For the stew:

200g onions
150g carrots
100g parsnips or turnips
100g sweet potatoes
100g celery
2 tbsp oil
1 tbsp tomato purée
1 x 400g tin tomatoes
200mls water
salt and pepper to season
few drops of suitable gravy browning

For the Dumplings:

75g Fate Low Protein All-Purpose Mix
25g block margarine
Salt and pepper to season
35mls water
Extra Fate All-Purpose Mix to shape.

Method

Chop the onions, carrots, parsnips or turnips, sweet potatoes and celery into even sized pieces. Put a pan over a high heat, and add the oil. Stir in the vegetables. Put a lid on the pan, and leave to cook for 5 - 10 minutes until softened and lightly browned.

Stir in the tomato purée, the tin of tomatoes, and the water. Season with salt and pepper, and add a few drops of gravy browning to give a rich colour.

Bring to the boil, and then turn down the heat. Leave to simmer gently for 20-30 minutes, until the vegetables are cooked.

Meanwhile, make the Dumplings:

Place the Fate All-Purpose Mix into a bowl and rub in the block margarine until the mixture resembles fine breadcrumbs. Stir in a little salt and pepper to season, and add the water. Using a metal spoon, mix well until the mixture is smooth. It should be just like a soft pastry dough.

Take about a teaspoonful of mixture, and using a little extra All-Purpose Mix on your hands, roll into a ball. Put the shaped dumpling onto a plate while you shape the remainder of the dumpling mixture.

To Finish:

Make sure your low protein stew is cooked and simmering well. Then take the dumplings and gently place them on the top of the stew in the saucepan. Do not stir in. Put a lid on the pan and leave to cook for about 5 minutes. They will have risen and be light and fluffy. After this time, it might be best to take a dumpling out of the pan, and cut it in half to test that it is cooked.

Serve the stew and dumplings straight away.

NOTE:

The stew can be frozen. The dumplings freeze well, but are best frozen uncooked, so just cook the amount you will need for one meal and freeze the remainder.

It is a good idea to make two or three times the dumpling mixture, and store the shaped dumplings in the freezer. Defrost the amount that you need and cook in your stew in the usual way.

Just off to find the snow shovel!

Best wishes
Eileen Green ~ Fate Special Foods



NOW AVAILABLE ON PRESCRIPTION ***THE NEW WAY***

QUICK AND EASY MIXES
BREAD AND PASTRY THAT BROWNS NATURALLY IN THE OVEN
LIGHT SPONGE CAKES ~ INCLUDING CHOCOLATE CAKE ~
MIXED IN ONE MINUTE
OMELETTES AND SAUSAGES THAT LOOK LIKE THE REAL THING
EASY TO ROLL PASTRY

THE VERSATILE PRODUCTS YOU'VE BEEN WAITING FOR:



**FATE LOW PROTEIN
CAKE MIX**

only 1.6mg phe per 100g



**FATE LOW PROTEIN
ALL-PURPOSE MIX**

only 5.2mg phe per 100g



**FATE LOW PROTEIN
CHOCOLATE FLAVOUR
CAKE MIX**

only 13.2mg phe per 100g

EVERY PACK CONTAINS EASY TO FOLLOW RECIPES DEVELOPED BY EILEEN GREEN



“As a mum with two daughters who both have PKU, I fully understand the low protein way of life. We all know that low protein food is different, but just because it is different it doesn't mean that it can't be as good. I have developed these new mixes so that everyone can make great low protein food”

Eileen Green

***Just ask your Doctor to prescribe these new products
then ask your chemist to telephone our direct order line: 01215 22 44 33***

Helpline and General Enquiries Tel: 01215 22 44 34

FATE SPECIAL FOODS ~ SPECIAL FOODS FOR SPECIAL PEOPLE

Big Kids at Edale

I had heard Eleanor give her reports about the Edale weekend at COM (Council of Management) meetings for the last couple of years with envy. The activities sounded so exciting, just the sort of things I'd always wanted to try. Then I discovered that I had an ally on COM, another mother who like me was eager to give the delights of Edale a go. Together Jo (Fluffy Cloughy as my son refers to her!) and I went to Eleanor on bended knee, please please PLEASE let us help at Edale next year. To our surprise she agreed.

For the next year we would look at each other across the table at COM meetings with silly grins on our faces whenever Edale was mentioned. The rest of COM just looked at us as if we were 50p short of £.

Two weeks before D-day and the phone calls started, what are we doing? Are we going to make complete fools of ourselves? And then suddenly what about the kids?! For a year we'd been conveniently forgetting that we would be responsible for 20 kids, and I thought two was enough at home!

Nervously we navigated the M1. On board along side us were two of the little treasures we were to look after for the weekend, Nicola and Rebecca. The day was overcast and after a stop for lunch where the girls were more interested in how much sourness they could take from some lollies found in the service station shop, and some very interesting face pulling during the process we made our final ascent to Edale.

First impressions were good, the place looked nice, the climbing equipment in the grounds looked fab and the staff were very friendly. By this time it was raining steadily and the children, some of who looked even more nervous than I felt, were arriving. When we were all gathered in the main building we were taken off to find our lodgings. After scaling a flight of steps that felt like Everest, in the rain, carrying heavy bags and avoiding the remains of those who had failed to make it we arrived in Kinder Cottage. Jo and I found our room, or was it cupboard? Fortunately Jo was tall enough to reach the skylight by standing on the sink to let in the rain (I mean the fresh air). We unpacked, or rather squeezed our bags under our bunks so that we had room to stand and decided that to avoid claustrophobia we had better head downstairs and see what was in store for us.

That first afternoon was spent getting soaked to the skin, and of course getting to know each other and our instructors. Both aims were achieved and we

squelched back into Kinder to play wink murder. Some of the adults were not very good at playing dead, especially when one rep of SHS who shall remain nameless (Karen!) revealed that she didn't think she had been killed by the murderer. Corpses were slithering across the floor trying to find out how being dead could be so much fun.

Eleanor had split the children between the "adults" so that we could oversee the exchanges and supplements. At mealtimes we patrolled the dining room helping them calculate exchanges and either before or after meals mixing, counting and weighing supplements. From a parent's point of view it was interesting to see the varieties of ploys for avoiding supplements, some of which were familiar to me and some, which I am sure, will become familiar in the future. But it was also amazing to me to see the blooming independence with the diet. The children were all at different stages, some had been largely in control of their diet for some time, some were learning at home and others had never been involved in this way before. Together they were sharing ideas for making the consumption of their supplements easier, trying new things or confirming that it wasn't so bad their way. Helping and encouraging and supporting each other, it was an inspiration. It was also a comfort to me to see these children going through the same trials as my son Louis; I felt less of an awful mother as I realised we all travel the same road.

Our first activity on the Saturday was rock climbing. This was what I was most looking forward to but as I approached the cliff we were to climb I once again wondered why I'd let myself in for this. The children didn't seem at all daunted but we were all wandering along the face trying to choose the easiest looking climb! I was with a group of boys, which I soon regretted as they scrambled up the rocks, mostly on their knees. It was the coming down again which seemed to be harder for some of them but





holding the safety rope at the bottom. I got to the top with little difficulty but was shaking by the time I reached the bottom. It was brilliant, I couldn't wait to try the next one. As we made our way home I was so proud of myself. I can only imagine what the children felt of their achievements.

Raft building and kayaking that afternoon was surprisingly just as much fun. I soon gave up trying to stay dry, however unlike some of the children I drew the line at being totally submerged, although it was a close shave a number of times. Having declined rock climbing that morning the children (helped I'm sure by one or two of his colleagues) decided that Anupam, also known as the Metabolic Consultant from Birmingham Children's Hospital was not escaping this time. On the pretext of a group photo he was lured to the waters edge and



somehow the next minute he was shoulder deep! Fortunately he was still smiling on the way home (in between chattering teeth).

After another fairly late night (the children were surprisingly good at night and only had to be quietened down about twenty times!) a very tired group of us headed for a very high bridge from which to throw ourselves off! By this time I was rather nervous of Jo as she had spent the night talking in her sleep and sounded something

like a Gestapo Officer, she obviously felt she was having to be too nice to the children during the day so was taking it out on them at night!

we all crowded below them calling words of encouragement. Then it was my turn, I thought they would be waiting for me to laugh at me doing something wrong but they were so supportive, they were all at the bottom encouraging me. I couldn't believe how safe I felt with the instructors

like a Gestapo Officer, she obviously felt she was having to be too nice to the children during the day so was taking it out on them at night!

This time I wasn't nervous at all, in fact Jo and I were busy trying to make ourselves look smaller as it was decided that adults must wait until the children all had a go, (anyone would have thought it was their weekend!). I thought the children had been brave with the climbing but their courage abseiling was mind-blowing. I saw children shaking all the way down but so determined to succeed. One of them was so distressed when she reached the bottom she was in tears but ten minutes later she gave it another go and loved every minute of it. I have often heard tales of children's determination and courage but that day I saw it for myself. I was so proud of them all.

I couldn't believe the weekend was over already and while I expected to enjoy the activities I truly couldn't believe how much pleasure I had got from all the children. It was a wrench saying goodbye to them.

Monday morning was back to reality but I was still buzzing from my weekend. I said it then and I'm still saying it now it was the best thing I've ever done, every last bit of it. I already have next year's dates on my calendar!

Julia Bailey

EDALE 2004

August 6th-8th
Contact Eleanor for more details.

Questionnaire Analysis

In the spring edition of News and Views we enclosed a questionnaire for you to complete to help us better understand people's experiences with PKU. We wanted to know whether people with PKU and their families contacted the Society immediately upon diagnosis, how they become aware of the Society, what their experience was from contacting the Society, what information / support did they require and was it provided. We also asked questions about people's experience with the service provided by the National Health Service upon diagnosis.

Finally we asked about the service currently provided by the Society and National Health Service.

We received 170 completed questionnaires and these have provided invaluable information to the Society about the services provided.

Quite a number of members identified particular needs and we have followed up these requests for information and assisted wherever possible. Others made various suggestions on how they would like to see the Society develop.

SUMMARY RESULTS

	Satisfied	Dissatisfied
Contacted NSPKU in first 3 months	138	10
	Satisfied	Dissatisfied
Contacted NHS initially	137	21
	Satisfied	Dissatisfied
Level of Service Provided by NHS on initial diagnosis	143	11
	Satisfied	Dissatisfied
Service now provided by NHS	148	4
	Satisfied	Dissatisfied
Service now provided by NSPKU	157	2

Overall there is a tremendously high level of satisfaction with both the NSPKU and its services provided and the National Health Service.

Many of those expressing dissatisfaction with services were referring to experiences before the Society was formed.

We are very grateful to you for completing the questionnaires and for the many suggestions made which will be used to inform the future work of the Society and help us to make improvements wherever possible.

NSPKU analysis 14.10.03

John Skidmore

Holiday Information

In Issue 102 we asked members to help by translating some useful phrases into various languages. We received several responses and would to thank everyone who helped. The information is now available in the following languages:

Danish	Dutch	French
German	Greek	Italian
Norwegian	Polish	Serbo-Croat
Spanish	Swedish	

The information translated is: -

"For medical reasons (a disorder called Phenylketonuria) I am not allowed to eat any products which contain a lot of protein, for example meat, fish, eggs, cheese and soya. Vegetables like potatoes and sweet corn, pulses and cereals are allowed in limited quantities and have to be measured.

Fruit, leaf vegetables, sugar, oil, butter and margarine are permitted freely. Any foods, drinks or medication sweetened with Aspartame (E951) are not allowed. To stay in good health, I have to follow this strict diet with medication.

A few questions/phrases to help you:

- *I have a medical condition called Phenylketonuria.*
- *Can you bring me a plate of vegetables only?*
- *Can I have a salad on its own?*
- *Does this dish contain meat/fish/egg/milk/cheese?*
- *Please could I have some potatoes/chips/French fries with vegetables/salad?*
- *Please may I have some fruit?*
- *Can you cook a portion of this pasta/rice /pizza base for my meal tonight?*
- *Can you heat this food for me?*
- *Can you warm my baby's bottle?*

- *Can you toast this special bread for me?*
- *Can I have some butter?*
- *Can I have a bottle of water?*
- *Can I have a can or bottle of Coca Cola/ Fanta/Sprite?*
- *Can I have some tomato sauce please?*
- *Can I eat my special medical food in your restaurant?*
- *I cannot take food or drinks containing ASPARTAME (E951).*
- *I cannot eat any meat, fish, cheese, eggs or milk products.*
- *A few general questions/phrases:*
- *Have you got a fridge which I can use?*
- *Can I put this in your fridge?*
- *Where is the doctor's surgery?*
- *Where is the hospital?*
- *Where is the British Embassy?*
- *Where is the post office?*
- *Thank you for your help.*
- *Protein.*

PLEASE NOTE THAT FRIENDS OF THE SOCIETY HAVE PREPARED THESE TRANSLATIONS AND WE RELY ON THEIR ACCURACY. WE CANNOT BE HELD RESPONSIBLE FOR ANY ERRORS.

Available online www.nspku.org or to request a copy of any of the translations please contact :
Lucy Welch, Administrator, NSPKU,
PO Box 26642, London N14 4ZF.
Telephone: 0845 603 9136
Email: info@nspku.org

Albanian PKU Connection (APKUC)

Many of you will have read the article in the News & Views No 103 on the **Albanian PKU Neonatal Screening** about the work being carried out by Ann Vincent Russell - Smith and of the problems she is facing in her work to try and establish screening for PKU in Albania.

Many of the early founders of NSPKU will reflect on the same challenges facing the PKU parents in the late 1960's. From these early beginnings, we have the NSPKU of to-day. Could we help and do the same for the PKU children of Albania?

Ann is a "one woman" band working with the people in Albania who have no screening programmes - but hers! This is totally run and funded by herself and supporters from the "Devon Aid for Albania."

Because I have many connections across Albania through UKS – LSIA, [English Language Schools in Albania www.lsiaal.com and <http://groups.msn.com/ukslsia>] I have offered to help Ann in her work and together we have set up the Albanian P K U Connection [APKUC] as a liaison or focal point for her work.

Should any NSPKU member have an interest in her work and/or may be able to help in some way, then I would be pleased to hear from you either by telephone, email or post.

Contact - Gary R. Chattaway,
39 The Birches, Off Nuneaton Road,
Bulkington. Warwickshire. CV12 9PW.
024 - 76 - 319777 or email Gary.Chattaway@btopenworld.com
Donations made payable to "Devon Aid for Albania"

Support Groups

On the inside cover of News and Views details are provided of local support groups and contacts. You will notice there are quite large areas of the UK that are not covered by a support group or local contact and we therefore want to try to increase the number of support groups / local contacts for the benefit of Society members. The feedback from the questionnaires issued earlier this year (see report on page 21 identified that members wanted additional support groups / contact points where there is no coverage in there regional area at present. We would therefore be interested to learn from anyone who is prepared to form a support group or act as a local contact point.

Contact – 0845 603 9136 or info@nspku.org
For more information

Western Ireland Support Group

We actively welcome new members

Contact: Gerry (Chairperson) and Sadie Redden
16 Summer Hill
Prehen
Derry
BT47 2PL
Tel: 028 71 349148
gerry.redden@moldall.com

Dietitian's Report

DIETARY INFORMATION FOR 2004/2005

You should find in this issue your new dietary information booklets. I have included many new foods so I hope there is something in there for you to try. Please let me know about anything useful you find. It is helpful to have the outer packaging box or label so that I can check it.

OMISSIONS IN THE DIETARY INFORMATION BOOKLET 2004/5

Unfortunately 2 ACBS Prescribable foods have been omitted from the enclosed Pink Dietary Information Booklet.

Page 9

SHS International Ltd

Juvela Low Protein Pizza Bases 2 x 180g

Page 10

Gluten Free Foods Ltd

PK Foods Low Protein Egg replacer 350g

NEW PRODUCTS WHICH MIGHT BE USEFUL TO YOU

Supercook Rice Paper

This company specialises in cake decorations and baking ingredients. Rice Paper is a kind of paper made out of potato starch. The protein content of the rice paper is very low and this paper can be used in the PKU diet. It is useful as a base for foods like meringues (low protein of course) and as a cake decoration.

Jo Clough told me about the paper. Jo is our publications secretary and wonderful organiser of the creche at the ESPKU meeting this year. Jo used the paper to make a sail (with a cocktail stick) on a jelly boat. She is making some of these for the Christmas party she is taking her little boy to soon.

WILD WATERS

This company contacted me about a low calorie flavoured water they make which will appeal to age 3-7 year old children.

The flavoured water is presented in animal shaped bottles. There's Blackcurrant Elephant, Strawberry Hippo and Orange Monkey and a plain water Duck. The waters can be found in Safeway and Esso petrol stations as well as Welcome Break service stations.

MORNING STAR STREAKY STRIPS

These meat free streaky strips look like bacon but are not. Each strip provides one exchange. They were on the menu at the ESPKU conference and created quite a lot of interest.

The strips can be found in the vegetarian frozen section of all the major supermarkets.

KELLOGG'S

Individual portion sizes of breakfast cereal.

The little packets have a declared weight on the pack side with the letter 'e' after the weight. This indicates that it is an average weight. The actual weight of cereal in the packet will be about this weight but it might be a bit more than this or a bit less. This is a voluntary mark. If the weight does not have the little e after it it means that the weight in the pack will be this weight or above (but not below). This is particularly relevant to these little boxes of cereals. I weighed them myself and found that there was quite a difference in the weight on the pack and the actual weight. Some patients have taken the weight as true and have therefore been getting more than their true exchange. To be totally accurate you should weigh manufactured foods.

WEIGHING FOODS

I was at the excellent adult PKU study day in London at the beginning of November and one of the speakers had a really good tip for us all. He covers over the read out on his scales and has a practice at guessing weights of foods. Are you weighing foods? Are you guessing and getting it wildly out? If you have a child with PKU you could have a little game to see how good you are. If you are older do you kid yourself the weight (your guesstimate) is accurate? Have a go and see!

WHAT NEXT CANDY COMPANY

A lovely surprise arrived in the post today. A box full of Christmas decorations and lollies all suitable for the diet. This company has been very helpful to me and remembered us from last year. My own children thought they were so nice and their faces fell when I said they were for my other family! (I think I shall have to buy some for our girls too). I will be passing the sweets on to PKU children but they were included on the Christmas list produced by one of the major centres (distributed via dietitians) so I hope that you heard about them in time.

NOTES FROM ESPKU MEETING

I was handed notes which someone made at the meeting whilst listening to the talks on the Saturday. These were made on hospital paper and are very well done. If they are yours could you contact me and I will put them in the post.

Dietitian's Report

ASK PIZZA CHAIN – LIVES UP TO ITS NAME!

I was at a meeting of the Society in November and Jane Gick, the clinical nurse specialist at Guy's hospital in London, told me about this chain of pizza restaurants. I don't think we have them around here (Sheffield) but look out for them in your area. Jane took a group of PKU children to this restaurant recently and took with her some low protein pizza bases. The restaurant then made up pizzas to each child's request and they all had a great time. The restaurant was really helpful so if there's one in your area it might be a good venue for a pizza party or for a welcome meal out.

I have also been told (by Anita MacDonald) that Pizza Hut will do the same for you and will only charge for the toppings. Take-aways too will do the same if you ask nicely and smile!

BRISTOL & SOUTH WEST AREA

PKU Update Study Day

Saturday May 8th 2004
10.45 to 4.30pm
Contact Diane Rawlinson on
0117 - 9595428
for further details.

CHEWING GUM

A lot of chewing gum now contains aspartame. It might be helpful to know that the following gums are aspartame free:

Wrigley
Doublemint
Hubba Bubba – Seriously Strawberry, Atomic Apple, Passionate Peach, Wild Cherry, Cool Cola

ASPARTAME IN DRINKS

The Food Standards Agency in Ireland contacted me recently about a drink available in Northern Ireland which has not been correctly labelled.

Kid Orange Flavoured Drink

This drink includes aspartame in the ingredient label but does not include the notice; 'contains a source of phenylalanine' (which it should do by law). I would hope that everyone is checking ingredient labels for sources of aspartame so this drink should have been spotted by those in Northern Ireland as unsuitable. The Food Standards Agency is our friend and will act upon information they receive about incorrect labelling.

Eleanor Weetch

Society Dietitian

NEW

Fasta Pasta



at lasta...

Ideal for modern day living the unique new Loprofin low protein Snack Pot from SHS is a quick and simple to use convenience food.

Just add boiling water and you have savoury curry flavour pasta in only a few minutes, ideal as a snack or as a part of a main meal.



**... low
protein
snack pot**

Each 47g pot contains: Energy 694kJ, 165kcal, Protein 0.9g
of which phenylalanine 23mg (1/2 an exchange per pot).

For more information on the Loprofin Snack Pot, please contact our
Nutrition Services Department on 0151 228 1992.

SHS

NSPKU *Direct*

Help support NSPKU!

We now sell a wide range of merchandise, please use the form below remembering to state the size and colour (state a 1st and 2nd choice) where applicable. For postage and packing prices, see table below. Please fill in the form below and return to Sara Bartlett at the address shown.

Sara Taylor
(Merchandise)
16 kempton Drive
Arnold, Nottingham,
Notts, NG5 8EU
Tel: 01159 202089



Order Form *NSPKU Direct*

Product	Size	Colour	Price	Quantity	TOTAL
Adult Sweatshirts (Red, Black, Grey, Navy, Wine) S. M. L. XL. XXL		1ST CHOICE: 2ND CHOICE:	£12.00		
Adult Poloshirts (Red, White, Navy, Jade, Grey, Wine) S. M. L. XL. XXL		1ST CHOICE: 2ND CHOICE:	£9.00		
Children's Sweatshirts (Red, Black, Grey, Navy, Wine) 3-4, 5-6. 7-8, 9-11 years		1ST CHOICE: 2ND CHOICE:	£8.00		
Children's Poloshirts (Red, White, Navy, Jade, Black, Dk Green) 3-4, 5-6. 7-8, 9-11 years		1ST CHOICE: 2ND CHOICE:	£6.00		
Christmas Cards		PER PACK OF TEN	£3.00		
Ballpoint Pens x 9			£1.50		
Sticky Bugs			60p		
Rubbers			80p		
Wallets			£3.75		
'Bryan Pearce' Greeting Cards (sold individually)			60p		
Mug 'Probably the Best Diet in the World!'			£3.50		
Christmas Cards - 'Teddy Postbox' 10pk			£3.00 pk		

NAME: _____

+ P&P
(see below) £

ADDRESS: _____

TOTAL REMITTANCE £

POSTCODE: _____

TEL: _____

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Mrs Sara Taylor
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Arnold, Nottingham,
Notts, NG5 8EU

P+P COSTS:

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