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**Fountains of fun at the
2007 Conference!**

In Touch

The Council of Management

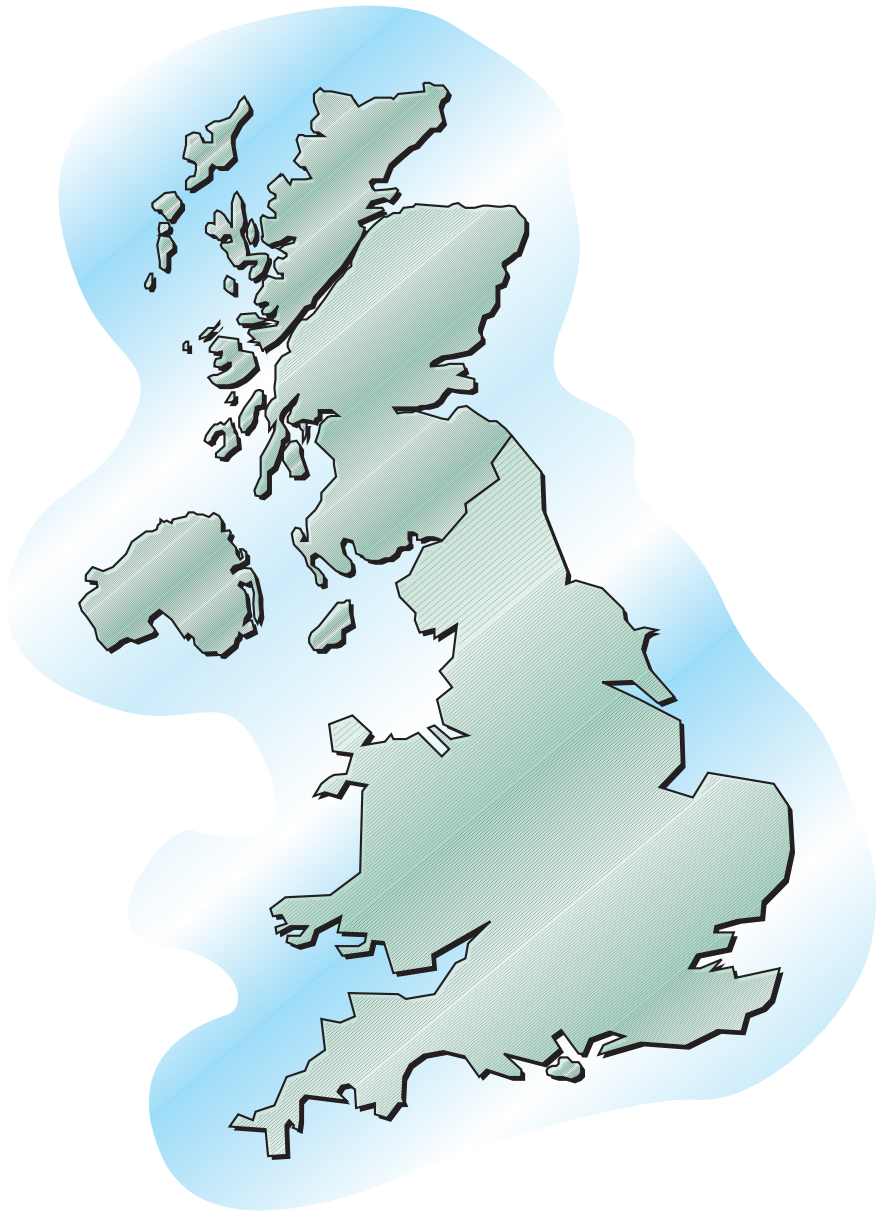
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Editor's Report...

Well quite frankly it's mayhem at the Thomas household. We've moved twice in the last eight months, completely renovated an old Victorian house, weathered glue ear, Irish grandfathers in hospital and a pregnancy that has come replete with every minor complication you can imagine.

In the middle of all this, our eldest son has decided he's "sick of being the only one with PKU" and that's really the only problem that we can't fix. Houses get decorated, gluey ears get gromits, pregnancies eventually end and thankfully, grandfathers can get hernias mended. But I can't imagine another child with PKU is likely to join Seamus's class anytime soon and I'm *certainly* not holding my breath for a PKU "cure" in the next 10 years. So, what's the answer?

Well, we've come up with two. We're contacting other PKU families to see if they'd like to meet up. Seamus just loves even *hearing* about other child with PKU. He likes learning that they eat the same food as he does and drink the same supplement. He just wants to be the same. Which brings me to our next solution, which is really just to be patient, calm and optimistic that he will come to accept that he is different in some ways and that that is not going to change. But really, isn't that what all children have to learn? Aren't we all different yet the same? I don't mean to be fatuous, this is not an easy thing to acknowledge and PKU is often a pain in the ass quite frankly. Still, it doesn't have to be anyone's defining characteristic. In the end, of course PKUs are different from most other people, but only metabolically!

So please cross your fingers that we come out of this phase sooner rather than later and please let us know how you cope with these kinds of problems. Also, any advice on builders, gromits, heartburn and hernias most gratefully received....

Kiri Thomas
Editor



The National Society for Phenylketonuria (United Kingdom) Limited

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Donations

Vicki King, Tarkwa, 65 Cromwell Road, Ribbleton, Preston, PR2 6YD

Donations over £30 to 30th March 2007

	£
St Angela's Junior School, Westgate on Sea	250.00
The Grand Boys Trust	1,000.00
The Exel Foundation (matched giving re Madeline Bryant)	217.50
WAJ & EA Graham	100.00
R Eggleston	110.00
SA & PM Kimpton	80.00
Adam and Isabel Hall	330.00
Mr. & Mrs. J Darby	130.00
Gill Stephenson	593.71
Mirfield Parish Church Whist Drive Group	39.00
Derek Bain, East Lothian Council	92.00
Helen Scally - Christmas Card sales	210.00
Helen Monelly, Pat Ashton, Alison Webster & Karen Collins - Christmas Savings Interest	60.00
Leeds PKU Group - Christmas Party Raffle	40.00

Donations to.

If you are sending us some money please note that payments should no longer go to the Treasurer:

If you are sending a donation or a subscription payment please send it to: NSPKU, PO Box 26642, London N14 4ZF

If you are sending money for anything else please send it to:
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Tarkwa, 65 Cromwell Road,
Ribbleton, Preston, PR2 6YD

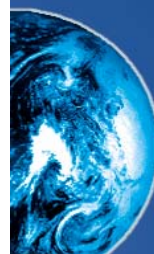
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Conference and Holiday Weekend 2008

We are pleased to announce the 2008 conference and holiday weekend is planned for Friday 29th February to Sunday 2nd March 2008. This will be at a new venue for us, The Hilton Northampton, near the M1 Junction 15.

We are very impressed with the facilities and will have exclusive use of the hotel over the weekend.

All arrangements are still subject to contract and we will include more details in the next edition. Check our website from time to time for updates at <http://www.nspku.org/events.htm> or our information line on 0207 099 7431

New Text Helpline

In addition to our telephone helpline and recorded information line, we have now added a text facility. You can now text an enquiry from your mobile 'phone on 07983 688 664.

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Would you like...

To open the fridge to a freshly cooked PKU meal, labelled with the ingredients and exchanges waiting for you?

Yes We Cook That!

To open the freezer and find Spaghetti 'Meat'balls and Fishless Fingers and Chickless Nuggets, all with 0 exchanges?

Yes We Cook That!

To have a birthday cake and know that you can eat it all?

Yes We Cook That!

To have all this at Supermarket prices?

Yes... it is!

To know that we really understand PKU, really understand your diet and really know what exchanges are?

Yes... we do!

Working closely with PKU dietitians and PKU patients Leanora Munn and Pauline Young of Yes We Cook That.com now have a menu of 180 ready meals and snacks all suitable for PKU diets.

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. Our aim is to supply all PKU people with the opportunity to purchase ready made meals, breads, cakes and sweet and savoury snacks at supermarket prices.

*Available now in most of the UK and Ireland.

Phone Leanora or Pauline on 07773 342594

24 hour answering machine 01290 332 949

e-mail sales@yeswecookthat.com

Yes We Cook That.com, 39 Leggate, New Cumnock, Ayrshire, KA18 4NG



Letters

News & Views, 10 Silverdale Road, Chorlton M21 0SH
Email: editor@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,
We are parents of Gillian, born in 1948, an untreated PKU born before screening began and for many years a resident in a care home. She is now on a specialist diet.

We were very interested to read of Bryan Pearce's achievements in the NSPKU magazine. We had been aware of his work and admired it having spent many holidays in Cornwall and visited the Tate Gallery in St. Ives. We were therefore saddened by the news of his death.

The idea came to us that it might be possible for small prints of his work to be produced and sold to NSPKU members, families and friends to raise funds for the Society. We think they would be particularly lovely for children's bedrooms.

I am sure there may be restrictions such as copyright on reproducing work by such an internationally known artist, even if proceeds of the sales went to the NSPKU but we thought this idea worthy of consideration at least.

We are both well into our 80's so would not be able to be of great assistance but would like to hear your comments on this scheme – good or bad!

Wishing you continued success,
A&F Sattelle

I have passed on this idea to the NSPKU Council of Management who will consider it at their next meeting. Please keep those fundraising ideas coming in!

The NSPKU recently received cheques to the value of £1015.50 which were generous sponsorship donations to Chris Cooksey of Wayside, Dorking, Surrey who ran

his first half marathon at Silverstone last month. In total he's raised £1651.50 for the NSPKU. Much of the money was Gift Aided.

The money raised was (in Chris's words):

"in memory of Karl Neidermeier who was tragically killed in a road accident in 2002, aged 20 years. Karl was a happy and healthy young man with PKU. As a young boy he loved to go to the annual conferences to meet other children with PKU and to try the new low protein recipes and foods. With many thanks to everyone who sponsored me, it was very much appreciated"

We're delighted too to have received a cheque for £233 from Matt Taylor who ran the Bath ½ marathon in aid of the NSPKU. As we can see in the photo he seems to have survived the ordeal very well and we are delighted with his donation. Thanks Matt!



Dear News and Views,
Please find as promised another cheque for the NSPKU from the Andover Golf Club. The overall total raised for the NSPKU was £4578.33. My brother Dickie White organised this as Captain of the Golf Club fir 2006.

I would like to thank my brother Dickie and his Lady Captain for all their hard work in raising the money for both their charities during the last year. I would also like to thank Guy Davis and all the other members of the Andover Golf Club who supported them. Enclosed is a photo of me, my brother Dickie, the lady Captain and my son Jamie (PKU) receiving the cheque from his uncle on the Presentation Night at Andover Golf Club.

Yours faithfully,
Angie Haick (Mother of Jamie).





Dear News and Views,
Our son Adam (20 months) has PKU and attends The Mulberry Bush Day Care Nursery in Belfast. They recently held a ballot for an Easter basket and raised £75 for the NSPKU which we are sending to you on their behalf.

Yours,
John and Celine Morgan

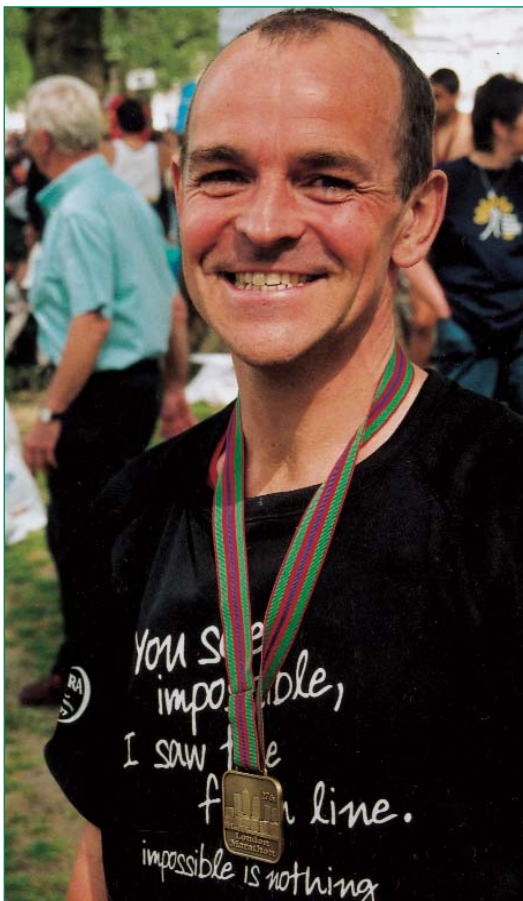
Dear News and Views,
I, along with Eric Lange, ran the London Marathon recently in aid of the NSPKU. There's a lot of training to be done, which is hard on your body and hard on your time. I find only running a marathon every 3 years is easier because you can forget the pain!

If it wasn't for the fact that I was running for a good cause (the NSPKU) then I may have stopped, so continue I did! On the day it was very hot, so naturally the pace was slower, I enjoyed all the run

though; with the right training it is easier to recover and after two weeks I was back in full training again.

Thanks to all who sponsored me, it was the hard work done by everyone at the NSPKU that kept me going.

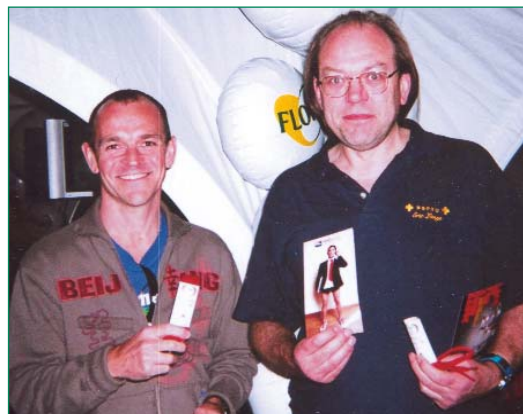
Yours,
Dave Williams, Manchester



Dave Williams after the marathon



Dave Williams with his fiancé Julie Osborne and Julie's niece Hannah Briges who has PKU



Dave with Eric Lange

ANNUAL CONFERENCE

Skipton, March 2nd to 4th 2007

Our Society Dietitian Eleanor Weetch relates the fun and interesting weekend NSPKU members had at the recent conference in Yorkshire.

Skipton, Yorkshire, proved to be a very popular venue for the conference and was fully booked, even overspill hotels were full! I want to tell you about it because you may not be aware of what goes on! Families and individuals arrive on the Friday to book in and the official opening is with a civic reception which the local Mayor and Mayoress sponsor and come along to meet us and provide us all with a glass of wine or soft drink. All the meals are taken care of and there is always a good choice of food for those with PKU. I try to put on a few different dishes (as well as the more familiar) to encourage people to try something they may not have had before and it's surprising how many children who won't eat something at home will readily do so when they see another child enjoying it. This year I used some recipes given to me by families and one Grandmother's 'secret soup' was a huge hit. I have to say I was a bit worried about one of the first night's puddings – A Full Monty from Sheffield – chopped fruit, jelly, sorbet, raspberry coulis and squirty cream topped with an umbrella. Expressing my concern at the foolishness of this idea to another dietitian brought the offer of help I needed – “would you like me to be in charge of the can of squirty cream?” Oh yes please!

The speakers were really interesting, as usual, and we started with Christineh Sarkissien from Canada who has been working on an enzyme treatment for PKU for a number of years. Phenylalanine ammonia lyase

has been administered once a week by subcutaneous injection in a mouse with PKU and the result is a sustained decrease in blood phenylalanine to normal levels for a 12 week period. The data now suggests they have a molecule with the essential characteristics required for clinical development.

Fiona White, very experienced in the management of maternal PKU, gave a clear, detailed, but easy to follow description of the care that is required to prevent the consequences of poor control in pregnancy. The success of good control could not have been more poignantly described than the presentation by Charlotte Tourgout. Charlotte and her husband John have a little girl, Gracie, who was 3 months old and they came up from Dorset to be with us. By the end of Charlotte's account of how it really was for them all resulted in many a moist

eye in the audience. It is an emotional journey for any woman but as Charlotte said, she felt so privileged to have Gracie.

Di Asplin, clinical nurse specialist from Birmingham, spoke about their experience and outcomes and this confirmed Fiona's message.

Dr Anna Brazier, consultant clinical psychologist, spoke about “Getting off to a Good Start” to provide the basis for helping older children and teenagers to cope with the PKU regime. She described different ways families have found of “putting PKU in its place”.

Dr Anita MacDonald spoke about her research into the accuracy of weighing foods and the possible





alternative systems. She used a church hall over several days and persuaded the church community to do some weighing and measuring by different means. It was organised like an army manoeuvre with so many foods, measures, pictures, scales.....! Another exciting development in PKU is the use of BH4 (tetrahydrobiopterin) a co-enzyme that works in conjunction with the enzyme phenylalanine hydroxylase to metabolise phenylalanine. Anita in Birmingham, along with 3 other large PKU centres has been participating in a trial to test the efficacy of this treatment for the milder cases of PKU.

Alison Munroe gave an up-date on the UK Newborn Screening Programme Centre which now looks after the PKU register and the importance of the register.

Saturday afternoon is set aside for a cookery demonstration but this year it was different. SHS had organised a Ready Steady Cook complete with chef's hats for everyone. What fun that was and what delicious dishes were produced!

As is often the case it is those with PKU themselves who steal the show. Sarah Kimpton who has just started at university studying pharmacy spoke about her life now away from home and her passion for running. She was then joined by 4 other adults with PKU who spoke about how they travelled, worked and lived their lives to the full with the diet. Questions from the audience had to stop eventually

because we had to eat but the re-assurance of how life can be fine and as full as anyone else's was a positive message.

We had some workshops too. Di Asplin and Charlotte held a maternal PKU session, Nicky Mumford, nurse specialist from Great Ormond Street, talked to new families about their particular issues and the dietitians held a supermarket sweep. Delegates were invited to bring along a useful food they had found and used regularly - a table full of interesting and versatile foods in the supermarket was displayed, talked about and then sold.

All the low protein food manufacturers had display stands so you could try any new foods recently launched. There is also a company called Yeswecookthat.com which cooks low protein food and has a delivery service. They have an extensive list of dishes both savoury and sweet and will make anything from a French Onion Tart to a celebration cake. Prices are similar to take-aways so even on a



ANNUAL CONFERENCE Co



PKU diet you can enjoy a ready meal! One company, Vitaflo Ltd, had a very popular feature on their stand – a chocolate fountain made with low protein chocolate and fruits to dip into it. SHS showed how to make a decorated Easter Egg and gave away the kits to do it as well as displaying beautiful hand made bars and sweets. I overheard someone say “How can something so attractive come out of that box of bars?” All the other companies making low protein foods were there too and the buzz around all the stalls was fantastic. You couldn’t help but be inspired by it all.

On the social side there was a children’s party with a magician, teenagers went paint-balling, smaller ones went off to the IMAX film centre and riding on the steam train. For the rest a PKU quiz, ABBA style entertainment and very nice bars got everyone relaxed.

It really is a great weekend and families and adults gain a lot from coming. I’m always pleased to see parents of new babies with PKU because there is nothing quite like seeing children, teenagers and



adults with PKU behaving in exactly the same way as any other person would behave! The confidence this gives them is immeasurable and I’ve often heard people say that going to the conference was a turning point for them.

We can offer financial help to families who need it. The funds are not limitless but we consider each application and do as much as we can.

So, maybe some of may consider the conference next year. It’s a memorable event I can assure you.

nt...

Recipes from the weekend

Secret Soup

This recipe was sent to me by Dr Barbara Broadbent. She found it on a recipe card from Sainsbury's and adapted it slightly to be suitable for the PKU diet. It is free. Several people asked me for the recipe so here it is as promised.

Ingredients:

- 2 Courgettes – grated
- 2 Carrots – grated
- 1 Sweet Potato – grated and coated in a little olive oil to prevent browning.
- 1 Chopped Red Onion
- 1 Chopped Red Pepper
- Pinch of Oregano
- Bunch of chopped fresh basil
- 2 Cartons Sainsbury's Premium Chopped Tomatoes
- 1 Litre Vegetable Stock using Marigold Organic Vegetable Bouillon Cubes

Method:

- 1 In a large saucepan heat some olive oil and then add all the vegetables and cook gently until soft.
- 2 Add a pinch of dried oregano, a bunch of fresh basil and the tomatoes.
- 3 Add the vegetable stock and then simmer for about 1 hour.
- 4 Whiz with a hand blender or food processor.

The supermarket sweep is something we introduced last year to try to get everyone swapping ideas about their finds in the supermarket and what they use regularly in the diet. As well as this we asked anyone to bring along a favourite recipe. This recipe was brought by Katy Tuck, a student, who won our competition to go to the ESPKU meeting in 2005 in Sardinia. It would be nice for all the family just replace the low protein pasta with ordinary pasta.

Katy's Cheesy Mushroom and Leek Pasta

Star Buy:

'Boursin' soft cheese with herbs. 7g protein for every 100g. It is available in packs of individual 16g portions. Count 1 portion as 1 exchange.

Ingredients:

- Loprofin Pasta
- Mushrooms
- Leeks
- Bit of butter
- Boursin Portion –
depending on taste and exchanges required
- Salt and freshly ground pepper to taste.

Method:

- 1 Cook pasta as normal, described on back of packet.
- 2 Chop leeks and mushrooms, melt butter in a saucepan.
- 3 Gently heat mushrooms and leeks in the melted butter for about 10 minutes. Give them a gentle stir every now and then to prevent browning.
- 4 Drain the pasta, replace in the hot pan and stir in the Boursin portion until it melts and coats the pasta.
- 5 Either stir in the vegetables or place on top.
- 6 Season and serve! Perhaps with PKU garlic bread? *Enjoy!*



An introduction to our new book-keeper, Vicki King

Hello - my name is Vicki King and I'm the Bookkeeper for the NSPKU. I've been asked to write a little piece about myself and my role within the Society. So here goes.

Well, my main role is to receive and record donations, subscriptions and other income and expenditure, reconcile bank statements and answer your money-related queries. In a nutshell, I keep records of all the financial transactions and provide information to Julia the Treasurer at intervals, so that the Committee can make those important financial decisions.

Incidentally, whenever you send a donation to me you have been (to date!) unknowingly helping another charity as I snip off all your used stamps and send them periodically to the RSPB - so, please, keep those donations and letters coming in! Aside from bookkeeping - as you may have guessed from the above - I'm a keen birdwatcher and

listener, I'm also a keen gardener and a volunteer 'compost guru' for the local county council where, as part of a team I go to events and give advice to people on how to make lovely peat free compost for their gardens.

I'm delighted to be working with the Society, as a relative newcomer, when I received my first copy of the News and Views magazine, I remember thinking how professional it looked and now I know for a fact that this professionalism is continued throughout the NSPKU via the dedication and hard work of the Committee, Staff and Volunteers who do an excellent job in their support for people with PKU.



Vicki King

All PKFoods are now available on prescription



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Memories of PKU

I was delighted to receive Roisin O'Sullivan's story for this issue. Roisin, like many others with PKU I have met, is an inspiration! She truly enjoys life and wouldn't dream of letting PKU stop her enjoying a career and a happy marriage and family.

I was born in London in 1960. My parents discovered I had PKU after 7 days. The doctors then tested my sister Lorraine who was a year older than I was and we were both put on diet straight away.

The early days were so different. We were living in Fulham. Every morning before breakfast we had Albumaid. This comprised packets of white powder which came in a sealed golden tin. We also had to take two bottles of medicine. One bottle was big and contained red medicine and the smaller one had Holibut oil in it. In time, these medicines came in capsule and tablet form.

As the years went by, we had our regular visits to the hospital and we were doing really well although at first I found it very hard to accept that I had PKU. I wanted to be like my friends and eat the same as they did but I couldn't. Eventually I accepted my PKU but it was difficult to explain my condition to my friends because it was so rare. No one had ever heard of PKU although they were very interested in it.

When I was thirteen and Lorraine was fourteen, we came off our diet. Naturally we both said "Yippee!" but I now know that if we had stayed on diet and retained low phenylalanine levels, we would have done even better at school.

When we left London to move to Dublin, we began attending Dr Doreen Murphy's PKU clinic in Temple Street Children's Hospital. Dr. Murphy believes in diet for life, so at the age of eighteen, I went back on diet.

My loving and very supportive husband John and I had a baby girl called Susan in 1984. During my pregnancy I was on low exchanges although they still amounted to 24 and I sometimes found them hard to fit into one day. My food supplement was a new product called RD161 which later became Maximum. Susan is now a beautiful 21 year old and does not have PKU.

I always knew I could be strict with my diet once I put my mind to it and not be worried or afraid. On the 2nd February 1994 my second baby Michael arrived. During my pregnancy, I started off on 0 exchanges and then gradually increased as he grew. I was on Maximum XP. Michael, like Susan, does not have PKU and a joy to have! He is doing really well at school and will be 13 soon.

As for myself, I am still on diet. I know it's hard and tough but you know when my phenylalanine blood levels are high, my normal enthusiasm and good mood disappear. I need to keep those levels low! I believe now there isn't anything I can't do. I have worked in the best of hotels and have even danced at the Pineapple studios. I love a challenge and have lots of get up and go. There is no such word as "can't" in my vocabulary!

I hope my story can help some people to realise they are not alone. My sister Lorraine is well and living in Birmingham. We are in touch all the time. Once you are on diet there's nothing you can't do. It can be hard but the rewards are so good!

**Roisin O'Sullivan,
Raheny, Dublin**

SHS **Homeward**

... more than just home delivery

- **Delivering SHS protein substitutes and milk substitutes directly to patients**
- **The first and only dedicated home delivery service for people with PKU (Phenylketonuria) and other inborn errors of metabolism.**
- **Clinically proven to aid compliance to diet[†]**

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Fate Special Foods recipes



Hello,

My recipe this time is one that was mentioned in the last issue among the PKU Pronto section, and since then a lot of people have asked me for the recipe. Potato bread is a type of flat bread, sometimes called potato farl. It's a really easy recipe to make, and very tasty served with fried mushrooms and tomatoes at any time of day. It also makes a filling accompaniment to a low protein vegetable stew. It can be eaten as a snack warmed and spread with butter. We can use left over plain boiled mashed potato. The whole recipe is 5 exchanges in total, making 10 pieces, each ½ exchange. If you want to make a 'free' potato bread, just use boiled mashed sweet potato instead of ordinary potato.



1



2



3



4



5

FATE IRISH POTATO BREAD

400g boiled potato (5 exchanges)
200g Fate Low Protein All-Purpose Mix
50mls oil
salt to season

Mash the boiled potato until smooth and leave to cool. Place the Fate All-Purpose mix into a bowl. Add the potato and the oil. Season with salt. Stir the mixture well until it is smooth and it all comes together to form a kind of dough.

You may find it easier to use your hands.

Weigh 130g pieces of the mixture. Each piece will be 1 exchange.

Roll the dough out onto a surface lightly dusted with Fate All-Purpose Mix. Roll it out to a rectangular shape about 10cms x 18 cms (4ins x 7 ins). Keep the edges as straight as possible. Cut into two. Each piece is now ½ exchange.

Heat a large frying pan or griddle over a moderate heat. Do not add any oil. Put in a couple of pieces of potato bread and leave to cook for a couple of minutes until the underside is brown. Turn over and cook for a further minute until cooked through and nicely browned.

Eat while hot, or leave to cool and then store in the fridge for a couple of days. They also freeze well. The potato bread is easily reheated in the microwave, wrapped in kitchen paper. It can also be reheated through in a warm pan or under the grill.



8



6



7



AVAILABLE ON PRESCRIPTION:

Fate Low Protein All - Purpose Mix

Fate Low Protein Cake Mix

Fate Low Protein Chocolate Flavour Cake Mix



“As a mom with two daughters who both have PKU, I fully understand the low protein way of life. I have developed these mixes and many recipes to help everyone make great low protein food.”

Eileen Green



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SHS **NUTRICIA**

Making the difference in metabolic care

Loprofin

Recipe of the month

Red Fruit Crumble

Ingredients:

90g (3q oz) Loprofin Mix
2 x 15mlsp (2tbsp) icing sugar
300g (12oz) mixed red fruits, ie. raspberries, strawberries, currants
50g (2oz) hard margarine
25g (1oz) Loprofin Breakfast Cereal Loops

750ml (1½ pint) oven proof dish

Oven temperature: 180°C/350°F/ Gas Mark 4

Method:

1. Combine 15g (1/2 oz) Loprofin Mix and the icing sugar, sprinkle over the fruit and stir gently to thoroughly coat, arrange over the base of the oven proof dish. Sprinkle the sherry over the fruit.
2. Place the remaining Loprofin Mix in a large bowl, add the margarine cut into small pieces and rub in until the texture resembles coarse breadcrumbs.
3. Lightly crush the Loprofin Breakfast Cereal Loops and stir into the pastry crumbs, breaking up any whole loops.
4. Evenly spread the crumbs over the fruit and bake in a preheated oven for 20 minutes, until golden brown.

Serve hot or cold.

Serves 4.

Dietitian's Report

Outward Bound Weekends

This very popular weekend in Edale, Derbyshire, is running again from July 13th to 15th. It is open to any child with PKU aged 9 to 13 years, boys and girls. The children sleep in dorms of 4 and all the PKU food is cooked for them. We expect the children to weigh their own exchanges and make up their protein substitute but help is always on hand if required. There are always at least 5 leaders; dietitians, doctor, nurse specialists, parents or adults with PKU. The idea of the weekend is to encourage independence and to help those who may be struggling to understand their diet. Mixing with others also helps them to feel not quite so isolated.

The activities include mountaineering, abseiling, weaselling, archery, raft building, nature trail and so on. The professional leaders at Edale are very good at 'ice breaking' in getting the children mixing together and all joining in everything. Often a friendship is made and the children continue to communicate with one another by text, email, MSN and so on.

The NSPKU subsidises the weekend and the cost is around £75. We start Friday around 1pm and finish after lunch on Sunday. If anyone is interested in more detail please contact me and I can fill in any gaps you need to know.

'Bacon' and 'Chips'

Tesco
Meat free Bacon Style Rashers



You will probably remember those 'Streaky Strips' which we could use a year of so ago but which were taken off the market and so many were disappointed. Well Tesco have brought out a version of their own. The rashers are 1 exchange each.

You could try them with a traditional British breakfast of 'bacon', mushrooms, tomatoes and low protein toast or you could grill or fry the 'bacon' and snip it onto a low protein pizza or a baked potato.

Taj Brand Oven Cassava Fries

These are chips made from cassava and mashed potato. You cook them in the oven for 15-20 minutes.

100g = 1 exchange.

Because Cassava is a free vegetable you can have more of these chips for an exchange. They were found in the freezer section at Tesco. Why not try them and see what you think?



Aspartame

Sweet news for sweetener – but not so good for us.

The European Food Safety Authority (EFSA) reviewed research on the safety of the artificial sweetener aspartame, and decided that claims made by the Ramazzini Institute in Italy that it was carcinogenic was not relevant to humans. "Our conclusion on the basis of the evidence currently available is that there's no reason to revise the previously established ADI (acceptable daily intake), nor at the stage...to undertake any further review of the safety of aspartame," stated the chairman of the EFSA working party. Food manufacturers welcomed the EFSA verdict; the Ramazzini Institute said it planned further research on the safety of aspartame.

BUT the Good News for us is.....

Sainsbury's the supermarket announced that from June, its range of 120 fizzy drinks and cordials will contain only natural ingredients. Fruit and vegetable extracts will replace artificial ingredients. Sucralose, which is made from sugar, will replace the artificial sweetener aspartame.

Asda too is following suit and by the end of the year none of their own brand drinks or food will contain aspartame. Again sucralose will be used to sweeten.

Marks and Spencer all drinks are aspartame free and all foods (only used in the Count on Us range) will be aspartame free by the end of June. Sucralose will be used instead.

Eleanor Weetch
Dietitian Advisor NSPKU

Four tasty NEW products added

NEW
NOW AVAILABLE ON PRESCRIPTION



The Promin range just keeps growing which is good news when you are on a restricted diet, and because we are a family run company we can react to our customers needs that's why we keep adding new products to our range. Two new desserts' chocolate and banana and strawberry and vanilla also a chocolate spread - the Kids will love this one and pasta spirals in a Moroccan sauce.

With more meal solutions being added to the Promin range you can be sure there's a great tasting option available to satisfy your taste whatever time of day it is.



Choose: Hot Breakfast - Original, Apple and Cinnamon, Chocolate, and tasty Banana flavours. For lunch or an

evening meal: Pasta Shells in Tomato, Pepper and Herb sauce, or Pasta elbows in Cheese and Broccoli sauce. A popular addition is our great tasting Burger Mix, you can easily shape it into burgers, sausages, meatballs or even dinosaurs for the kids! - they taste great with chips or mixed with some of our pasta. Visit our website for more details and a full analysis on all our products.



www.promin-pku.com

Firstplay Dietary Foods was formed in 1993 to produce Promin Low Protein products from a small factory in Stockport, where we only produce low protein products.

Promin Pasta and Promin Tri-Colour Pasta are now a well established brand and are available on prescription. The range also includes Imitation Rice, Pasta meal and Lasagna Sheets. By talking with PKU patients, parents and Dietitians new products have been developed to reflect your needs. Please call or visit the website for more information and keep sending your recipe suggestions.

Firstplay Dietary Foods produce low protein foods especially for your diet.



Always consult your dietitian before trying something new.

ALPHABET, ELBOWS, SHELLS, MACARONI, COUS COUS, RICE, PASTA MEAL, SPIRALS, SPAGHETTI, LASAGNA SHEETS

To order telephone or fax: **0161 474 7576**, E-MAIL: firstplaydf@smartone.co.uk WEB: www.promin-pku.com

NEW
Available on prescription
July 2007

Cool down this summer

...delicious Loprofin Desserts -
Strawberry, Chocolate and Vanilla*



**Simply mix with Loprofin PKU milk or Snopro, freeze overnight
and hey presto, great tasting, low protein ice cream!**

***IMPORTANT Each serving contains less than half an exchange.**

Consult your dietitian about how to count this in your diet.



**REQUEST A
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WIN AN ICE CREAM MAKER IN OUR FREE PRIZE DRAW

CLOSING DATE 31/7/07

To receive a free sample, and be entered into
our free prize draw, complete this form, place in an
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Port, South Wirral L65 3EB**

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☐ Strawberry ☐ Chocolate ☐ Vanilla

Maximum 1 sample per household

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