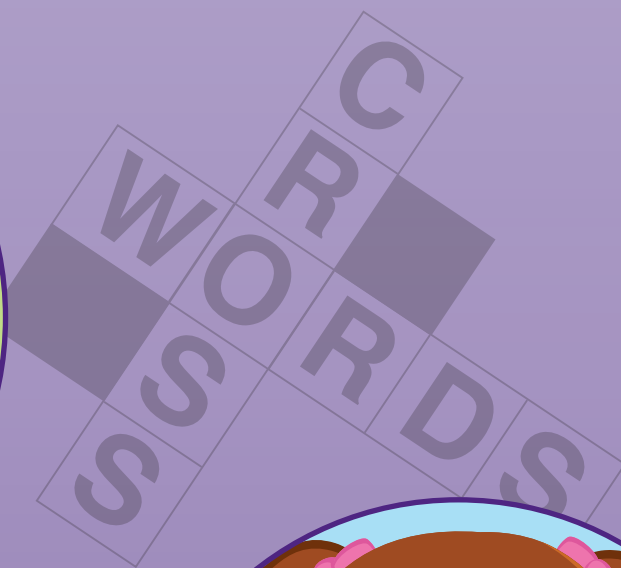


My PRU

Activity Book



Sudoku
Puzzles

Dear Families,

This book has been created to help make learning about PKU fun. Inside you will find educational activities for school-aged children to help teach the basics of a healthy low phenylalanine (PHE) diet

We hope you enjoy My PKU Activity Book.

Sincerely,

Your friends at



THIS BOOK BELONGS TO



Drink All Your
PKU Formula
Every Day!

I, _____ will do my
(PRINT YOUR NAME)

very best to drink all my PKU formula and
eat fruits and vegetables to keep my diet

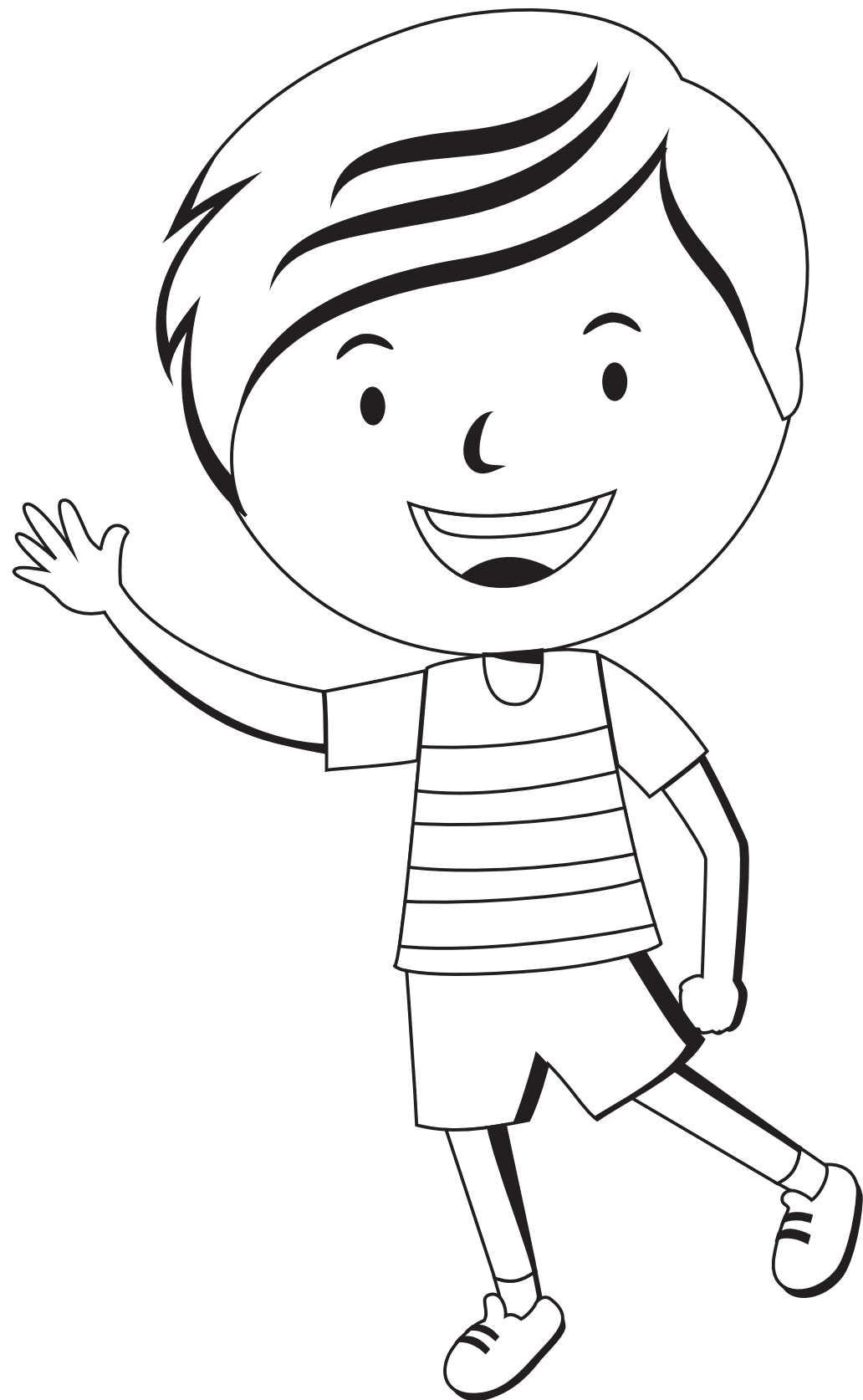
low in PHE. I want to grow up

HEALTHY!

(YOUR SIGNATURE)

Hi, my name is JACK.

I have PKU.



Having PKU makes me special,
but it does not slow me down!

This is my sister JILL.



She also has PKU and loves MUSIC.

We follow a SPECIAL
diet for PKU.

We eat LOW PROTEIN foods,
fruits, vegetables and have a
drink called FORMULA.

- 1 = A
- 2 = B
- 3 = C
- 4 = D
- 5 = E
- 6 = F
- 7 = G
- 8 = H
- 9 = I
- 10 = J
- 11 = K
- 12 = L
- 13 = M
- 14 = N
- 15 = O
- 16 = P
- 17 = Q
- 18 = R
- 19 = S
- 20 = T
- 21 = U
- 22 = V
- 23 = W
- 24 = X
- 25 = Y
- 26 = Z



Match the letters to the numbers and write the secret message!

6 15 18 13 21 12 1

8 5 12 16 19

13 5 7 18 15 23

2 9 7 1 14 4

19 20 18 15 7 !

See solutions page for answer.

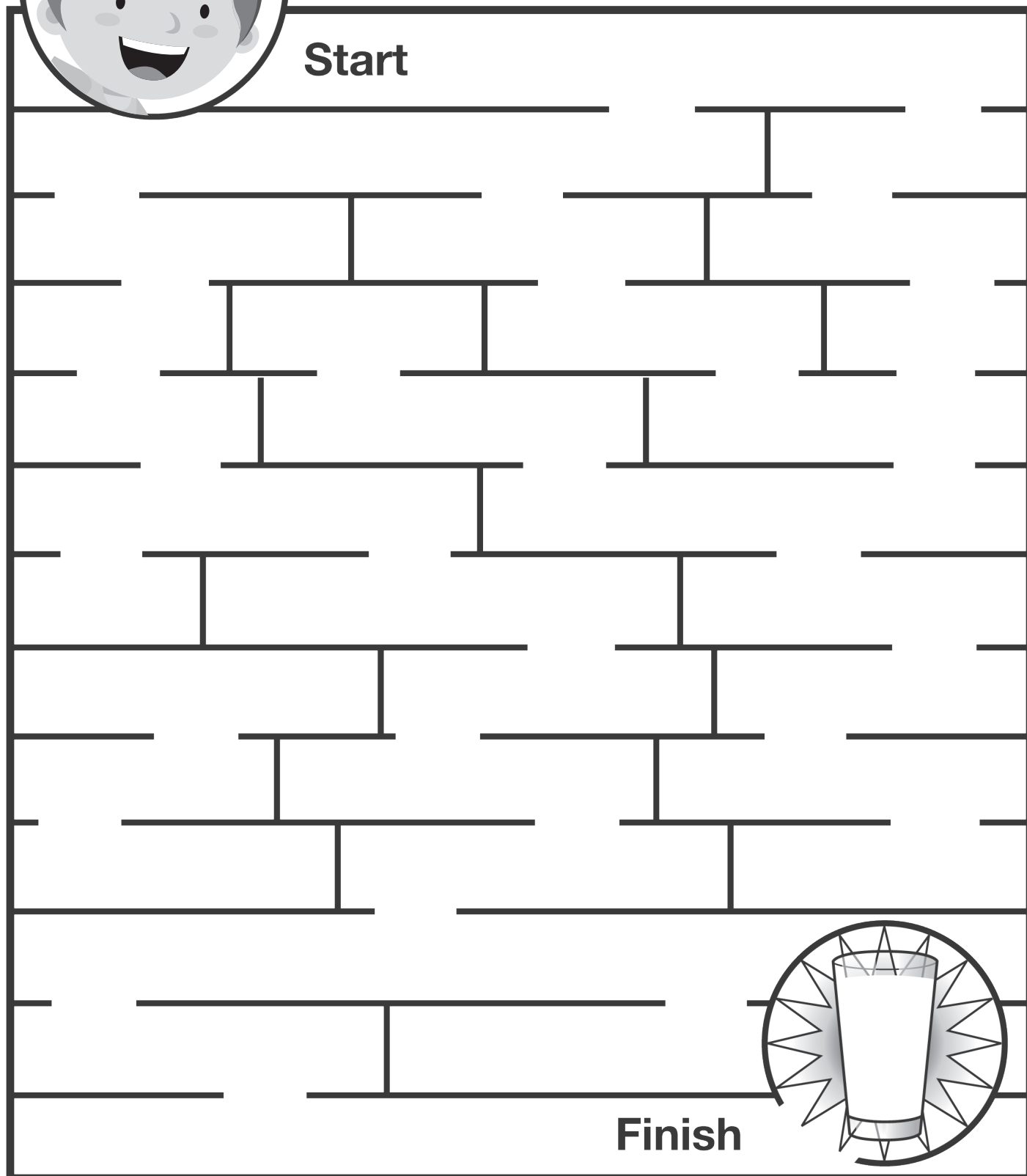
PKU formula is an **IMPORTANT** part of a balanced PKU diet!

Formula provides protein without the amino acid **PHENYLALANINE**, to help **YOU** grow and stay healthy.

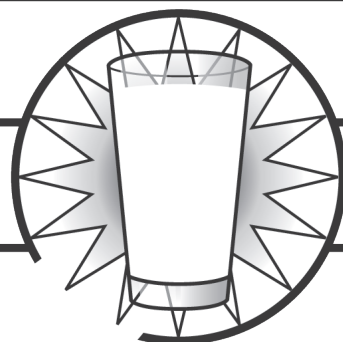


Help Jack get to his PKU Formula!

Start

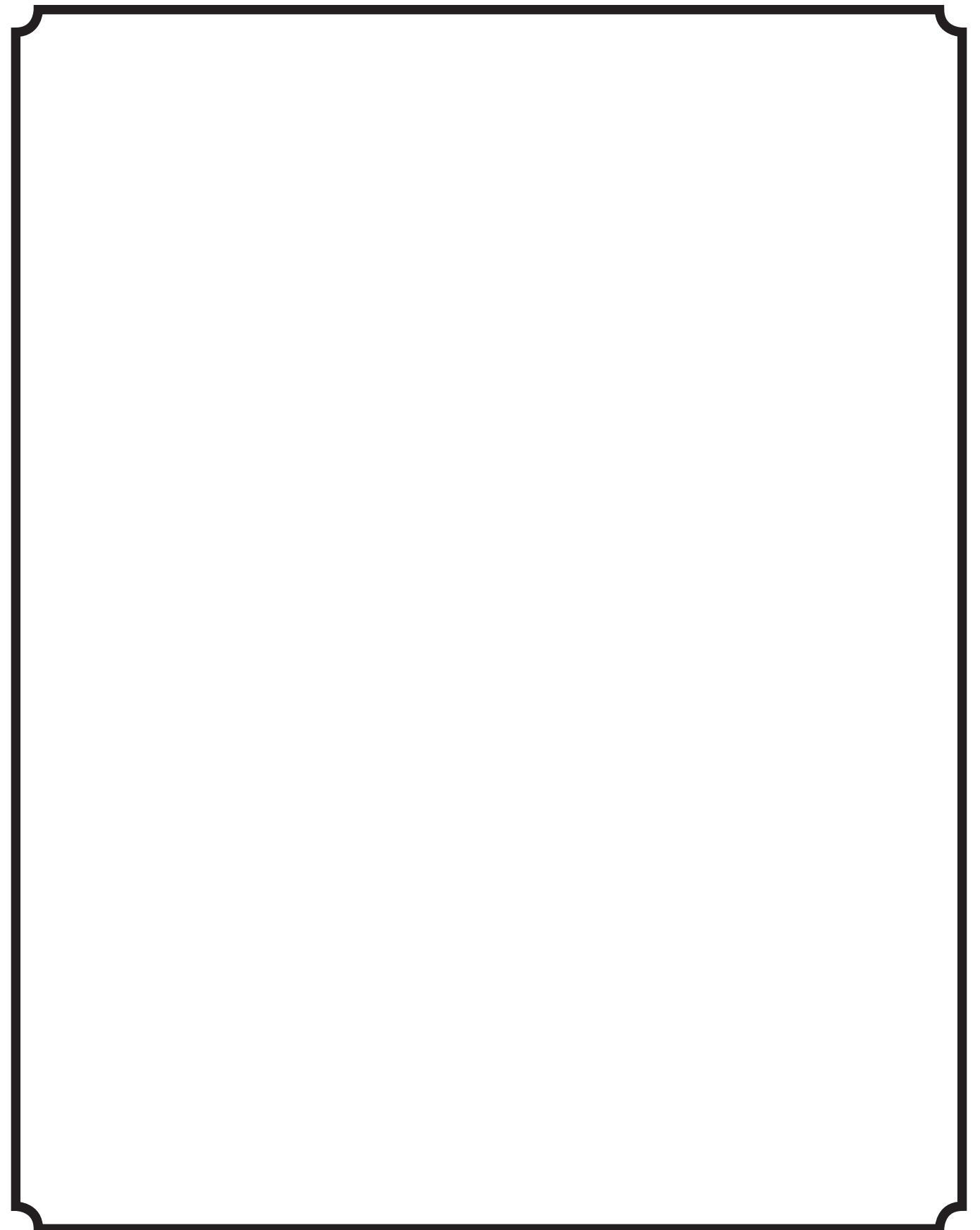


Finish



See solutions page for answer.

Draw a picture of your PKU formula



Which PKU Periflex® Junior Plus can is different?

1



Can 1: PKU Periflex Junior Plus Plain, Artificially Flavored

2



Can 2: PKU Periflex Junior Plus Plain, Artificially Flavored

3




Can 3: PKU Periflex Junior Plus Plain, Artificially Flavored

4



Can 4: PKU Periflex Junior Plus Orange, Artificially Flavored



These are my school friends.
They like me for WHO I AM.

Double Puzzle

Unscramble each of the clue words.

Take the letters that appear in  boxes and unscramble them for the final message.

What do you do at school?

DUSTY

MYG

RAT

HATM

CISNEEC

MOOKHREW

RLANE

RAED

LYAP



See solutions page for answer.

My diet must be low in
Phenylalanine.

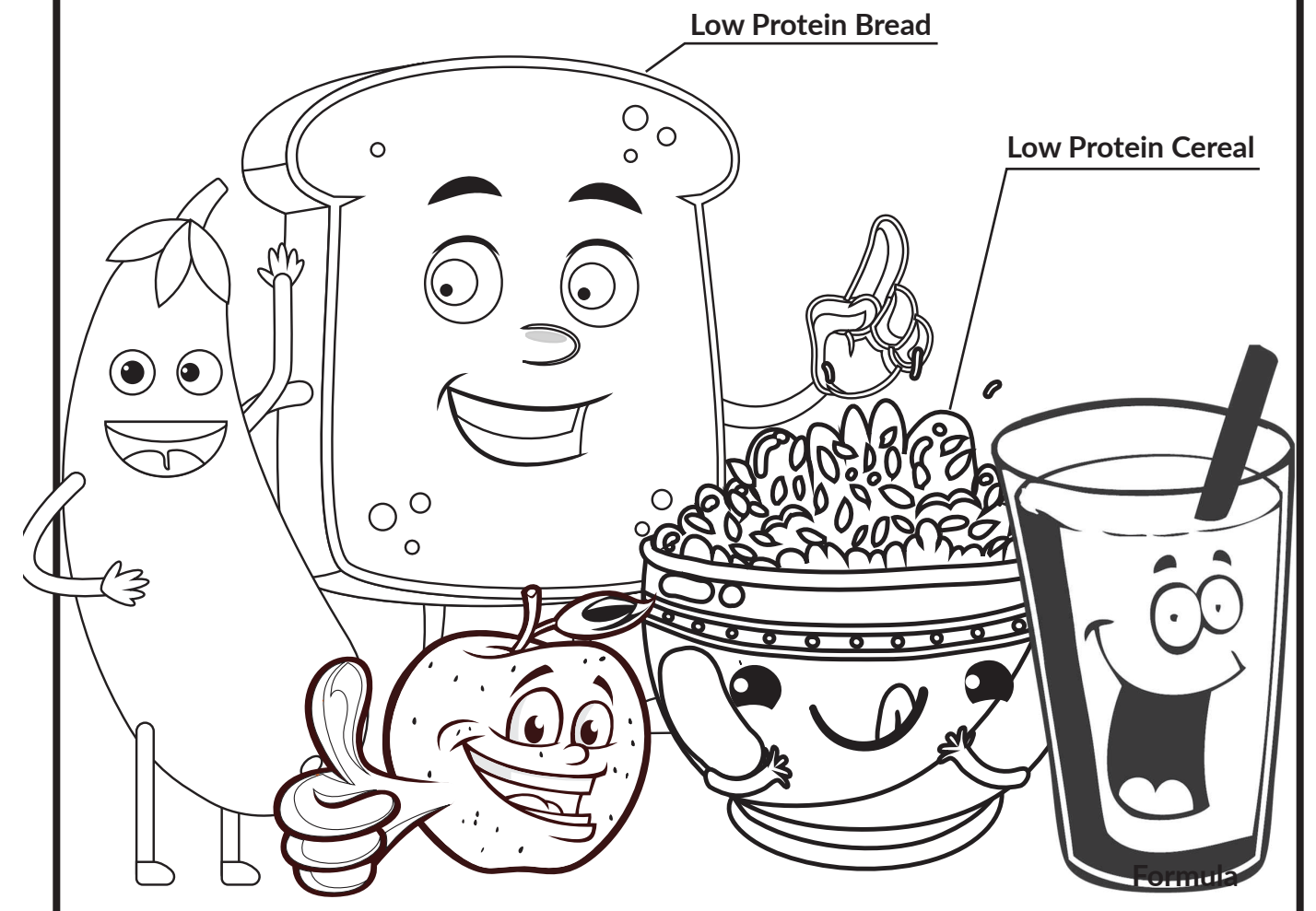
I call it PHE for short.

Low PHE foods
taste great!



**A Balanced PKU Diet
includes food low in protein.**

**Be sure to drink formula
EVERY DAY!**



Your body needs a balanced PKU diet to grow up strong and healthy.



This means drinking your formula daily, eating low protein foods and plenty of fruits and vegetables.

What will you eat today?

Write down what you have eaten for an entire day. That means everything! Go over the list with your parents or metabolic dietitian to see if you are eating a balanced PKU diet.

Breakfast

Lunch

Dinner

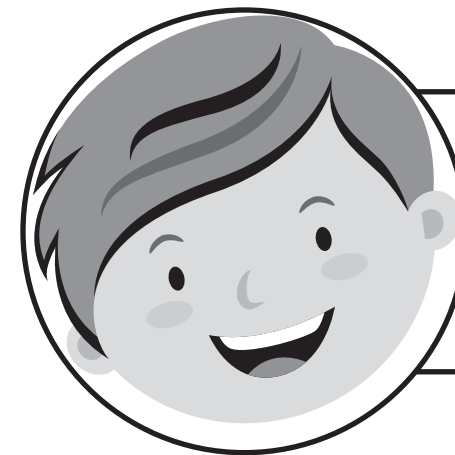
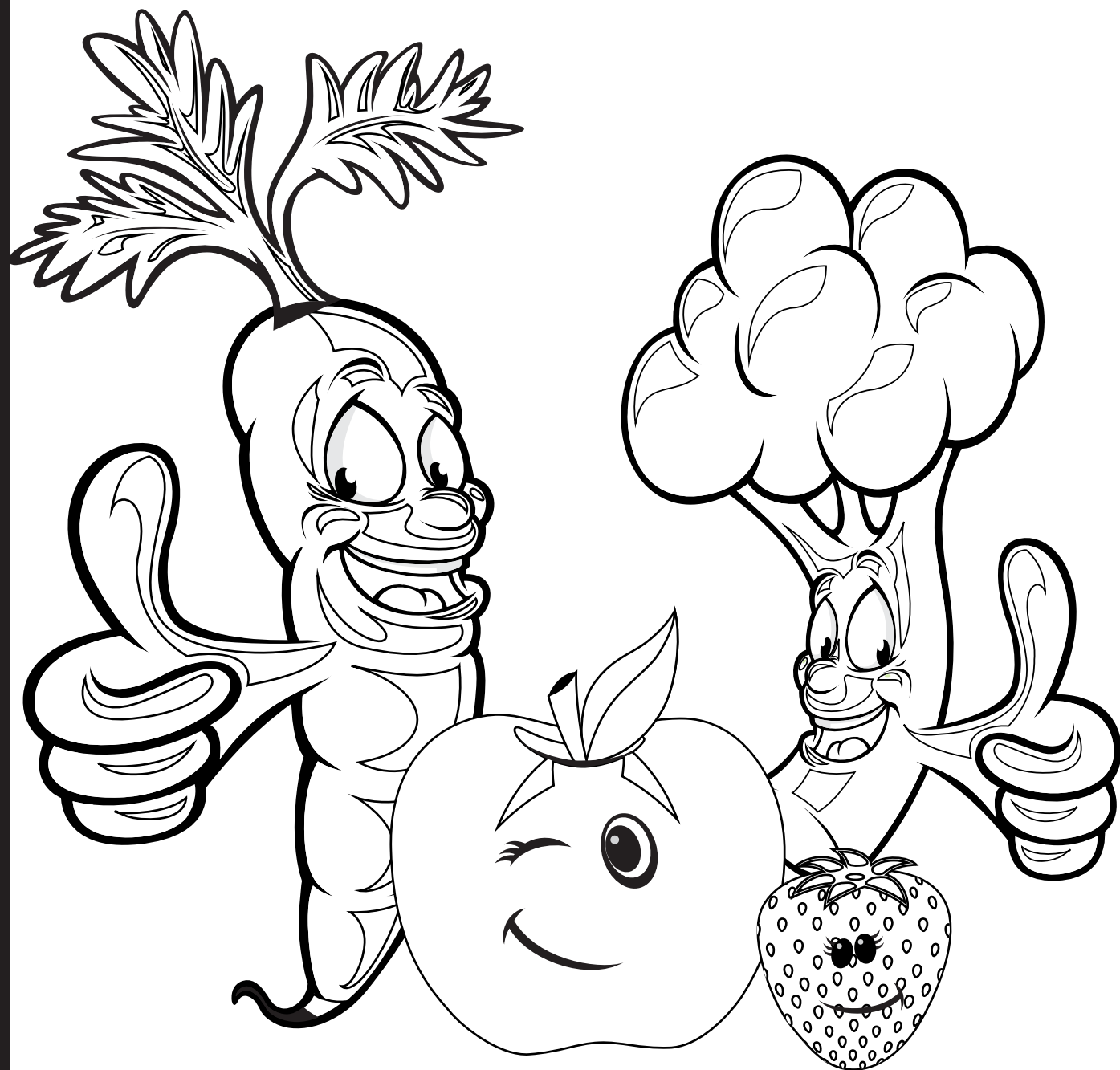
Snacks

Most
FRUITS
and
VEGETABLES

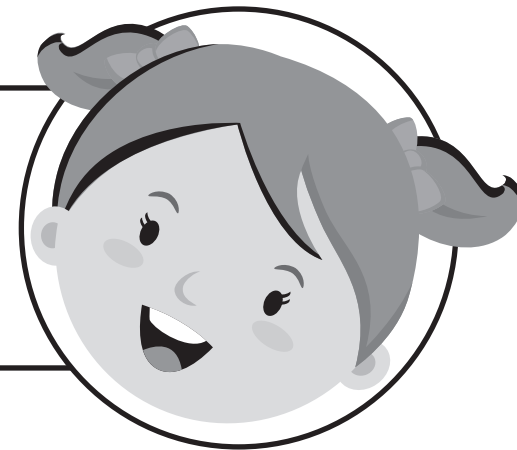
are naturally low in PHE

You should eat a variety of
fruits and vegetables
every day.

And they taste great!!!



Jack's favorite food that is low
in PHE is an **APPLE!**



Jill's favorite food that is
low in PHE is **ZUCCHINI!**

**What are your 5 favorite
low PHE foods?**

How many words can you make
using the letters in

VEGETABLES



EAT

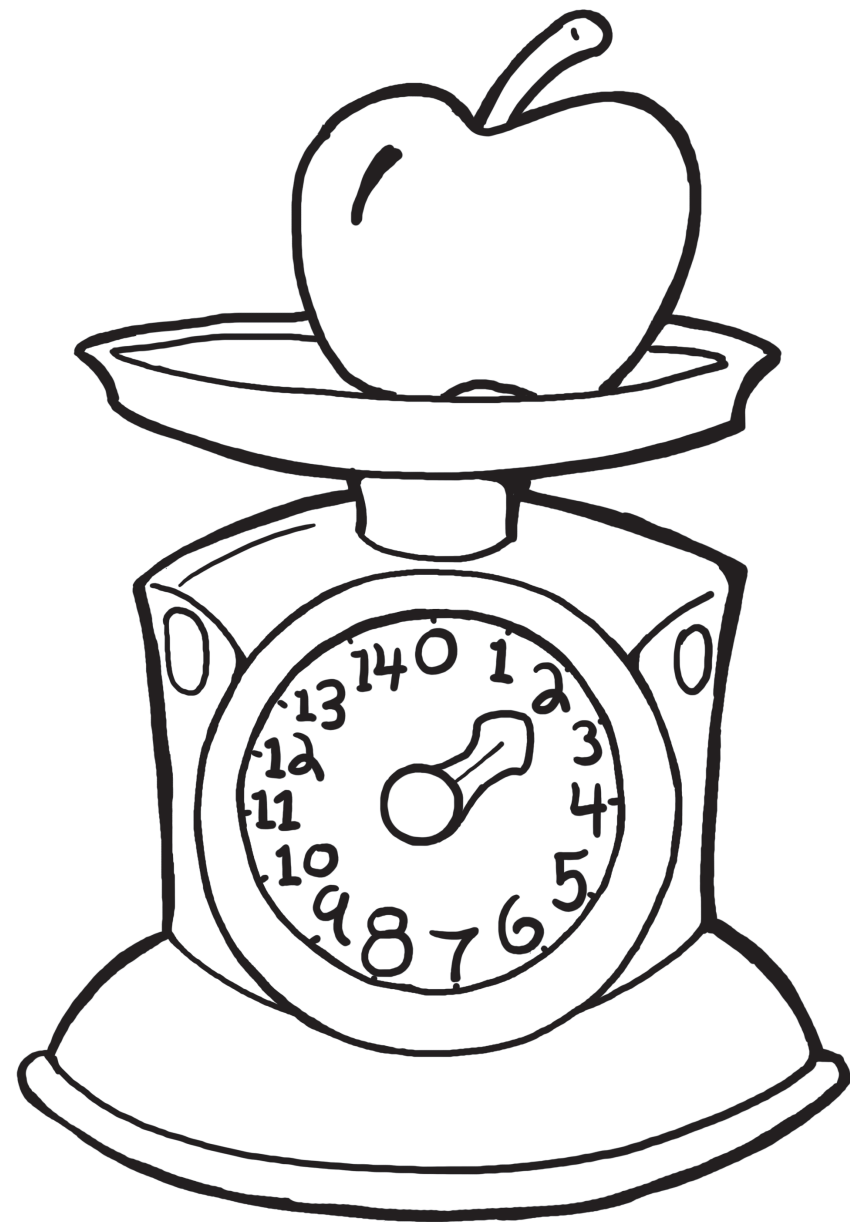
See solutions page for examples.

WORD SEARCH

APPLE LOW PROTEIN SCHOOL				EXERCISE NUTRITION STRAWBERRY			FORMULA ORANGE VANILLA			HEALTHY PHENYLALANINE BROCCOLI				
M	O	J	Z	I	R	Q	D	A	Z	O	U	E	X	A
P	K	R	B	U	V	P	G	I	A	V	N	B	O	T
Y	M	I	A	I	B	F	K	S	E	I	E	R	Q	V
S	D	L	Q	N	V	G	W	H	N	F	K	O	V	N
S	T	K	F	P	G	L	R	A	M	N	R	C	R	R
Q	C	Y	M	Q	A	E	L	N	U	U	T	C	U	H
P	J	E	L	R	B	A	G	T	Z	B	U	O	W	Z
B	H	A	Z	O	L	T	R	N	S	Q	H	L	K	Q
H	K	D	L	Y	W	I	L	C	P	B	R	I	R	C
D	W	Y	N	L	T	P	E	S	I	C	R	E	X	E
G	F	E	H	I	I	E	R	D	X	J	Q	Y	G	N
A	H	X	O	R	N	N	C	O	B	M	H	R	A	D
P	O	N	E	I	S	W	A	M	T	T	T	G	L	Y
P	G	S	C	S	U	O	J	V	L	E	T	N	U	Y
L	E	G	D	H	O	B	F	A	L	X	I	P	M	D
E	M	Z	S	S	K	S	E	I	T	V	C	N	R	M
R	G	M	B	B	K	H	Y	N	M	E	W	J	O	M
S	T	R	A	W	B	E	R	R	Y	Q	N	Q	F	E
C	L	B	O	S	W	K	Z	Y	X	L	P	G	P	L
L	I	S	O	E	C	V	S	C	H	O	O	L	E	T

See solutions page for answer.

A **SCALE** helps you weigh and measure your food so you eat the correct amount of **PHE**.



To find out how much **PHE** is in your body, your doctor draws blood to test your levels.



It is important to eat **FOODS LOW IN PHE** to keep the amount of **PHE** in your body at the right level.



Can you fill in the missing words?

1. I follow a diet _____ in PHE.
2. I must drink my _____ every day.
3. I use a _____ to weigh and measure some of my food.
4. We draw blood to find out how much _____ is in my body.
5. A balanced diet includes a variety of _____ and vegetables.

Drinking your FORMULA in the morning, afternoon, and evening can help you feel good all day.

When you don't drink your formula or follow your low PHE DIET, you may not feel like playing and exercising.



Unscramble the Words

1. mofrlua _____

2. wlo tpoirne _____

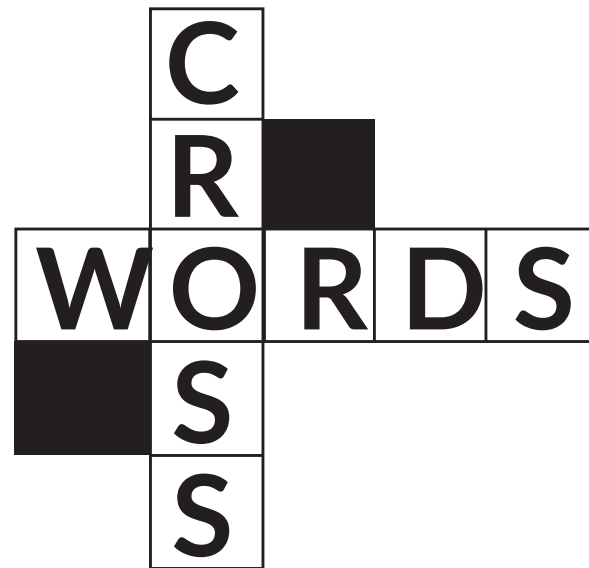
3. HEP _____

4. urfti _____

5. elgaebvet _____

6. elyahth _____

7. cxeersie _____

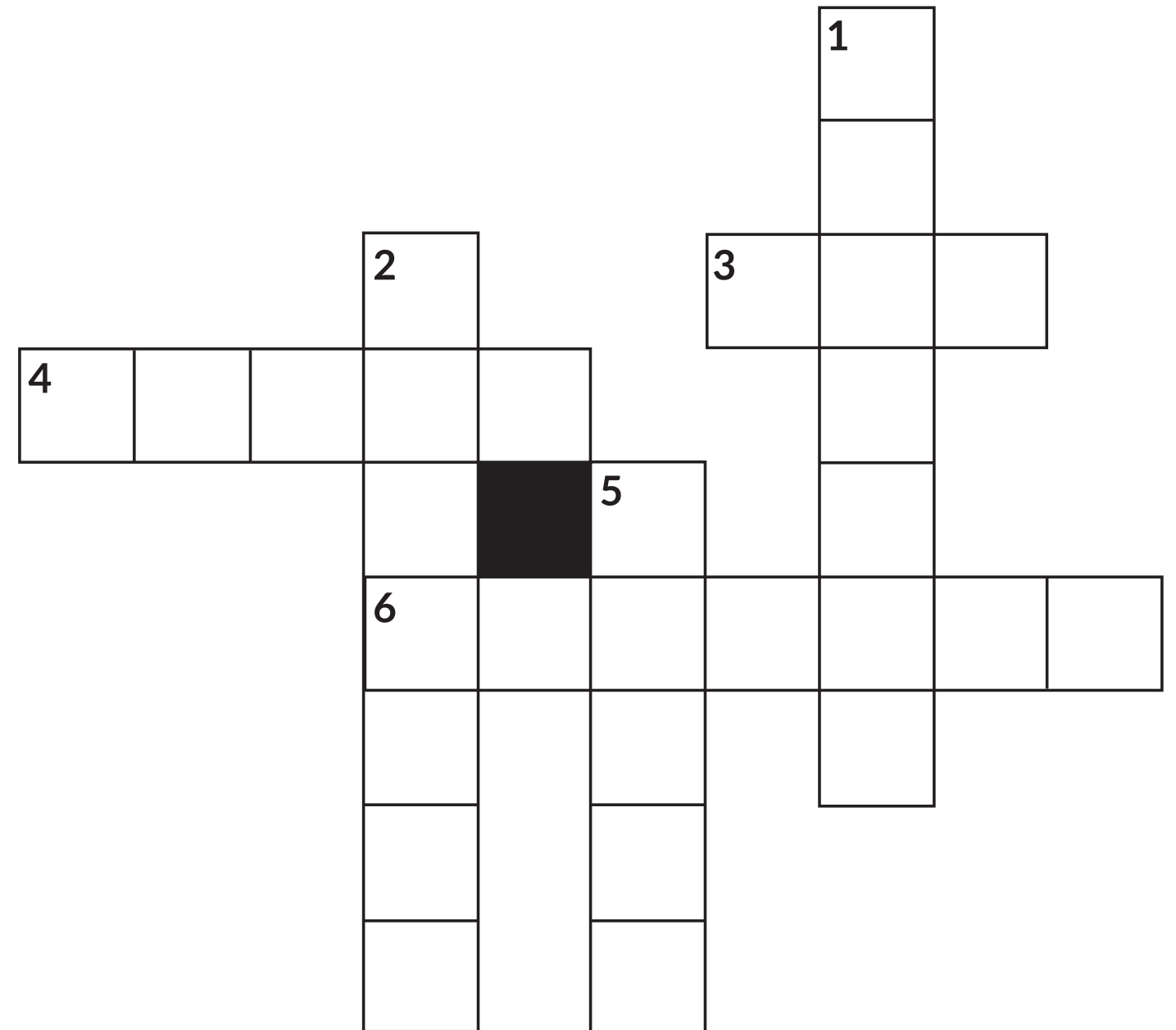


Across

3. The PKU diet is a diet _____ in PHE.
4. To find out how much PHE is in your body, you draw _____ to test your levels.
6. It is important to drink your formula in the _____, afternoon and in the evening.

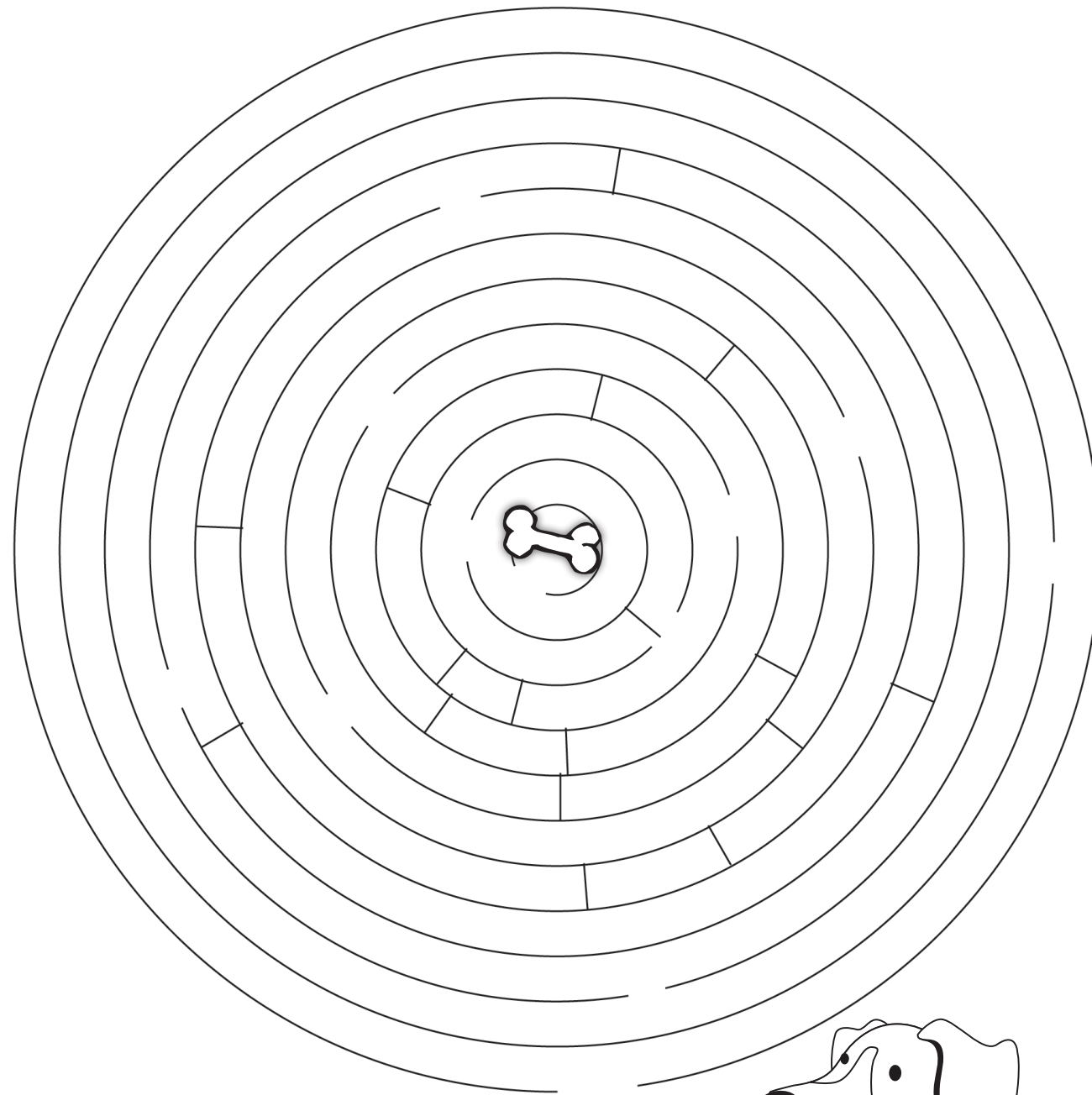
Down

1. Apples are low in _____.
2. When you don't drink your _____ you may feel too tired to play and exercise.
5. For good health you must _____ your formula every day.

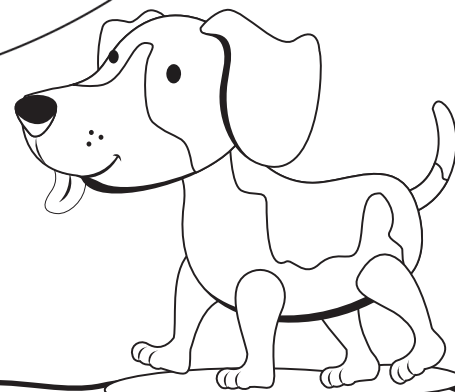


See solutions page for answer.

Help Jack's Dog find his Bone!



START

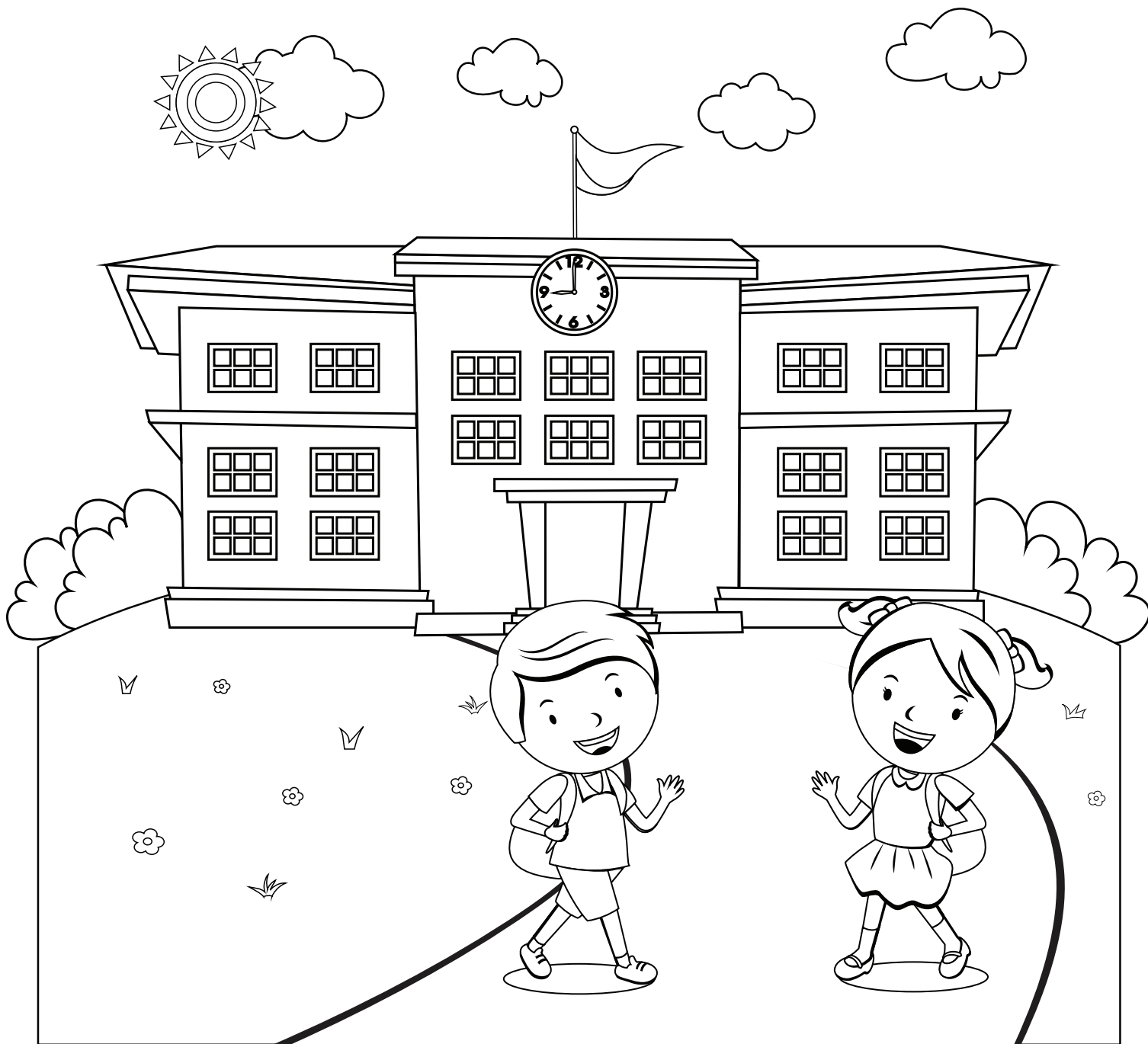


See solutions page for answer.

Your body is GROWING.
It needs a balanced PKU diet,
including formula, exercise
and plenty of rest to
stay healthy.

Be sure to get enough sleep
every night **to be ready for**
the next day.

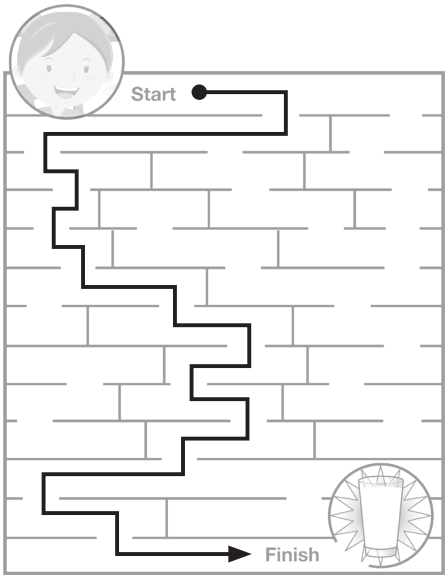
The End



Solutions

Number Match: Formula helps me grow big & strong!

Help Jack get to his PKU formula

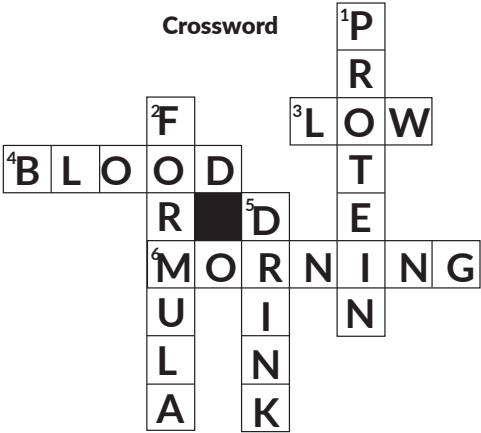


Which can is differnt? #4

Double Puzzle

STUDY
GYM
ART
MATH
SCIENCE
HOMEWORK
LEARN
READ
PLAY
SCHOOL IS COOL

Crossword

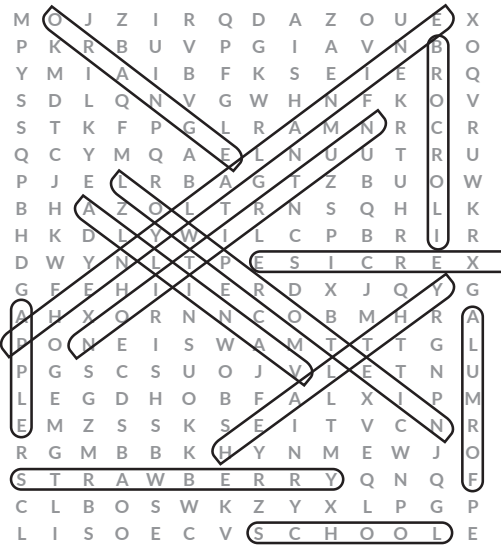


Missing Words: 1. low 2. formula 3. scale 4. PHE 5. fruits

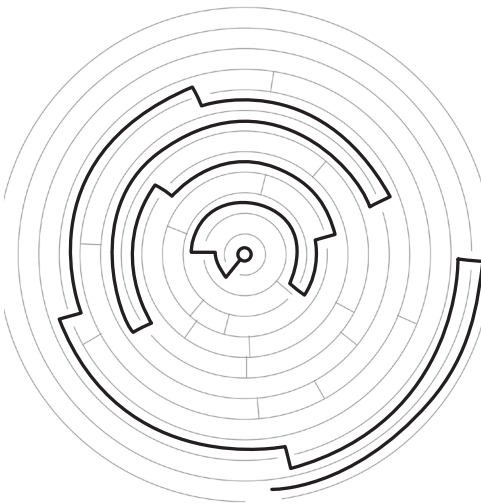
How many words can you make using the letters in VEGETABLES

ABLE	GAB	SAVE
AGE	GATE	SEAL
ATE	GEL	SEAT
BAG	GET	SET
BAT	LAB	TAB
BEAST	LAST	TAG
BEE	LATE	TABLE
BEET	LEAST	TALE
BEST	LEAVE	TEASE
BLAST	LEG	TV
EAT	SALE	VAST
EAST	SALT	VET
EEL	SAT	VEST

Word Search



Help Jack's Dog find his Bone!



Unscramble the Words: 1. formula, 2. low protein, 3. PHE 4. fruit 5. vegetable 6. healthy 8. exercise

Nutricia is proud to offer a variety of great tasting formula options for children with PKU.

Periflex®



PhenylAde® GMP

Contains GMP, made from a whole protein source!



Lophlex®



View our full line of products for PKU at
[NutriciaMetabolics.com](https://www.NutriciaMetabolics.com)



Brought to you by Nutricia North America

All products shown are medical foods for the dietary management of Phenylketonuria (PKU) and must be used under medical supervision.

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ZMPKUAB 01/23