



# MY MSUD FORMULA & DIET RECORD

Name:





# MY MSUD FORMULA & DIET RECORD



Your dietitian may ask you to keep a diet record on the days leading up to your clinic appointment or before your blood work. This Maple Syrup Urine Disease (MSUD) Formula & Diet Record tool can also help you keep track of your leucine/protein intake day-to-day!

## INSTRUCTIONS

1. Fill out the section about your formula and supplements.
2. For the food section, list the time of the meal/snack.
3. Write down everything you eat, even if it's free of leucine (LEU) or protein (PRO). Only list 1 ingredient per line.
4. Record the amount of the food or drink you had using standard measurements (cups, tablespoons, teaspoons), measured weight (grams or ounces), or amounts for individual items (1 slice of bread, 1 medium apple, 10 grapes, etc.)
5. Record the milligram (mg) of LEU or grams (g) of PRO of each food or drink item.

## TIPS!

- Be as specific as possible.
- For mixed dishes and homemade foods, list each ingredient separately.
- Don't forget small things like dressings, condiments, margarine, etc.
- Describe the method of preparation, if applicable (fried, sautéed, boiled, baked, etc.)
- Include brand names for foods and drinks that have them.



This resource is for informational purposes only and is in no way intended to replace the care, advice, and medical supervision of your metabolic team. Always consult your metabolic healthcare professional team before making any changes to your or your loved one's diet or condition management.

# EXAMPLE FORMULA & DIET RECORD

To aid you in using this MSUD Formula & Diet Record, see the examples below on how to record formula and food. This page is an EXAMPLE for teaching purposes only. Always follow diet instructions provided by your metabolic healthcare team.

## EXAMPLE Formula Tracker

Name: Jane Jones

Date: September 15

Formula is made as a  24-hour batch  individual servings (check one)

Formula name: Complex Essential MSD Drink Mix

Formula quantity: 100 (grams) / scoops (circle one)

Additional formula name: Complex MSD Amino Acid Blend

Additional formula quantity: 20 (grams) / scoops (circle one)

Formula mixed with  Water or  Other \_\_\_\_\_ (check one)

Volume added: 18 (fl oz) / mL / cups (circle one)

Flavorings added (with amounts) None : fl oz / mL / cups (circle one)

Amino acids / vitamins / medications added to formula: Y N (circle one)

If yes, list with amounts: Isoleucine (100 mg), Leucine (100 mg)

Other medications (not added to formula): None

Time: 8:30 a.m. Amount: 6 (fl oz) / mL / cups (circle one)

Time: 12:00 p.m. Amount: 6 (fl oz) / mL / cups (circle one)

Time: 6:30 p.m. Amount: 6 (fl oz) / mL / cups (circle one)

## EXAMPLE Diet Record

Name: Jane Jones

Date: September 15

TIME	FOOD OR DRINK	AMOUNT EATEN	(mg LEU) / g PRO (circle one)
12:30pm	Low protein rice	75 g (uncooked)	22 mg
12:30pm	Olive oil	2 tsp.	0 mg
12:30pm	Lemon juice	1 Tbsp.	0 mg
12:30pm	Red bell pepper, chopped	1/2 cup	27 mg
12:30pm	Zucchini, chopped	1/2 cup	44 mg
12:30pm	So Delicious® coconut milk yogurt, strawberry*	150 g container	30 mg (est.)
12:30pm	Red grapes	15 grapes	17 mg

Complex MSD formulas are medical foods for the dietary management of MSUD and must be used under medical supervision.

\*So Delicious® coconut milk yogurt alternative is an affiliated Danone brand.

# MY MSUD FORMULA RECORD



Name:

Date:        /        /

## FORMULA

Formula is made as     24-hour batch     individual servings     (check one)

Formula name:

Formula quantity:                        grams     scoops     (check one)

Additional formula name:

Additional formula quantity:                        grams     scoops     (check one)

Formula mixed with     Water     Other (specify)

Volume of water/ liquid added:                        fl oz     mL     cups     (check one)

Flavorings added (and amount of flavorings added)

Amino acids / vitamins / medications added to formula:     Yes     No     If yes, list with amounts:

Other medications (not added to formula):

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## FORMULA TRACKING

Time:                        Amount:                        fl oz     mL     cups     (check one)







# CONNECT WITH NUTRICIA

## FOR ADVANCED NUTRITION & SUPPORT FOR MSUD



### COMPLEX MSD FORMULAS FOR THE DIETARY MANAGEMENT OF MSUD

Complex MSD medical foods contain our amino acid profile designed specifically for MSUD. The use of Complex MSD is supported by more than 10 years of clinical data.



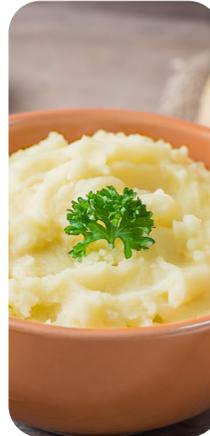
**TALK TO YOUR CLINIC TODAY**

### LOW PROTEIN RECIPES FROM NUTRICIA

You can also access 60+ low protein recipes on our website. Our recipes feature nutritional information, including mg of leucine and g of protein.

Check out Recipes at

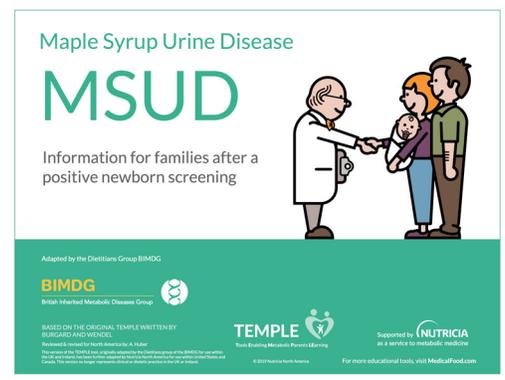
[NutriciaMetabolics.com/low-protein-recipes](https://NutriciaMetabolics.com/low-protein-recipes)



### CONNECT WITH US FOR TOOLS, TIPS & SUPPORT!

TEMPLE (Tools Enabling Metabolic Parents Learning) is one of Nutricia's most popular resources for families managing MSUD. The TEMPLE book and video explain the condition and its management in easy-to-understand language and pictures. This and more available on NutriciaConnect.com.

[NutriciaMetabolics.com/nutricia-connect](https://NutriciaMetabolics.com/nutricia-connect)



Also available in Spanish, French & Arabic!

