



# Guide to HCU

(Homocystinuria)

# Babysitters

## What is HCU?

HCU is short for Homocystinuria (ho-mo-sis-tin-ur-ee-a). It is a genetic disorder that some people are born with. Many people with HCU need a special HCU formula, a diet that is low in whole protein, and certain medications.



## What happens?

When a person with HCU eats protein, their body cannot break it down all the way. Eating too much protein will cause an unhealthy buildup of something called methionine (MET) or homocysteine (HCY). To stay healthy, many people with HCU must follow a diet low in whole protein, drink HCU formula and take their medications every day.



## What is a low protein diet?

A low protein diet is mostly fruits and vegetables plus special low protein foods. Many people with HCU cannot have foods high in whole protein like meat, poultry, fish, eggs, nuts, seeds, peanut butter, milk, yogurt, cheese and other dairy products. Regular bread, pasta, rice and cereal also contain protein and are usually restricted.

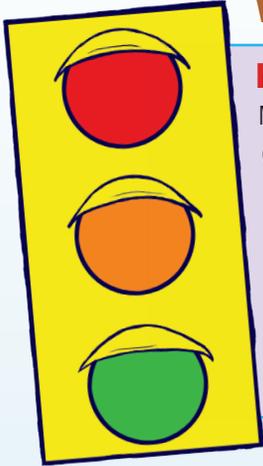
## Be a Super Sitter!

- ✓ Make sure the child drinks HCU formula at the scheduled times. Ask the parent for tips to help the child drink the formula.
- ✓ Always encourage diet adherence. "Just a taste" of high protein foods can set a bad example that not following the diet is an acceptable behavior.
- ✓ When the child is drinking the formula, be positive. Any negative comments about the taste or smell may discourage the child from drinking the formula.

*HCU formula is typically the main source of protein in the HCU diet. Many people with HCU must drink formula every day.*



# What can they have?\*



## NOT PERMITTED

Meat, poultry, fish, eggs, nuts, peanut butter, seeds, regular bread, pasta, rice, grains, beans, milk, yogurt, cheese (other dairy) and soy/pea protein-based meat alternatives

## PERMITTED IN LIMITED AND MEASURED AMOUNTS

Fruit juice, rice milk, butter, starchy vegetables such as peas, corn and potatoes.

## PERMITTED LOW PROTEIN FOODS

Special foods made to be low in protein, such as low protein breads, pastas and baking mixes. Many fruits and vegetables, dairy-free margarine, cooking oils and many sugar-based sweets (such as lollipops and jelly beans).

\*This is not a complete list. Permitted foods and quantities will vary. Always consult the metabolic clinic prior to making any changes to the HCU diet plan.

## Today's Menu

Formula: \_\_\_\_\_

Time: \_\_\_\_\_

Meals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Snacks: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## HCU Education and Support!



Scan to access  
our HCU education  
and resources.

## Parent Contact Info

We will be at: \_\_\_\_\_  
\_\_\_\_\_

We will be home at: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The information contained in this educational material is for information purposes only and is not intended to replace medical advice from a metabolic healthcare professional. Health-related decisions should be made in partnership with a qualified healthcare provider. This material is not intended to be a substitute for professional medical advice, diagnosis or treatment.

All featured products are medical foods for the dietary management of proven Homocystinuria (HCU) and must be used under medical supervision.