

Introduction of Solid Food and Counting Phe



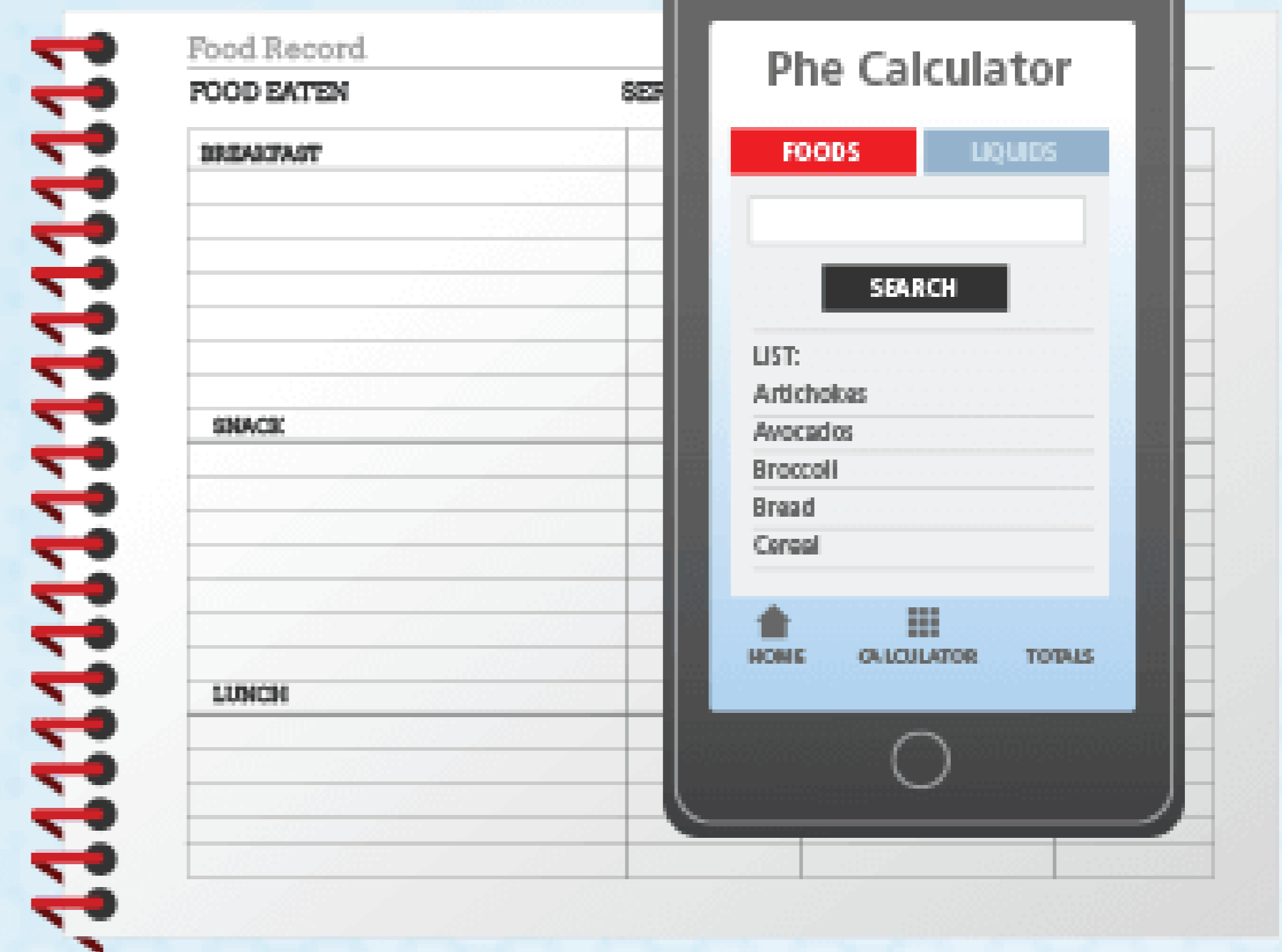
INTRODUCTION

You are now in a routine of feeding your baby medical food and prescribed amounts of breast milk or infant formula.

As your child grows, introducing solid foods that are low in protein (and therefore in Phe) becomes important. The next step is to learn how to:

Choose low protein foods

Calculate the amount of Phe in the foods



This will help you track the amount of Phe your child eats each day and help you stay within his or her prescribed diet.

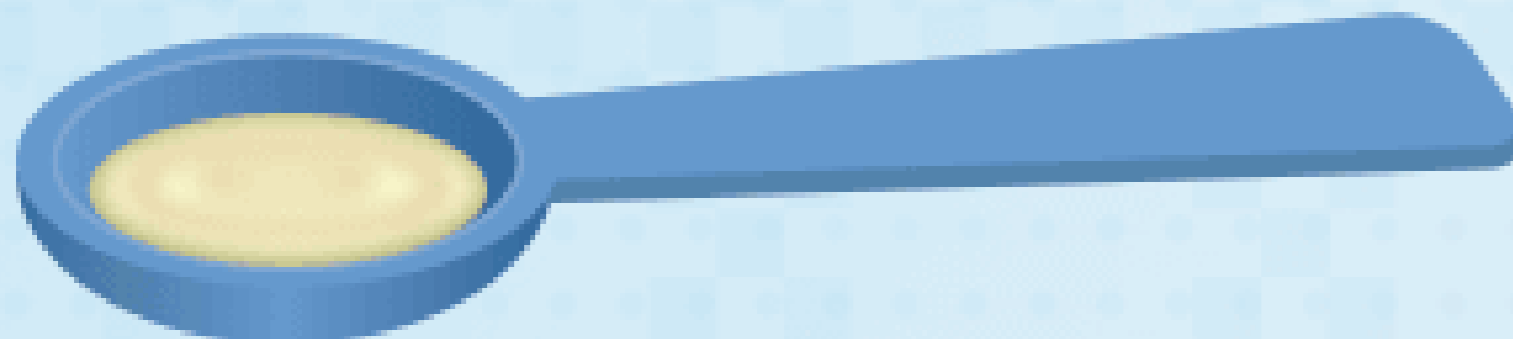
HOW DO I INTRODUCE SOLID FOODS TO MY CHILD?

Introducing solid foods to your child is similar in many ways to doing so for any child. The key difference is that you will need to count the amount of Phe in the foods that your child eats each day.

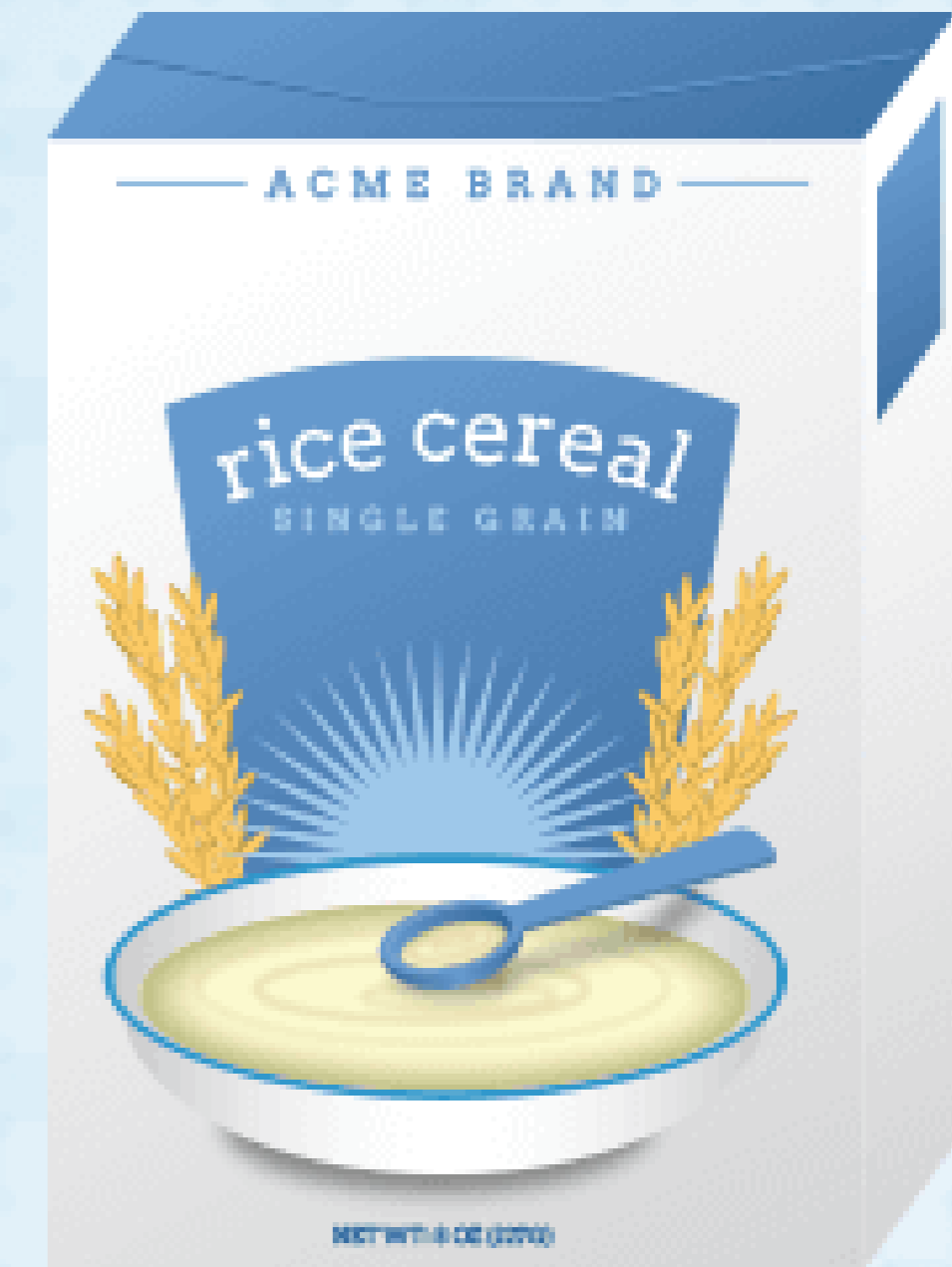
Solid foods are introduced at about 6 months of age



Solid foods are fed from a spoon



A common first food is infant rice cereal, although fruits or vegetables may be introduced first



One new food is introduced at a time, no more frequently than 1 new food every 3 days

1@3 days

WHAT FOODS ARE OK?

Starting at about 9 months, children become interested in feeding themselves—and that's where finger foods come in.

Finger foods should be:

- Firm enough to pick up, yet soft enough to chew, swallow, and digest
- Small pieces of soft fruit, low protein cereal loops, or Cheerios are great first finger foods

Let your child explore and find allowed foods that he or she likes. If you are not sure if your child is ready for finger foods, offer “free” foods first so that you won't need to count what has been eaten or not.

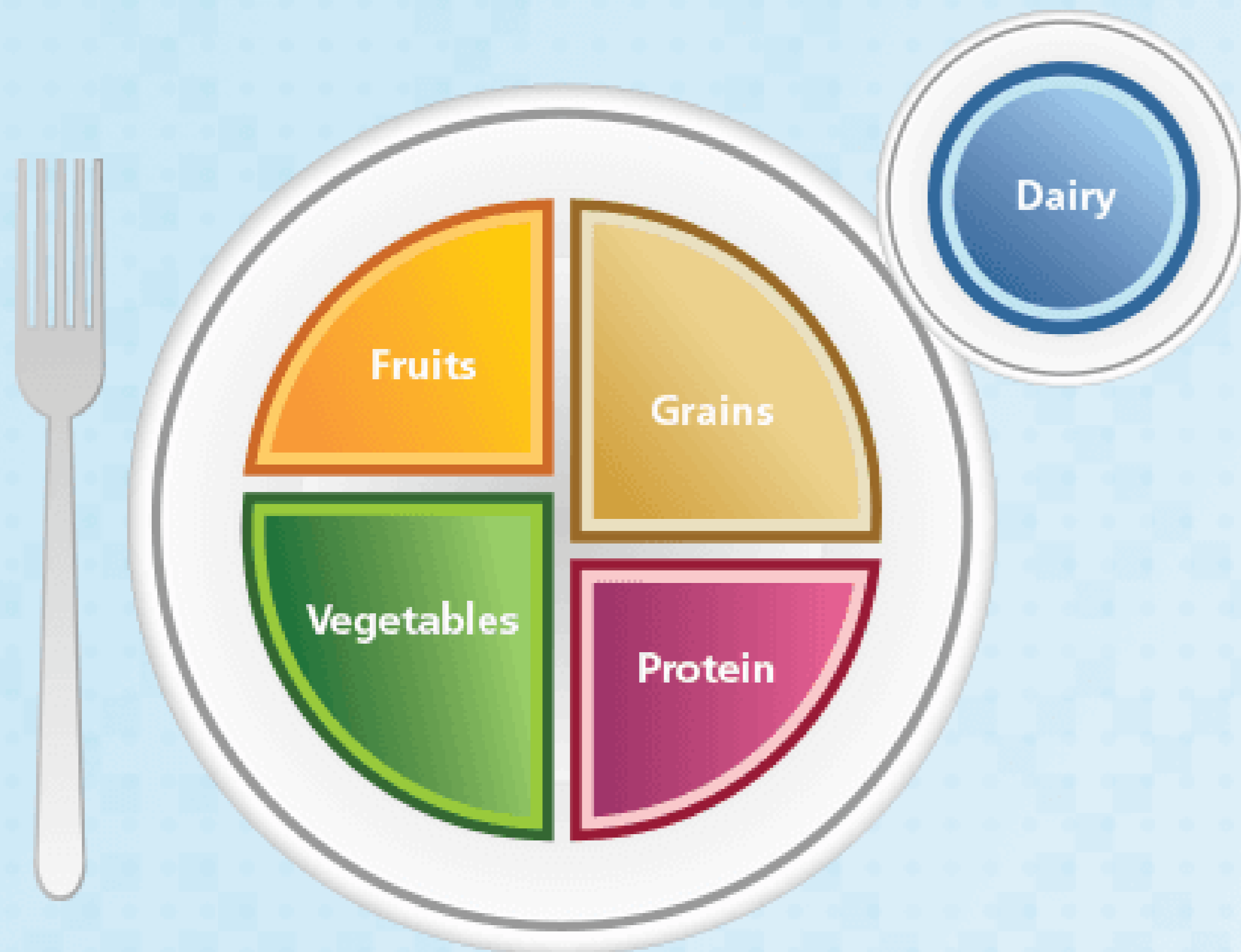


HOW DO I PUT A MEAL TOGETHER?

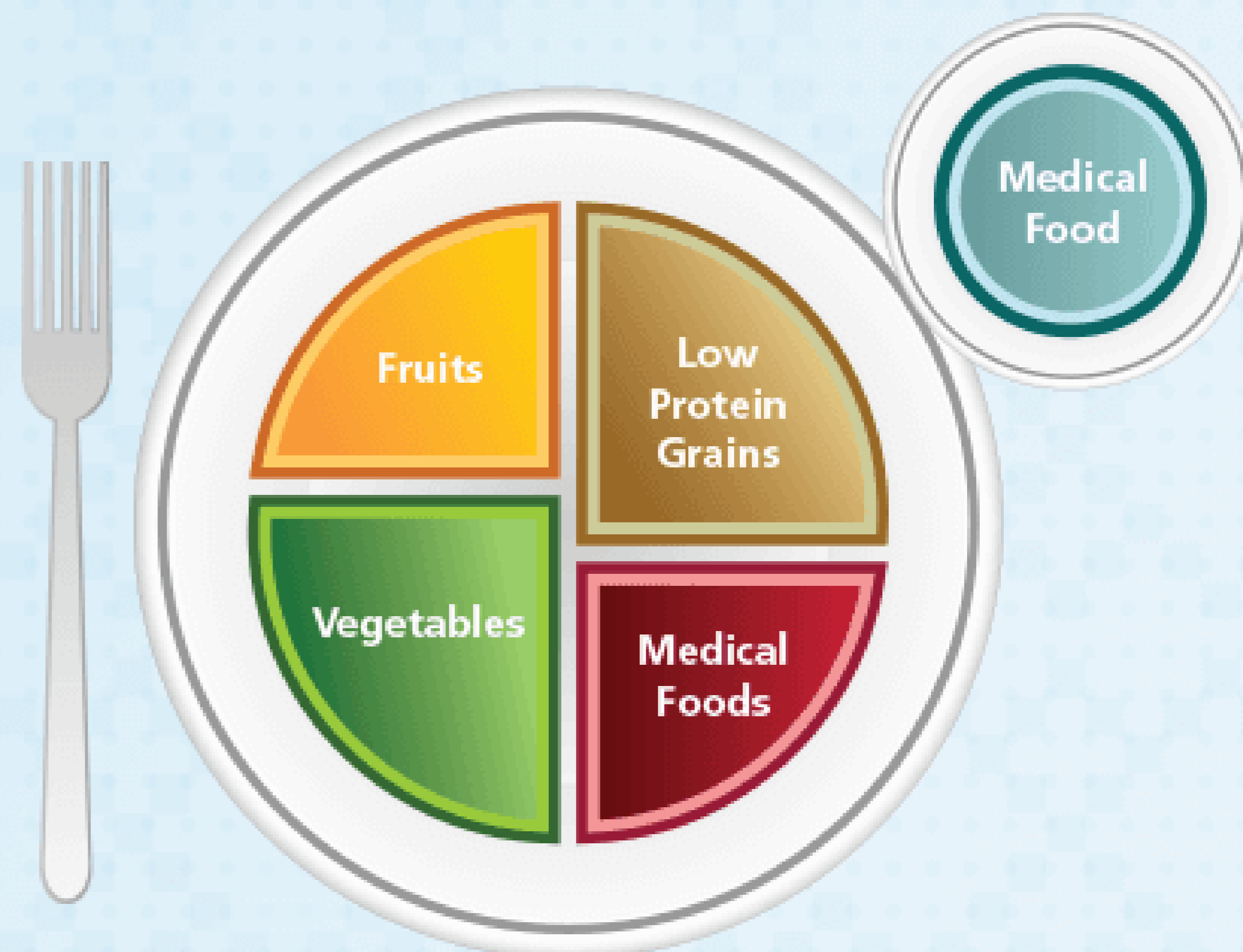
As your child grows, he or she will eat more solid food. However, medical food will always be the most important part of your child's diet.

Comparing the two plates below, you can see in the diet for PKU, medical food takes the place of protein and dairy. Fruits and vegetables are encouraged as they are healthy and low in Phe. Grains or low protein food round out the meal.

MYPLATE.GOV



PKU PLATE



WHAT ARE LOW PROTEIN FOODS?

Low protein foods are made by modifying the wheat, rice, or other grains to remove much of the protein. They are a great way to add variety and calories to the PKU diet and allow you to make meals that resemble what the rest of the family eats. By introducing these low protein foods early, your child will develop a taste for them and will have many options.

There are a wide variety of low protein foods that you can order for your child, such as:

- Low protein breads
- Low protein cheese
- Low protein flour that you can use to bake bread, tortillas, and cookies and cakes
- Low protein pasta and rice
- Low protein peanut butter
- Low protein “nuggets” and “burgers”

Resources for ordering low protein foods are listed on the last page.



HOW DO I CALCULATE PHE INTAKE?

To calculate the amount of Phe in the food your child eats, you will need a gram scale, a calculator, and a reference guide (book or app) showing the Phe content of food. Your dietitian will tell you which foods you need to count and which foods are considered "free" (don't need to count).

Here is how you do it:

- Weigh the amount of food you plan to serve
- Look up the Phe content of the food
- Multiply the gram weight of the food by mg Phe/gm for that food
- Record the amount of Phe eaten at each meal

Example: How many mg of Phe are in a container of Stage 1 Baby Peas

- Weigh: one container weighs 71 grams.
- Look up: Stage 1 baby peas has 1.25 mg Phe per gram of food
- $71 \text{ grams} \times 1.25 = 89 \text{ mg Phe}$
- Record the food and amount of Phe consumed (see example next page)



HOW DO I CALCULATE PHE INTAKE?

Some clinics count Phe in exchanges. One exchange of Phe = 15 mg Phe. Some families prefer to use household measurements instead of a scale. Here is an example of how to calculate the amount of Phe in the food your child eats using exchanges and household measurements. You will need measuring cups and spoons, a calculator and a reference guide (book or app) showing the Phe content of food. Your dietitian will tell you which foods you need to count and which foods are considered "free" (don't need to count).

- Measure the amount of food you will serve your child
- Look up the Phe content of the food eaten
- Calculate the amount of Phe in the portion size eaten

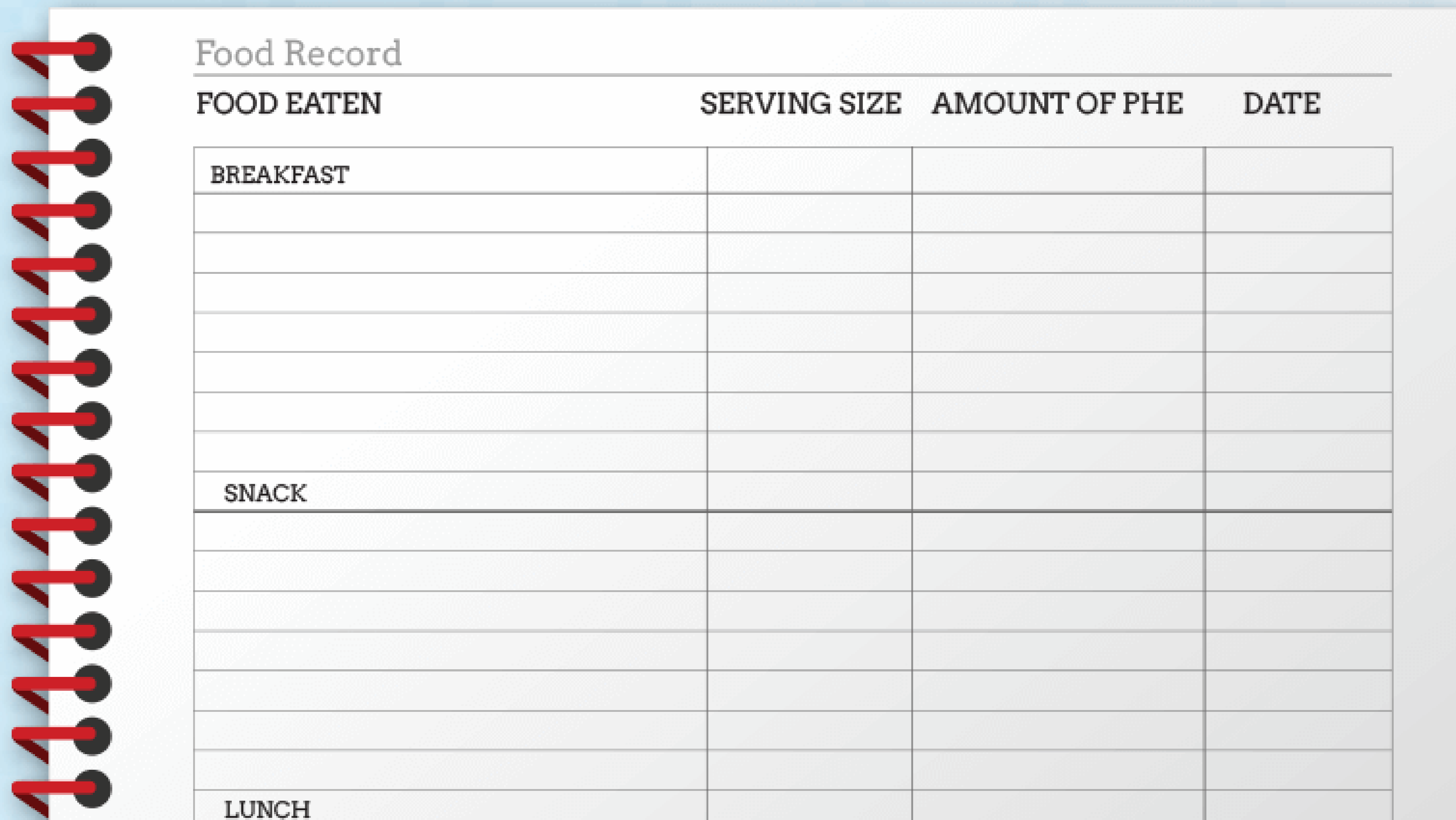
Example: How many exchanges of Phe are in one container of Stage 1 baby peas?

- Measure: You measure 5 Tablespoons of Stage 1 baby peas (a 2.5 ounce container)
- Look up: Each Tablespoon of peas has 18 mg Phe
- Calculate: The whole container of baby peas has 90 mg Phe. This is the same as 6 exchanges.
- Record the amount eaten



SHOULD I KEEP A FOOD RECORD?

It is helpful to write down your child's Phe intake in order to keep a running total of daily intake and to make certain that the prescribed amount of Phe is eaten. Below is an example of a food record:



Food Record			
FOOD EATEN	SERVING SIZE	AMOUNT OF PHE	DATE
BREAKFAST			
SNACK			
LUNCH			

CAN FOOD LABELS HELP ME CALCULATE PHE?

Nutrition labeling provides some information but is generally not specific enough to be useful for a PKU diet. While the Phe content of food can be estimated from the protein content, it is only a “ballpark” figure. To convert grams of protein into milligrams of Phe, multiply the number of grams by 50.

The protein content listed on the nutrition label is rounded to the nearest gram of protein. If the label says:

- 0 grams of protein per serving, it may actually contain up to 25 mg Phe
- 1 gram of protein per serving, it has approximately 50 mg of Phe, but it may contain up to 75 mg Phe

Nutrition Facts

Serving Size 1 ounce

Servings in bag 4

Amount Per Serving

Calories 155

Calories from Fat 93

% Daily Value*

Total Fat 11g

16%

Saturated Fat 3g

15%

Trans Fat

Cholesterol 0mg

0%

Sodium 148mg

6%

Total Carbohydrate 14g

5%

Dietary Fiber 1g

5%

Sugars 1g

Protein 1g

Vitamin A 0%

• Vitamin C 9%

Calcium 1%

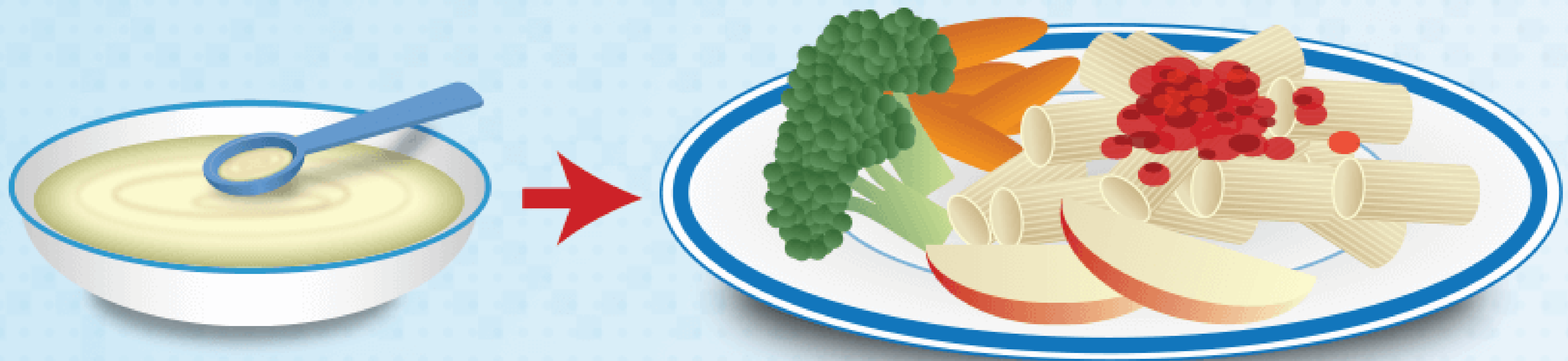
• Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

WE ARE A TEAM! YOU CAN DO THIS!

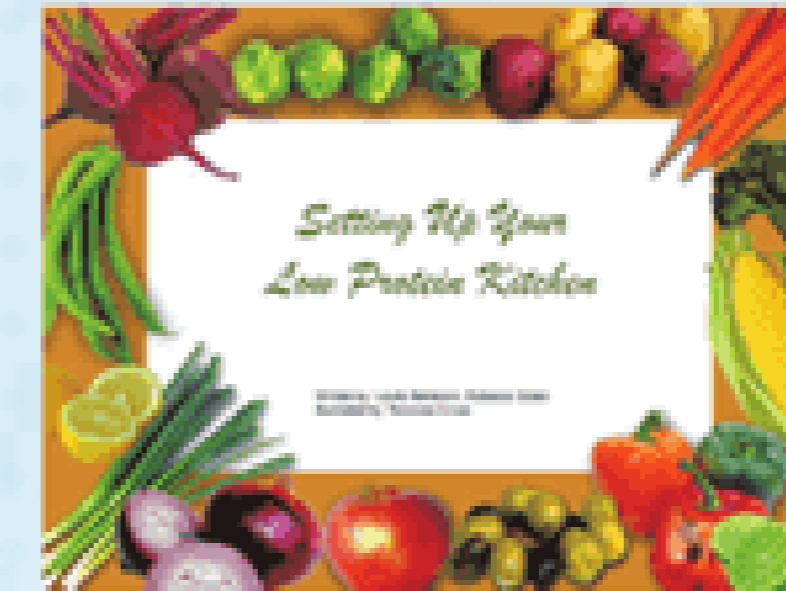
Counting Phe in the diet becomes easier with time. When solid food is introduced, only a small part of your child's total Phe intake comes from food, and the majority still comes from breast milk or infant formula.

Over time, the diet changes so that eventually all the Phe in the diet will come from food. This transition takes many months, sometimes years, depending on the child's appetite and food preferences. During this time we will help you become comfortable at keeping track of your child's Phe intake.





Phe content of foods: How Much Phe?
<https://howmuchphe.org/>



Setting Up Your Low Protein Kitchen by
Laurie Bernstein
<http://www.amazon.com/Setting-Your-Low-Protein-Kitchen/dp/1481752499>

Ordering low protein foods:



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