

ACBS FOODS FOR PKU

NEW FOODS TO THE LIST AND INCLUDING THOSE WITH AN EXCHANGE VALUE

Recently there have been a number of foods passed by ACBS. Some of these do contain significant amounts of phenylalanine and need to be counted as exchanges or part exchanges.

At a recent meeting of the dietitians sitting on the Medical Advisory Panel of the NSPKU we looked at these foods, their ingredients, how they are made up and portion size.

The following recommendations have been made and will be included in future editions of the Dietary Information Booklet for the Treatment of PKU.

* Denotes new item

FirstPlay Dietary Foods Ltd	Quantity	Exchange
<u>Promin Low Protein Pasta in Sauce</u>		
*Moroccan Flavour	1 sachet	½ exchange
Cheese and Broccoli Flavour	1 sachet	1 exchange
Tomato,Pepper and Herb Flavour	1 sachet	1 exchange
Promin Low Protein Burger Mix	1 sachet	1 exchange
*Promin Low Protein Chocolate and Hazelnut Spread		Free
<u>Promin Desserts</u>		
*Strawberry and Vanilla	1 sachet	Free
*Chocolate and Banana	1 sachet	Free
SHS International Ltd		
<u>Breakfast Cereal</u>		
Loprofin Cereal Loops		Free
*Apple Cereal Flakes		Free
*Strawberry Cereal Flakes		Free
*Chocolate Cereal Flakes		Free
<u>Snack Pots</u>		
Curry Flavour	1 pot	½ exchange
Tomato and Basil Flavour	1 pot	½ exchange
<u>Low Protein Milk</u>		
Sno-Pro Drink	1 carton	½ exchange
Loprofin Drink	1 carton	½ exchange

Loprofin Dessert

*Strawberry Flavour

Made with Duocal or Calogen

1 serve

Free

*Strawberry Flavour

Made with Sno-Pro or Loprofin milk

1 serve

Free

*Vanilla Flavour

Made with Duocal or Calogen

1 serve

Free

*Vanilla Flavour

Made with Sno-Pro or Loprofin Milk

1 serve

Free

*Chocolate Flavour

Made with Duocal or Calogen

1 serve

Free

*Chocolate Flavour

Made with Sno-Pro or Loprofin

1 serve

½ exchange

It is recommended that desserts should be limited to one serve per day.

SHS Pharmacy helpline

If any of your patients are having difficulty obtaining SHS products through their pharmacy there is a dedicated helpline number *for the pharmacist to ring*.

Helpline number 01225-711877

Help is on hand to direct the pharmacist to a wholesaler or help with availability of products.