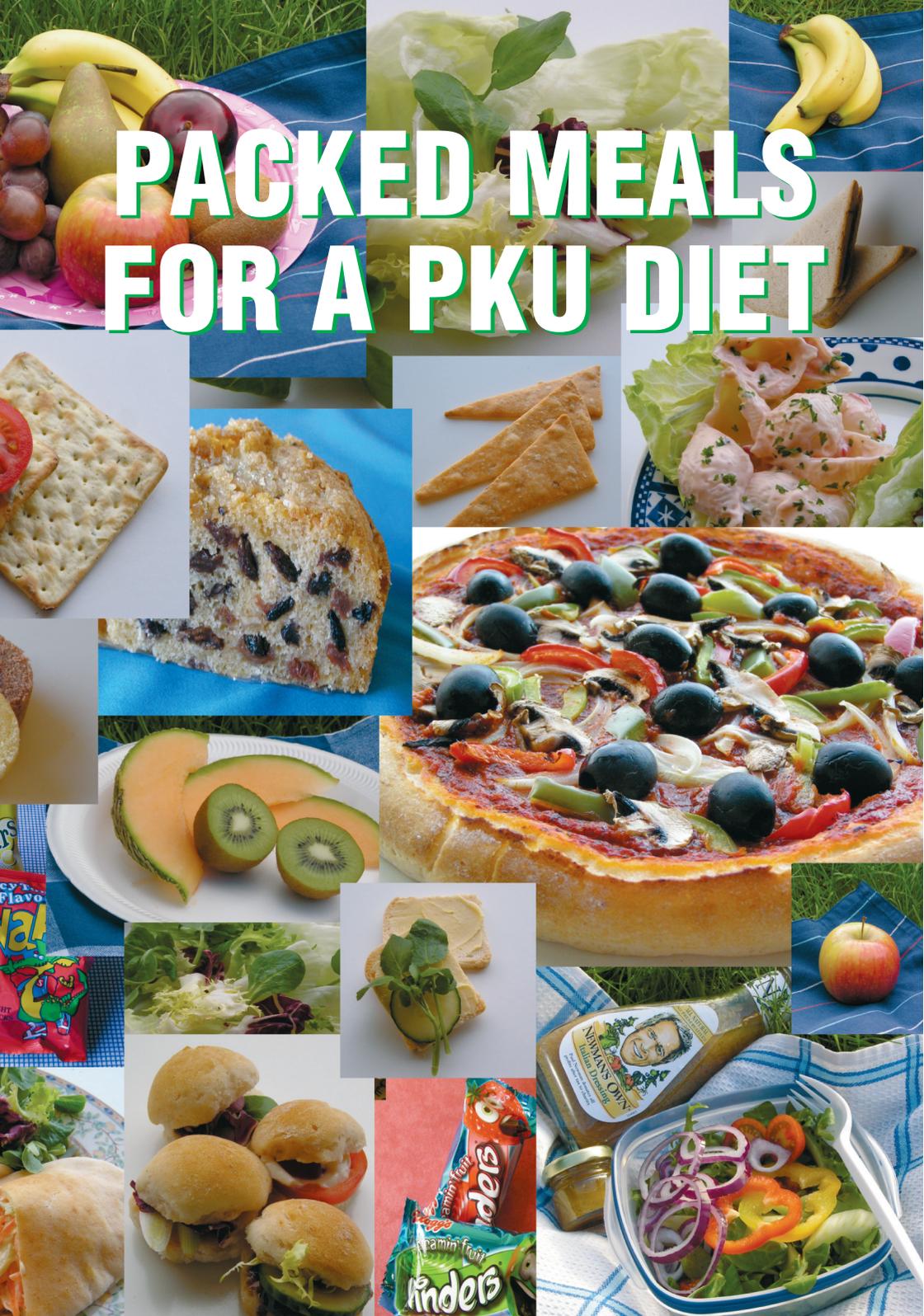


PACKED MEALS FOR A PKU DIET



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HOW CAN I PROVIDE A GOOD PACKED MEAL?

The 'penalty' for producing a normal child (with PKU) means that he or she will behave like one, and may swap his lunch with the child sitting next to him! So try to prevent this temptation by providing an appetising and irresistible packed meal for your child.

For the older person you may be taking a packed meal to work or for your midday meal at college. Making and eating sandwiches every day can become BORING so try to provide variety, satisfaction and enjoyment in the meal.

GET ORGANISED

If you have a deep freeze make it work for you. Try to do some bulk baking of foods which would be useful in a packed meal. These could include pizzas, vegetable flans, low protein pasties, cakes and soups.

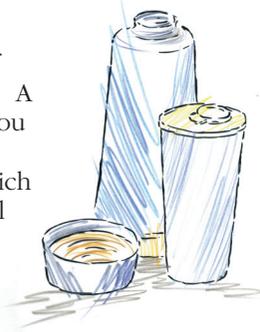
Try to plan a weekly menu for your packed meal rather than deciding on the day. If you plan ahead you will not have to resort to jam sandwiches at the last minute because there is nothing else and it will save you money because you will not constantly have to visit the shops.

Pack up the things you can on the previous evening e.g. fruit, crisps, cake but leave the sandwiches until the morning. They are much better freshly made.

Use rigid containers which are the right size. You need not buy special lunch boxes. However your child may find the food tastes better and is more appealing from the latest 'cool' lunchbox. Most plastic food cartons can be used again e.g. empty ice cream cartons, margarine tubs, cottage cheese pots are all good containers. Delicatessen shops also sell off the large plastic containers which made up salads come in and these are very useful for all kinds of things besides food!

DRINKS

There are, of course, individual cartons of juices and cans of drinks but these can be an expensive way of taking a drink. A good investment would be a shatterproof thermos flask or you can re-use small 250ml plastic drinks bottles. There are also plastic beakers with lids or flip tops for use with a straw which are good because if the drink is knocked over it doesn't spill out.



In the summer you can half-fill a bottle with water, juice or squash, pop it in the deep freeze and top up in the morning with cold water. This will ensure a cold drink midday and help keep the picnic cold.

HINTS AND TIPS FOR PACKED MEALS

1. Get your butter or margarine nice and soft. If it is hard the bread will break up as you try to spread it on.
2. Use a non-serrated knife. If your knife has a jagged edge it will tear the bread. Slice your bread with an electric carving knife. It is easy to get thick or thin slices and it does not tear the bread.
3. Don't use a filling which is too liquid. This will make the sandwiches soggy.
4. For a change toast the bread and put it in the toast rack to cool. If you just put the toast down flat all the steam will go back into the toast and it will make it chewy. And soft.
5. Small selections of foods are more appealing than large quantities of any thing. Make some little 30g rolls and fill each with something different. Young children particularly like baby sizes of things e.g. cherry tomatoes, stoned olives, little carrot sticks, pickled onions.
6. You can make mini low protein pitta breads for packed lunches and if you toast them lightly it helps to keep them together. You can cut them lengthways as a change to make a little pocket for the filling.
7. Seasoning is very important. Don't forget salt and ground black pepper, fresh herbs and some seasonings e.g. Cajun spice, celery salt
8. You can buy a small pasty maker. This is really useful for making picnic or packed lunch sized pasties. You can fill them with combinations of free vegetables or with jam.

BREAD MAKING AND KEEPING

LOW PROTEIN BREAD FRESH

Bread makers

Can be bought very cheaply now and they are well worth the money. So many have said that the bread maker has revolutionised their bread making and they can now make wonderful bread which is eaten! You can use the bread maker to make different kinds of bread e.g. herb, spice, olive, sun-dried tomato as well as bread sticks, rolls, pizza dough.

The quality of the bread you use in your sandwiches is important. Use the freshest bread possible and keep the crust on. This will help to keep the bread together. If you do make your own bread cut it as soon as it gets cold, freeze the slices altogether and then when you want some bread just get out what you need. Frozen slices can be separated and will take only a few minutes to de-frost.

Rolls are best frozen. Defrost as and when needed. Wrap in kitchen roll paper and put in the microwave until defrosted and just warm. Leave to cool before filling. Whole loaves will keep well for a day or two.

Commercial Low Protein Bread

To keep rolls and sliced bread as fresh as possible you should wrap it in foil or put into a sealed poly-thene bag or wrap in the inner bag and keep in a cool dry place. After re-freshing bread should stay fresh for 3-4 days if you follow these precautions.

NOT BREAD AGAIN!

If using an unsliced loaf for sandwiches, you can slice the loaf horizontally for a larger slice. You don't have to send plain old bread again

Try some different ideas such as:-

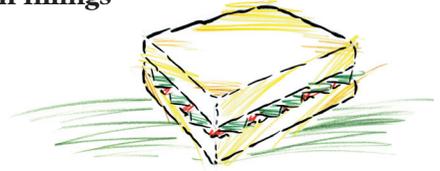
- Grissini Sticks
- Bread Rolls
- Pitta Bread including mini Pittas
- Herb, spice, olive breads

The above breads are easy using a bread maker. Ask the low protein food manufacturers for recipes.



Low Protein Crackers
Low Protein Crispbreads
Low Protein small cottage loaves
Low Protein Pizza bases
Low Protein Plain Scones
Tomato and Onion Straws
Home-made Low Protein Pasties
Cold Pizza wrapped in foil
Tortillas, Chapattis, wraps

The following is a list of different sandwich fillings which you might like to try:



1. Grated apples, dates and honey.
2. Salad vegetables and salad cream.
3. Mashed banana and dates or sultanas.
4. Mashed banana and honey.
5. Sandwich spreads – see Dietary Information Booklets for brands.
6. Mayonnaise (see Dietary Information Booklet for brands) with chopped celery and raisins.
7. Chopped pineapple and grated raw carrot.
8. Chicory and diced tomatoes.
9. Chopped pineapple, red cabbage and parsley.
10. Salad vegetables with free pickles. See Dietary Information Booklet.
11. Sliced banana and raspberry jam.
12. Branston pickle or any of the pickles or table sauces in the Dietary Information booklet
13. Lemon Curd. See Dietary Information Booklet for brands.
14. Beetroot in toast is delicious.
15. Pickled gherkins are nice and spice up a sandwich.
16. Cold low protein sausage with a sauce e.g. HP sauce, ketchup or BBQ.
17. Cold left over vegetable mixtures e.g. roasted vegetables or vegetable kebabs cold in sandwich with a *little* sauce it was cooked in.
18. Tapenade* with salad (olive spread)
19. Chocolate spread* and banana.
20. Low protein cheese* with pickle.
21. Home made cole slaw with olives and cucumber.

* Remember to count exchanges. See Diet Information Booklet.

As a change from bread you could use low protein crackers, crispbreads or bread sticks and serve the 'filling' in a separate pot.

Mushroom pate and summer vegetable pate are also very good served with crackers, toast or bread sticks. See recipes in this booklet.

DIPS

You can put a selection of vegetables and salad foods e.g. celery, cauliflower, cucumber, peppers, carrots in a container and give a separate dip to be eaten with them.

Clear mixed pickles could also be used e.g. pickled onion, gherkin, and cauliflower.

You can make an easy dip by adding a little curry powder or paste to mayonnaise or a dash of Tabasco sauce (it is hot) or by using one of the free pickles or spreads. See Dietary Information Booklet.



There are many Salsa dips, garlic mayonnaises, garlic vinaigrette, thick thousand island dressings – all good for dipping vegetables into, which are free. See Dietary Information Booklet.

SALADS

You can make up different salads to serve separately from the sandwiches or pizza.

The following might be a change for you.

1. Cauliflower with chopped mint or orange segments.
2. Potato (use exchanges) with cucumber and chives.
3. Lightly cooked cauliflower sprigs with parsley and chives and French dressing.
4. Cooked peas (exchange food) and carrots and raw celery.
5. Raw diced apples, chopped celery, shredded cabbage heart and a little mint.
6. Grapefruit, orange and watercress.
7. Shredded cabbage heart with pineapple.
8. Low protein cheese salad. Remember to count exchanges.
9. Low protein rice, cooked and cold mixed with salad cream or mayonnaise.

10. Low protein pasta mixed with vegetables and dressings.
11. Coleslaw made from shredded cabbage, carrot, celery, apple and a few raisins mixed with suitable mayonnaise or salad cream or both.
12. Celeriac – peel, cut into apple sized pieces, and boil for 10 minutes. Cool, grate and mix with suitable mayonnaise.
13. Use any combination of the following:-
Raw carrots, chopped celery, radishes, cucumber chunks, tomatoes, cauliflower florets, lettuce, chopped peppers, thinly sliced onions, mushrooms and pineapple chunks.



SALAD DRESSINGS

You can put some French Dressing or any other suitable dressing (have a look in the current Dietary Information Booklet as there are lots) in a small jam pot for pouring on the salad when ready to eat. You can get little individual pots of jam in the supermarket and in hotels and cafes.

CRISPS AND SNACKS

There are some packets of snacks which are tapioca or cassava based which allow more for one exchange. Corn based snacks e.g. Quavers and Snaps also tend to be a bit lower in phenylalanine than potato based products. Look in the Pictorial Guide to a Low Protein Diet for lots of different brands.

Small packets of dried fruits are nice.

HOT FOOD

For the older person with PKU

SOUP

Some low protein soup in a flask is good to have with sandwiches on a cold day. Make a large batch of low protein soup and freeze it in single helpings so it is readily available.

OTHER HOT FOOD

If you have a wide necked flask then spaghetti in tomato sauce or baked beans (using your exchanges) or vegetable chilli or vegetable stew with low protein rolls and butter would make a nice change.

Low Protein Pot Noodles (SHS Ltd) are easy to prepare if there's a kettle.

LOW PROTEIN PUDDINGS

Check Dietary Information Booklet and Pictorial Guide for lots of suitable individual fruit and jelly puddings.

1. Fruit Fool. Mix stewed fruit with low protein custard and serve with sweet low protein biscuits.
2. Tinned fruit can be put into a small container and sent with a spoon. Small individual tins of fruit e.g. Fruitini.
3. Low protein blancmange could be given in a small container with or without fruit.
4. Individual jellies are useful. See Dietary Information Booklet and Pictorial Guide
5. Low protein fruit cake
6. Fresh fruit
7. Small packets of freely allowable sweets e.g. Jelly Tots, Starburst Skittles, Tooty Frooties, Starburst Joosters
8. Small packets of low protein biscuits.
9. Duobar or Vitabite 'buttons'
10. Iced low protein biscuits.
11. Kellogg's Winders, School Bars and Fruit Flakes.
12. Low protein jelly with some grapes or chopped fruits.

13. Strawberries or pineapple dipped in melted low protein chocolate. Place on non-stick tray and refrigerate until set. You can melt low protein chocolate in the microwave.
14. Take small pieces of permitted dried fruit or glace fruits and dip into melted low protein chocolate. Refrigerate on non-stick tray until set.
15. Melt low protein chocolate and stir in some Rice Krispies or Corn Flakes. The cereals will need to be counted as exchanges. Spoon into little cake cases.

RECIPES

There are some lovely recipes for vegetables samosas, quiche, 'sausage' rolls in the West Midlands recipe file (contact NSPKU for an order form) and from the low protein food manufacturers.

Here are a couple of pates to get you started.

MUSHROOM PATE

You can serve this pate as a snack with some low protein toast or Melba toast or spread on low protein crispbread or crackers.

100g onion peeled
250g mushrooms
50g butter
Salt and pepper to season

If you have a food processor, put the onions and mushrooms in and process until quite fine. If you do not have a processor use a hand grater to grate the mushrooms and cut the onions finely with a sharp knife.

Heat a large frying pan. Put in the butter and as soon as it is melted add the onions and mushrooms.

Cook over a high heat, stirring well. At first, quite a lot of moisture will collect in the pan as the mushrooms start to cook but if you keep the heat up high it will evaporate quickly.

In around 5 minutes the mixture should be quite dry and firm. Season with salt and pepper.

Place into individual ramekin dishes or into one dish for storage. Leave to cool. Cover with cling film and put into the fridge to set.

The pate freezes well, but it keeps for a couple of days in the fridge.

SUMMER VEGETABLE PATE

If you have spring onions, use them instead of cooking onions. This receipt makes enough to fill six ramekin dishes.

75g onions, peeled
75g mushrooms
150g courgette, peeled
100g aubergine, peeled
75g green pepper
200g fresh ripe tomatoes
50g butter
Salt and pepper to season

If you have a food processor, place the onions, mushrooms, courgettes, aubergine and green pepper in the machine, process for a few seconds until the vegetables are cut up finely.

If you do not have a food processor, use a hand grater and grate the mushrooms, courgettes and aubergine, then use a sharp knife to chop the onions and green pepper finely.

Skin the tomatoes by plunging them in boiling water for about 1 minute, then into cold water so that the skins can be lifted right off. Cut them in half and discard the seeds. Chop the flesh finely.

Heat a large frying pan and put in the butter. Add all the ingredients together and cook over quite a high heat for about 10 minutes. Stir frequently. After about 10 minutes the vegetables should be cooked and quite dry. Season well with salt and pepper.

Put into individual ramekin dishes or in one dish for storage. Leave to cool. Cover with cling film and put it in the fridge to set.

The pate freezes well, but it will keep in the fridge for a couple of days.

CURRIED ONION DIP

Use this for dipping vegetable sticks into or low protein breadsticks or crackers or any of the freely allowed brand name crackers (see Dietary Information Booklet).

- 1 tablespoon olive oil
- 50g onion, very finely chopped
- 1 teaspoon medium curry powder
- 4 tablespoons suitable mayonnaise

Heat the oil in a small frying pan, add the onion and curry powder, cook over a moderate heat for 2-3 minutes, until the onion is tender and lightly browned. Stir occasionally.

Transfer the curried onion to a small bowl and allow to cool.

Stir together the mayonnaise and onion, chill until required.

NOTES

NOTES



Innovation in Nutrition

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The Society is a registered charity.

It offers support to people with PKU and their families by producing various publications including a quarterly newsletter, organising formal and informal meetings and conferences.

NSPKU, PO Box 26642, London N14 4ZF

Helpline: 0845 603 9136

Email: info@nspku.org

www.nspku.org

