



## How to explain PKU in English

For medical reasons I am not allowed to eat any products which contain a lot of protein. i.e. meat, fish, eggs, cheese and soya. Vegetables like potatoes, sweet corn, cabbage leaves, pulses and cereals are allowed in limited quantities and have to be measured exactly. Fruit, leaf vegetables, sugar, marmalade, oil, butter and margarine are permitted freely. Any foods, drinks or medications sweetened with Aspartame, are not allowed.

To stay in good health, I have to follow this strict diet with medication.

*A few questions to help you:* This strict diet is vital to keep me in good health.

1. Can you bring me a plate of vegetables only?  
Does this dish contain meat / fish / egg / milk / cheese?
2. Please, could I have some potatoes / chips / french fries potatoes with the vegetables?
3. Please, may I have some fruit?
4. Can you cook this pasta for my meal tonight?
5. Can you toast this special bread for me?
6. Can you bring me a weighing scale to prepare my medical food?
7. 7. I cannot take food or drinks containing ASPARTAME

For any urgent need, please contact the nearest medical centre.

<b>Contact:</b>	
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