

Inside this issue...

Editor's Report

Letters

Donations

Dietitian's Report

Disneyland Paris

Fatty Acid and PKU

SHS/Fate Recipes



**What is  
that?**

**What should we analyse for  
phenylalanine?**

# In Touch

**The Council of Management**

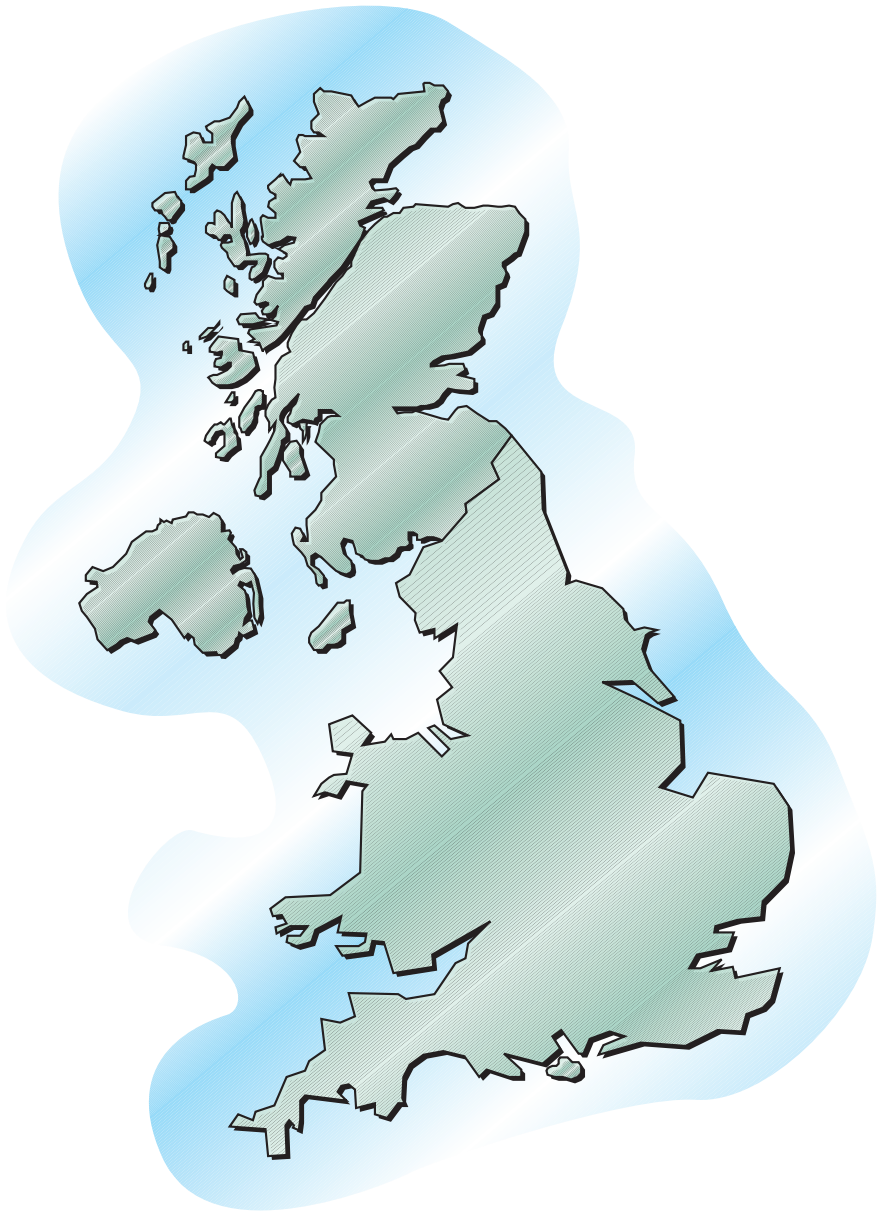
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# Contents

1 Editor's Report

2 Treasurer's Report

Does the Tax Man owe you money?

Donations

3 Letters

4 Disneyland Paris

5 Fatty acid and PKU

9 Fate Recipes

10 Dietitian's Report

12 SHS Recipes

## Stand-in Editor's Report...

This is my last News and Views as stand-in editor for Kiri as she will be returning for the next issue and I shall slope off back to the inside pages again. It's been good to learn how the magazine gets put together and a bit frightening to realise how quickly 3 months passes and the next one is due.

In this issue there is a follow-up article about travel to Disneyland and how one family managed the diet and where they went. This made me think again about how we can all help one another and it would be good to hear what you have done for holidays, both successfully and unsuccessfully. Of course we do different things for different ages of children so I would be pleased to hear about any age, what you have done, where you went, how you managed, what you took to help make life easier. The next issue will be the best one for any hints and tips so please do get in touch with me and let's share experiences.

Eleanor Weetch  
Society Dietitian

**NSPKU**  
The National Society for Phenylketonuria (United Kingdom) Limited

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## Treasurer's Report...

Spring has sprung and with it comes the new tax year. As you may or may not be aware the basic rate of income tax from 6<sup>th</sup> April 2008 falls from 22% to 20%, brilliant!...or is it? As income tax falls so does the amount that we as a charity get from gift aided donations, this falls from 28p in the pound to 25p. To illustrate on a donation of £100 prior to April we would claim back £28 making the donation worth £128, this will now be worth just £125. A loss of £3 may seem small but remember this is on a single donation multiply this by the amount of gift-aided donations we receive in a year and it is not such a small sum – as Tesco puts it “every little helps”. So please spare a thought for us when gift aiding your donation.

Julia Bailey  
Treasurer

## DOES THE TAX MAN OWE YOU MONEY?



**From April 2004 anyone who completes a **Self Assessment tax return** will be able to **nominate a charity** to receive all or part of any repayment due to them.**

**All you have to do is enter the identification code for the NSPKU (**NAR80ZG**) from the Inland Revenue's list of charities on to your tax assessment form and they will do the rest. For more information either contact your local Inland Revenue Office or our Treasurer – Julia Bailey, (contact details inside the front cover).**

## Donations

Vicki King, Tarkwa, 65 Cromwell Road, Ribbleton, Preston, PR2 6YD

### *Donations over £30 to December 2007*

	£
J & A Columb	515.00
Mr and Mrs P Hughes	700.00
Samantha Nelson	532.00
Via Barbara Cochrane	725.00
LJ Chambers in memory of Alan Swift	668.29
Lindley Methodist Tuesday Group	1,350.00
Deborah Casale	270.00
Kesgrave Co-operative Women's Guild (via Claire Willis)	150.00
Chris Masters's 40th Birthday donations	720.00





# Letters

News & Views, 10 Silverdale Road, Chorlton M21 0SH  
Email: editor@nspku.org

*The treatment of phenylketonuria varies for each individual patient. No patient should alter their own treatment as a result of reading how another patient manages their diet without first consulting their doctor or dietitian.*



Dear News and Views,

Please find enclosed donations to the value of £720.



This was collected for my 40th Birthday on Oct 2007 which was a very successful Black Tie affair. As you can see from the attached photo the children entered into the spirit of black tie, Chloe (who has PKU) is holding Alice and Charlotte is in pink.

Your Sincerely

**Chris Masters**



Dear News and Views,

Please find a cheque enclosed for £150 as a donation from Kesgrave Co-op Womans Guild.

Our son Joe, who is 22 months old, has PKU and my husband's-mother's womans guild decided they would like their annual donation to go to NSPKU!!

This cheque was presented to me last night following a talk I gave to the 70 ladies - explaining what PKU is + how it effects Joe!

Yours faithfully

**Claire Willis (Mrs)**



Dear News and Views,

My daughter Phoebe (aged 2 1/2) has PKU and manages extremely well on her diet.

I decided to run the Great South Run on 28th October 2007 in Portsmouth to raise funds for the NSPKU. To date, I have raised £1,445 on the Just Giving website (plus gift aid) and enclose £270 worth of cheques, making a grand total of £1715. I would like to thank all our family and friends for their generous support.

Your Sincerely

**Deborah Casale**



Dear News and Views,

Please find a cheque enclosed for £1350 as promised. The money was raised over the last year by The Lindley Methodist Tuesday Group.

Thank you

**June Skillen (Mrs)**



Dear News and Views,

Enclosed please find a cheque of £100.00 donation to NSPKU (UK) Ltd. I did complete complete a gift aid form at this time last year and hope that it remains extant.

Your Sincerely

**W.A.J. Graham (W.A.j. & Mrs Graham)**



Dear News and Views,

Please find a cheque enclosed to the value of £599.40. It is with great pleasure that I am able to send this wonderful donation, which was kindly rased by my sons Pre-School, Bolton. Alex 3, with PKU has attended Hart Common for over 12 months. Alex loves school and all the ladies there take especially great care of him whilst his PKU has never been an issue. Alex has made lots of lovely friends who all participated in sponsored bean, organised by the pre-school in aid of the NSPKU. All my children had a great time! The jumping bean event raised lots of awareness

of your charity and of PKU with the parents and children and also left Alex feeling very proud of his "special tummy!"

I would like to take this opportunity to thank the NSPKU for all the support

I have gained from your charity over the last few years and hope this donation helps you to continue with your wonderful work

Again a huge "Thank you" to all the wonderful staff at Hart Common for organising the event and parents and friends for their support.

Best wishes,

**Sarah & Alex Carter,**  
*parents of Alex Michael Carter, 3 with PKU*



# Disneyland Paris

In the last issue of News and Views there was an article entitled 'Lost in Translation – not us!' It was written by Sandra Bryan who went with her daughter Stephanie and their friends to Eurodisney in Paris. Shortly after this was published a dietitian in Manchester contacted me about a family who were intending to visit the park before Christmas and wanted to know about where to eat in the park. I contacted Sandra and she again was full of helpful information which I thought could usefully be re-produced in the magazine to help anyone else thinking about visiting.

'The first thing we would suggest is that upon arrival at Disneyland your family visit City Hall. This is located in Main Street as you enter the park. There will be English speakers in there who are able to make reservations at all the restaurants in the park. They will also be able to advise which restaurants are most suitable and if they would be able to prepare anything special for you. I usually stick to pasta – we have Loprofin pasta and instructions are on the pack in several languages.

Tip Take the NSPKU translated explanations and I'm sure they will be able to arrange something suitable.

Most restaurants in the park do set a price menu but it is advisable to book a table as they get very full. All have menus outside and we have always looked and checked what is available before we go in. Some restaurants do not have suitable foods for example some are pizza and burgers, others fish etc and they do not have much in the way of salad or vegetables or suitable alternatives.

Basically it is better to eat in the restaurants as the only readily available foods are sold from carts but these tend to be waffles, pancakes etc so are not suitable.

We always take food into the park with us eg toast/ fruit etc as it is good to have a standby if all else fails!

Videopolis (by Space Mountain) is basically a MacDonalds where you can sit and watch a show while you eat or have a drink if you are tired this is a good retreat!

In Downtown Disney there are several restaurants, Rainforest Café and Planet Hollywood will be able to put something suitable together. Buffalo Bills Wild West Show has nothing suitable to eat as it is chilli and beans (cowboy food) and there are no substitutes.

Hope this helps but I think you can get details of all the restaurants in the park if you look in a few travel brochures. The Disneyland brochure certainly has details of all the restaurants and the kind of food served so it may be useful to look at this beforehand so that you have an idea of what is there.

If a child is young it's probably best to look in Fantasy Land first.

We used to stay at Davy Crocketts ranch when the children were younger. If the family are self catering I would suggest that they take food into the park as the days will be long and tiring and as I said previously there is very little in the way of snacks.'

Dietitian's Note: It would be really helpful to others to hear about how you manage holidays with a PKU diet. This will vary a little from age to age but with summer around the corner we could do a slot on this topic. Please do get in touch with me and let's see what we can do to help one another!

# Downloadable News & Views!



visit  
[www.nskpu.org](http://www.nskpu.org)

## Yes We Cook That.com

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#### Yes We Cook That!

To open the freezer and find Spaghetti 'Meat'balls and Fishless Fingers and Chickless Nuggets, all with 0 exchanges?

#### Yes We Cook That!

To have a birthday cake and know that you can eat it all?

Working closely with PKU dietitians and PKU patients Leanora Munn and Pauline Young of Yes We Cook That.com now have a menu of 180 ready meals and snacks all suitable for PKU diets.

All meals are clearly labelled with the ingredients and any exchanges and are made using only prescriptive flours, egg replacers, milks and pastas.

#### Yes We Cook That!

To have all this at Supermarket prices?

#### Yes... it is!

To know that we really understand PKU, really understand your diet and really know what exchanges are?

#### Yes... we do!

Our menus are available through your dietician in some parts of the country or directly from Yes We Cook That.com. Our aim is to supply all PKU people with the opportunity to purchase ready made meals, breads, cakes and sweet and savoury snacks at supermarket prices.

\*Available now in most of the UK and Ireland.

**Phone Leanora or Pauline on 07773 342594**

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Yes We Cook That.com, 39 Leggate, New Cumnock, Ayrshire, KA18 4NG

# Fatty acids and PKU

By Dr Anita MacDonald

Consultant Dietitian in Inherited Metabolic Disorders,  
Birmingham Children's Hospital, Steelhouse Lane, Birmingham, B4 6NH



This is an international study that was led by Dr Maureen Cleary, Consultant Paediatrician, who is now working at Great Ormond Street Hospital for Sick Children in London. Three PKU centres from France and 4 from the UK recruited patients into this study. It aimed to investigate if essential fatty acids added to non-phenylalanine protein substitute could improve the important longer chain fatty acid status in PKU. Longer chain fats are important for the brain and retinal function.

## Background

Fat is essential in the diet and it is a necessary component of cell membranes in the brain, immune cells, and most other body tissues. Fatty acids are the building blocks of fat or lipid. Two fatty acids, **alpha-linolenic acid** (an omega-3 fatty acid), and **linoleic acid** (an omega-6 fatty acid) are considered essential because they cannot be synthesized by humans. These essential fatty acids are converted to important longer chain fatty acids, providing they are eaten in the diet in the right amounts and proportions. **Linoleic acid** is converted to arachidonic acid and remains in the omega-6 family. **Alpha-linolenic acid** is converted to **eicosapentaenoic acid (EPA)** and **docosahexaenoic acid (DHA)** and remains in the omega-3 family.

## What do essential fatty acids do?

Fats are found in complex chemicals such as triglycerides, phospholipids, sphingolipids, and glycolipids. They have several functions:

They are important structural components. Phospholipids are part of the membranes that surround all cells in the body.

The brain phospholipids contain a high proportion of **DHA**, suggesting it is important in central nervous system function. Animal studies have indicated that depletion of **DHA** in the brain may cause learning deficits.

**DHA** is found in very high concentrations in retinal cell membranes suggesting it plays an important role in visual function.

They are important for the production of hormone like substances called eicosanoids that regulate

numerous body functions including inflammation, pain, and swelling. They also have a role in controlling blood pressure, blood clotting, and are important for allergic reactions.

## Which foods do these fatty acids come from?

### Omega-6 fatty acids

- **Linoleic acid** (omega-6 family) is found in seeds, nuts, grains and legumes. Good sources are corn oil, safflower oil, soybean oil, sunflower seed oil and peanut oil.

- **Arachidonic acid** is found in animal fats. Egg yolk contains small amounts of **arachidonic acid**. Butterfat contains trace amounts.

### Omega-3 fatty acids

- **Alpha-linolenic acid** is found in the green leaves of plants, including algae and in selected seeds, nuts and legumes. Flax, rapeseed, walnut oil and soy oil are all sources of this fatty acid.

- **EPA** and **DHA** are found in mackerel, salmon, herring, sardines, sable fish (black cod), anchovies, albacore tuna (and fish oil), and wild game.

## Do people with PKU get enough essential fatty acids in the right balance?

Studies have shown that children with PKU have low intakes of fat in their diet compared with children on normal diets. There is also evidence that children with PKU take plenty of **linoleic acid** but small amounts of **alpha-linolenic acid**. This means that the balance between the intake of **linoleic acid** and **alpha-linolenic acid** is suboptimal. Ideally children should have 5 parts of **linoleic acid** to 1 part **alpha linolenic acid**. Inadequate intake of alpha-linolenic acid may compromise the conversion of alpha-linolenic acid to the longer chain fatty acid **EPA**. In addition, the sources of the longer chain fatty acids e.g. **EPA** and **DHA** are limited in low phenylalanine diets. There have now been a few studies, which have shown that the level of **DHA** is low in the blood in children with PKU.

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from National PKU News,  
Vol 19, no2, Fall 2007



## How can we give more essential fatty acids in the right balance?

There has been much debate on how best to supplement essential fatty acids in the diet in PKU. As protein substitute is taken three times daily, it would appear a good medium to administer essential fatty acids to children.

Traditionally protein substitutes in the UK have not contained fat. However, a protein substitute has been introduced that contains both **linoleic acid** and **alpha-linolenic acid** in the recommended proportions of 5:1 **linoleic acid** to **alpha-linolenic acid**. This is called Minaphlex (SHS) or Anamix (SHS) (name differs between countries). It is designed for children between 1-10 years of age. Its efficacy was evaluated in an international study. Fifty three children aged 1-10 years with PKU were recruited from four UK and three French metabolic centres. Half of the children were given a phenylalanine-free protein substitute which contained the essential fatty acids (Group 1); and half were given their usual protein substitute without the essential fatty acids for 20 weeks (Group 2). Forty four children completed the study.

Fat intake increased in Group 1; i.e. the children taking the supplemented protein substitute. Group 1 children had a higher fat intake of 32%. Group 2 children (control group) had a fat intake that only provided 24% of the calorie intake. The average for non PKU children in the UK is 36% of fat calories. The children in Group 1 had a higher total intake of **alpha-linolenic acid** than Group 2; with a ratio of **linoleic acid** to **alpha-linolenic acid** of 6.5:1 compared to 10:1 (this included all dietary fat sources). The ideal ratio is estimated to be 5:1.

At the start of the study, blood fatty acid levels were similar in both groups, and both groups had low amounts of the longer chain fatty acids arachidonic acid and **DHA** in their red cell membranes phospholipids compared to normal ranges. In Group 1, after 20 weeks on the protein substitute supplemented with fatty acids, their median **DHA** red cell membrane phospholipids increased by 19% but the control group (Group 2) remained unchanged. Although there was an improvement in **DHA** concentrations, it was still less than normal ranges. Median **arachidonic acid** levels increased by 0.5% in the group supplemented with essential fatty acids. Growth and phenylalanine control were satisfactory in all

subjects. This protein substitute is now available in the UK and throughout Europe so is commonly used as a way of improving essential fatty acid intake.

## Other ways of improving essential fatty acid intake in a low phenylalanine diet

Some oils are naturally higher in **alpha-linolenic acid** and are good to use in every day cooking and salad dressings in low phenylalanine diets. These include rapeseed, walnut and soybean oils. Corn, sunflower and safflower are rich in **linoleic acid** but not **alpha-linolenic acid**.

**Table 1: Oils containing high proportions of alpha-linolenic acid**

Oil	Linoleic acid %	Alpha linolenic acid %	Ratio omega 6:3
Linseed/Flax	16	54	1:3.4
Rapeseed/Canola	19.7	9.6	2:1
Walnut	58	12	5:1
Soybean	54	7	7.7:1

Other researchers have tried to give fish oil supplements rich in **DHA** or capsules containing **DHA** and **arachidonic acid** in PKU. These appear to improve LCP status, but the ideal dose and ratio of **DHA** and **arachidonic acid** has yet to be defined.

## Conclusions

Supplementing the diets of children with PKU with a balanced blend of the essential fatty acids (both **linoleic acid** and **alpha-linolenic acid**) improved **DHA** status without compromising **arachidonic acid**. In this study it was decided to add essential fatty acids rather than directly adding the longer chain fatty acids (e.g. **DHA**) to the protein substitute. This was because the longer chain fatty acids are commonly based on fish oils and may adversely affect the taste of the protein substitutes and ultimately compliance. Therefore, adding essential fatty acids to non-phenylalanine containing protein substitute is a useful way of improving protein substitute in PKU.



AVAILABLE ON PRESCRIPTION:

**Fate Low Protein All - Purpose Mix**

**Fate Low Protein Cake Mix**

**Fate Low Protein Chocolate Flavour Cake Mix**



*"As a mom with two daughters who both have PKU, I fully understand the low protein way of life. I have developed these mixes and many recipes to help everyone make great low protein food."*

**Eileen Green**



**Ask your Doctor to prescribe Fate mixes,  
then ask your chemist to telephone our direct order line : 01215 22 44 33**

**Helpline and General Enquiries Tel: 01215 22 44 34**



# Fate Special Foods recipes



## Hello

*I think aubergines are one of those vegetables that are really versatile. They can be used in so many ways. They have a delicious flavour and texture of their own, but will take on many other flavours. They are perfect cooked in a tomato based dish, with herbs, garlic, or spices added. This recipe is easy to make, and very tasty. Serve with suitable vegetables, or a crisp salad and warm Fate bread.*

*This is good as a starter, or as a main course.*

## FATE AUBERGINE ROLLS

1 large Aubergine  
200g roughly sliced onions  
1 clove garlic, chopped  
150g chopped red pepper  
200g chopped mushrooms  
salt and pepper to season  
handful of fresh basil leaves, or  
1 tsp dried basil

15g butter  
50g Fate All-Purpose Mix  
**For the Sauce:**  
About ½ Jar 350g Passata  
(sieved tomatoes)  
2 cloves garlic, chopped  
salt and pepper to season



**Pre ~ heat the oven Gas 6, 200°C 400°F**

Take the aubergine and cut it lengthways into thin slices. You should be able to get about 6 slices.

Place them separately onto a large baking tray and put in the oven for about 10 mins to soften.

Meanwhile, heat a frying pan over a high heat and add the sliced onions. Cook for a couple of minutes then add the 1 clove of garlic, red peppers and mushrooms. Cook over a high heat, for about 5 minutes, until lightly browned, but do not overcook.

Season well with salt and pepper and add the basil ~ if you are using fresh basil, just tear it into smaller pieces. Stir to blend well.

Add the butter, and when it is melted, turn off the heat and add the Fate All Purpose Mix. Stir well.

Take the aubergine slices from the oven and place one on the work surface. Take a large spoonful of the filling mixture and put it in the centre of the slice. Roll up as tight as you can without squeezing the filling out!

Place into an ovenproof dish and continue with the rest of the aubergine slices.

Then take the Passata and season it with salt and pepper and add the garlic. Spoon it around and on top of the aubergine slices. Place in the oven, and cook for 30 - 40 minutes until cooked, hot and bubbling.

The Aubergine Rolls freeze well.

Serve with warm Fate Bread and a crisp salad.



# Dietitian's Report

## The Redwood Company

### Cheezly

The company have just brought out a new Cheezly called Greek Style. It comes in small pieces similar to the feta type you put on salads. It's in oil in a tub. The protein content is 3.3g per 100g. The total weight of the contents of the tub with the oil is 260g and the 'cheese' alone weighs 120g.

Greek Style Cheezly 30g = 1 exchange



This would be really nice in a Greek salad with tomatoes, black olives, lettuce, cucumber, red onion or other free salad items. You could drizzle a little of the oil from the container on the salad too – don't waste it!

It isn't in the supermarkets yet and the Redwood company said this can take a year but have a look in Holland and Barratt and another chain of health food shop called Fresh and Wild. If you have difficulty finding it the company invited you to call them and speak to Sarah and she will tell you the nearest place to where you live to obtain the Greek Cheezly. They were really helpful.

Redwood Company - Tel: 01536-400557

## Aspartame – containing Drinks



Louise Porter sent me an email to say that she had noticed that the 5 Alive Drink now contains aspartame. She rang the helpline and was advised that the new improved recipe was introduced because parents want a lower calorie drink. Louise told them what she thought about aspartame and her views were being passed on to the marketing department.

Please do always check the labels – I know I go on about this but be particularly aware when 'new improved' appears as a flash sign on the packaging. I'm a bit surprised by this drink now containing aspartame as a number of large supermarkets eg Sainsbury's, Marks and Spencer and Asda have all switched their own brands to sucralose sweetener.

Just to let you know how much aspartame can affect phenylalanine intake the following might be helpful:

Diet Coke 330ml 2 Exchanges

Squashes and Dilutables 1 Exchange per 100ml undiluted

Jelly Crystals 24-36 Exchanges per 100g crystals

## Sweets Galore!

I am very grateful to Barbara McGovern, mother of Archie, who has been looking out for suitable sweets to send to me. Barbara is an environmental health officer specialising in labelling and ingredients so is well placed to help us all!

### Millions

These are little, tiny, tasty, chewy sweets which come in mini tubes, longer tubes, shakers in a cardboard tube and jars. Flavours Barbara sent



me are orange, strawberry, bubble gum and blackcurrant.

They are Free



## Haribo Rotella

These are Catherine wheels of gummy sweets in different colours and come in 175g bags. Barbara bought the bag in Superdrug.



## Haribo

The loose sweets on the plate are sold as 'mix up' sweets in general dealers and sweet shops and can also be bought in bulk from wholesale outlets such as Makro.



In the range are from left to right from the top of the plate:

Giant Strawbs  
Sour Giant Strawbs

Giant Apples  
Freaky Fish

Also available are Giant Pineapples and the Rotella as mentioned above.

All the above have a protein content of less than 0.3g per 100g and so do not count as exchanges.

## Haribo Jelly Beans

Sold loose in a box. Jelly Beans are also Free.

## Haribo Brixx

These are in packets of 175g. The protein content is 0.8g per 100g.

So 125g = 1 Exchange

## And more!

The following are also free:

Bassett's Lemon Bon Bons  
Bassett's Sweetshop Favourites  
Tesco Strawberry Bonbons  
Asda Sherbet Teddies  
Vimto Tongue Ticklers

All of these are free too!

## What is that?

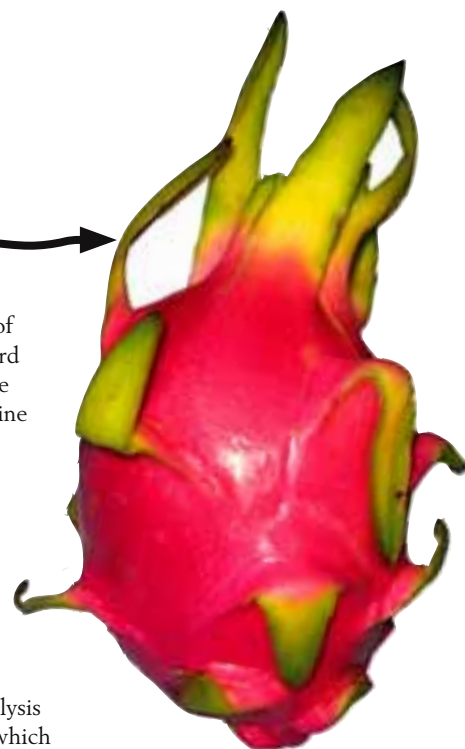
This is a Dragon Fruit. I think the colours of the skin are amazing and I'm looking forward to trying it. It's one of the food items I have been asked to have analysed for phenylalanine content.

Other foods I have been asked about are:

Baby Sweetcorn  
Potato Skins  
Kale  
Spring Greens

I am keen to have a few more items for analysis and so if you have come across something which you think might be helpful to know about then please do let me know.

Eleanor Weetch  
Society Dietitian



# Sweet Bread and Butter Pudding

**Ingredients:**

40g (1oz) butter  
8 slices of Loprofin Bread  
85g (3oz) marmalade  
25g (1oz) caster sugar  
10ml (2 tsp) Loprofin Egg Replacer  
2 x 200ml cartons Sno-Pro  
Mixed spice

Makes 4 portions

Preparation time: 10 minutes

Cooking time: 40 minutes

**Method:**

Preheat the oven 180°C/ Gas Mark 4.

Use a small amount of the butter to grease a medium baking dish 1.2 litres (2 pint) capacity. Spread the remaining butter over one side of the slices of bread. Spread liberally with the marmalade.

Cut the bread into 3 diagonal 'roughly shaped' triangles. Lay 9 triangles flat at the base of the dish, angle the other slices and overlap them to fit.

Scatter the sultanas over the bread.

In a large jug mix the Loprofin Egg Replacer, caster sugar and Sno-Pro, then pour over the bread and let it soak in for a few minutes. Cover and allow to stand for at least 30 minutes.

Sprinkle with the mixed spice

Place in the pre-heated oven and bake for 35 – 40 minutes or until golden brown.

**Serving Suggestions:**

Serve with low protein custard, a portion of cream or dream topping.

The pudding freezes well and so portions can be removed from the freezer and heated through quickly.

# Low Protein Custard

**Ingredients:**

15g (1oz) custard powder  
15ml (1 tbsp) caster sugar  
1 x 200ml Sno-pro  
50ml (2 fl oz) water

Makes 2 portions

Preparation time: 2 minutes

Cooking time: 3 minutes

**Method:**

Place the custard powder and caster sugar in a microwave proof bowl, whisk in the Sno-pro and water.

Microwave on full power for approximately 3 minutes, whisking every minute, until the custard is smooth, thickened and boiling.

*For more great tasting recipes, visit*

[www.lowproteinliving.co.uk](http://www.lowproteinliving.co.uk)



Still  
going  
strong

## LOW PROTEIN MEAL SOLUTIONS

Firstplay Dietary Foods was formed in 1993 to produce Promin Low Protein products from a small factory in Stockport, where we only produce low protein products which is great for people on a restricted diet as it minimises the risk of contamination. Our original low protein and gluten free pasta range, includes Promin Pasta and Promin Tri-Colour Pasta, now a well established brand and are available on prescription. The range also includes Imitation Rice, Pasta meal, Cous Cous and

Lasagna Sheets. By talking with PKU patients, parents and Dietitians a great range of tasty products have been developed.

Hot Breakfast - Original, Apple and Cinnamon, Chocolate, and tasty Banana flavours.

For lunch or an evening meal: Pasta Shells in Tomato, Pepper and Herb sauce, or Pasta elbows in Cheese and Broccoli sauce and now Spirals in a spicy Moroccan sauce

A recent addition is our great tasting Burger Mix, you can easily shape it into burgers,

sausages, meatballs or even dinosaurs for the kids! - they taste great with chips or mixed with some of our pasta. Finish with Rice pudding - 3 flavours available or a Chocolate and banana dessert, there's a strawberry and vanilla one too. Please call us or visit the website for more information and keep sending your recipe and meal suggestions. Firstplay Dietary Foods produce low protein foods especially for your diet.



Always consult your dietitian before trying something new.

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