



Diet and Formula

“WHAT CAN I EAT? A Guide for Adults Living with PKU” will be included to serve informational needs concerning diet and recipes. This is a book created by Ms. Dianne Sullivan, BS, Dr. Frances Rohr, MS, RD and Ms. Melissa Gennaccaro, MA, published by Children’s Hospital, Boston in 2004. The book contents include: reasons from personal stories to stay on the diet, formula information, measuring and counting, setting up your kitchen, low protein foods, snack foods, what can people with PKU eat (guidance to eating bread, pasta, pizza, vegetables, soups, potatoes, breakfast, sweets and drinks), an everyday cooking survival guide, dinner ideas, menus for different cuisines, ideas for eating away from home and recipes for soups, salads, main dishes, vegetables, breads and desserts.



To order a copy of the book:

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Fran Rohr
Children’s Hospital PKU Program
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