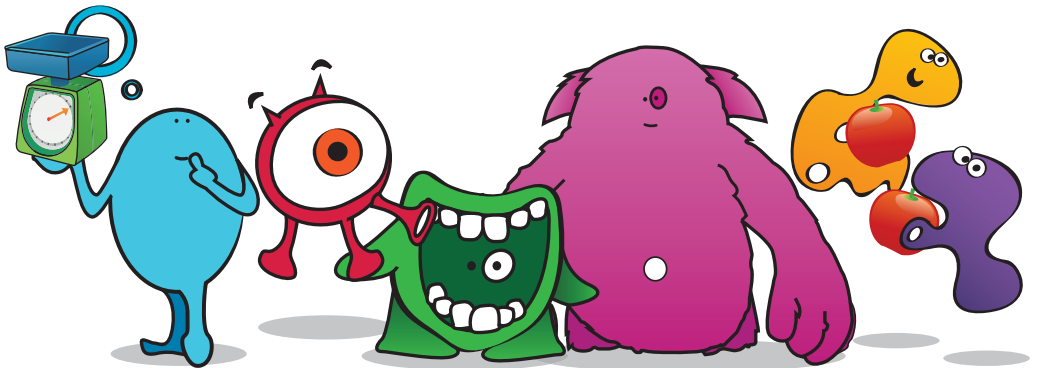


# anamax



Introducing the Low Protein Diet

As you already know, the Gang love to go on adventures and learn new things.

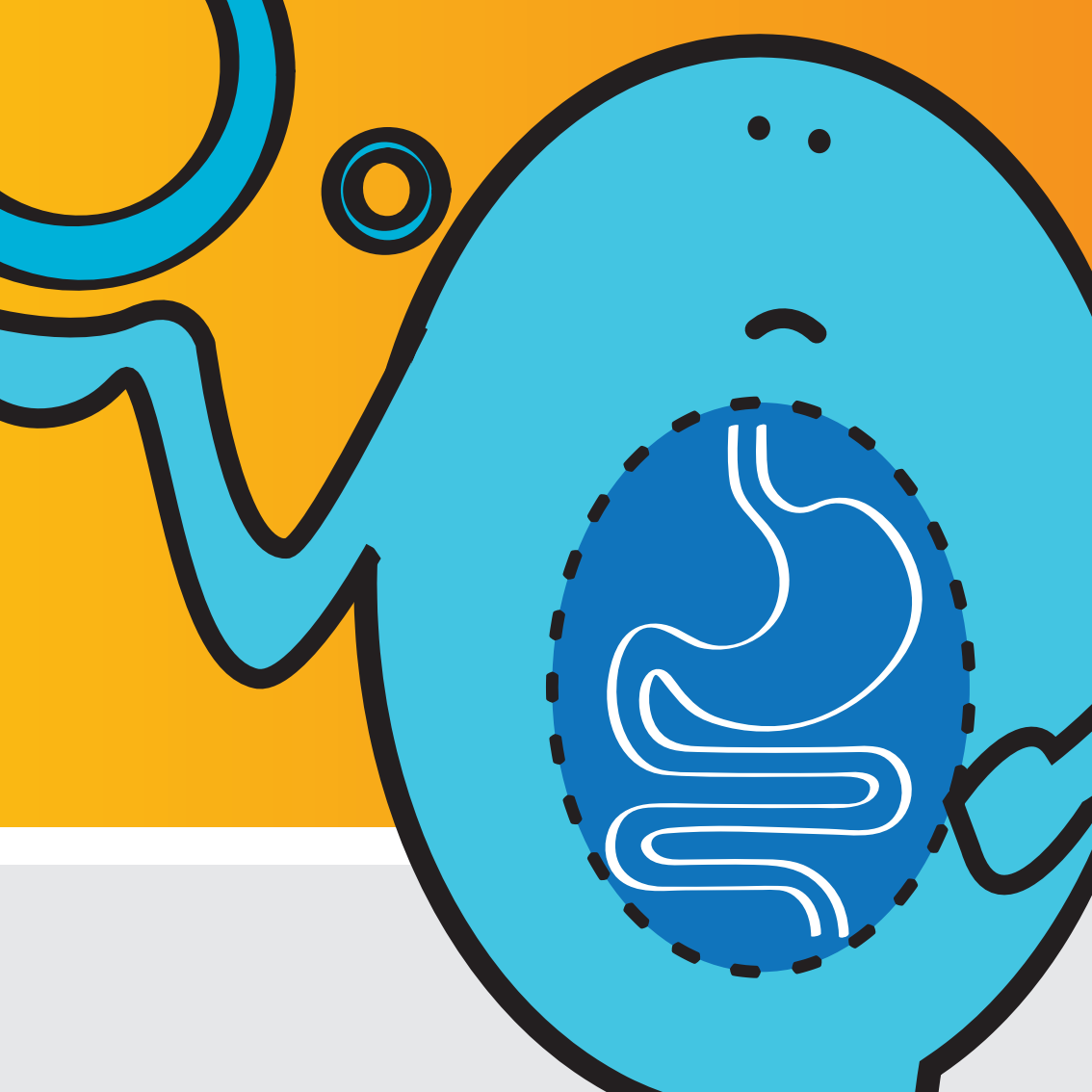
Some of their favourite adventures include walking in the woodlands, delivering special gifts and making delicious food.

To make sure they have the right nutrition for their adventures, the Gang have to be careful about the foods they eat.



The Gang need to have a special diet that is very low in protein.

This is because their tummies can't digest protein very well. If they have too much food high in protein it will be harmful to their bodies.



Even though there are some foods they can't eat, they still have to make sure that they are getting all the nutrients they need from their food.

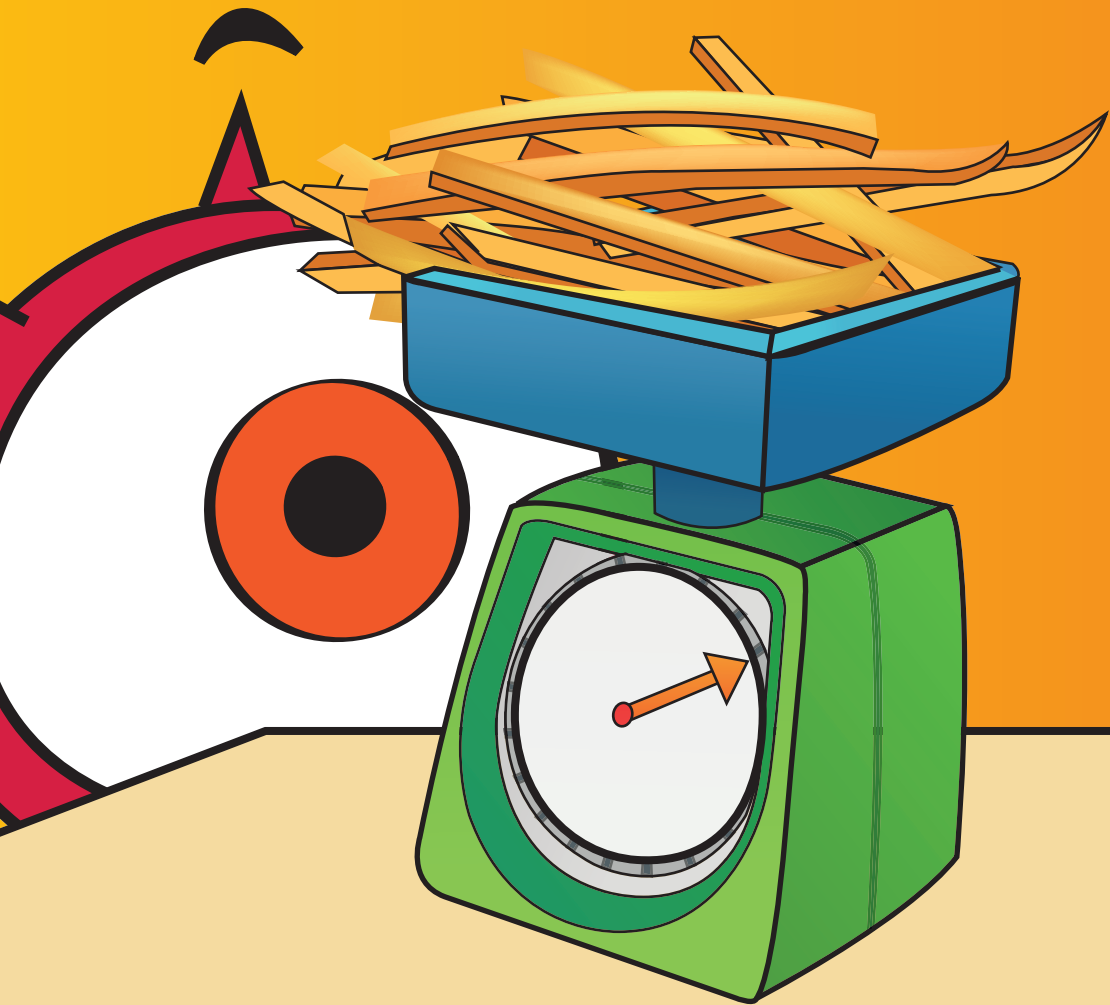
So, instead of eating high protein foods to get their protein, they have special protein substitutes that they drink each day to help keep themselves healthy.



There are lots of foods that the gang are allowed to eat. There are some foods that they can eat as much as they like (including lots of different types of fruit and vegetables). Other foods have to be weighed out because they can only eat certain amounts. These include cereals and potatoes.

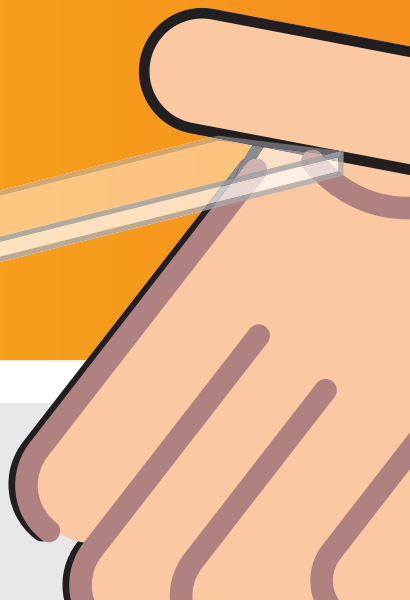
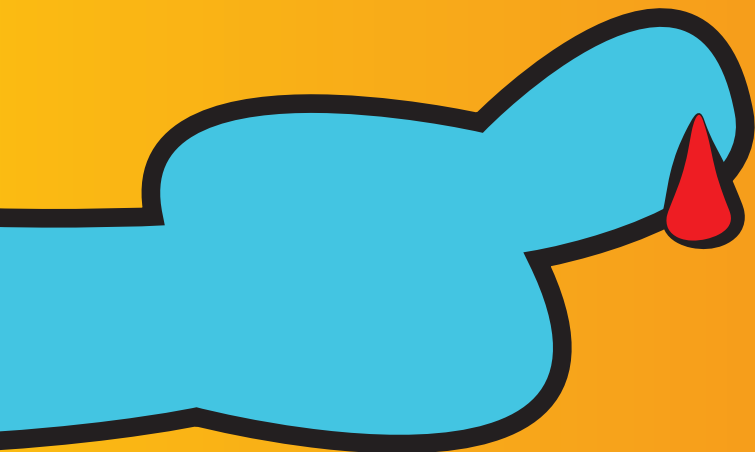
There are some foods though that they can't eat because they have too much protein in them!






To make sure they are eating the right foods,  
they take little drops of blood  
from their fingertips.

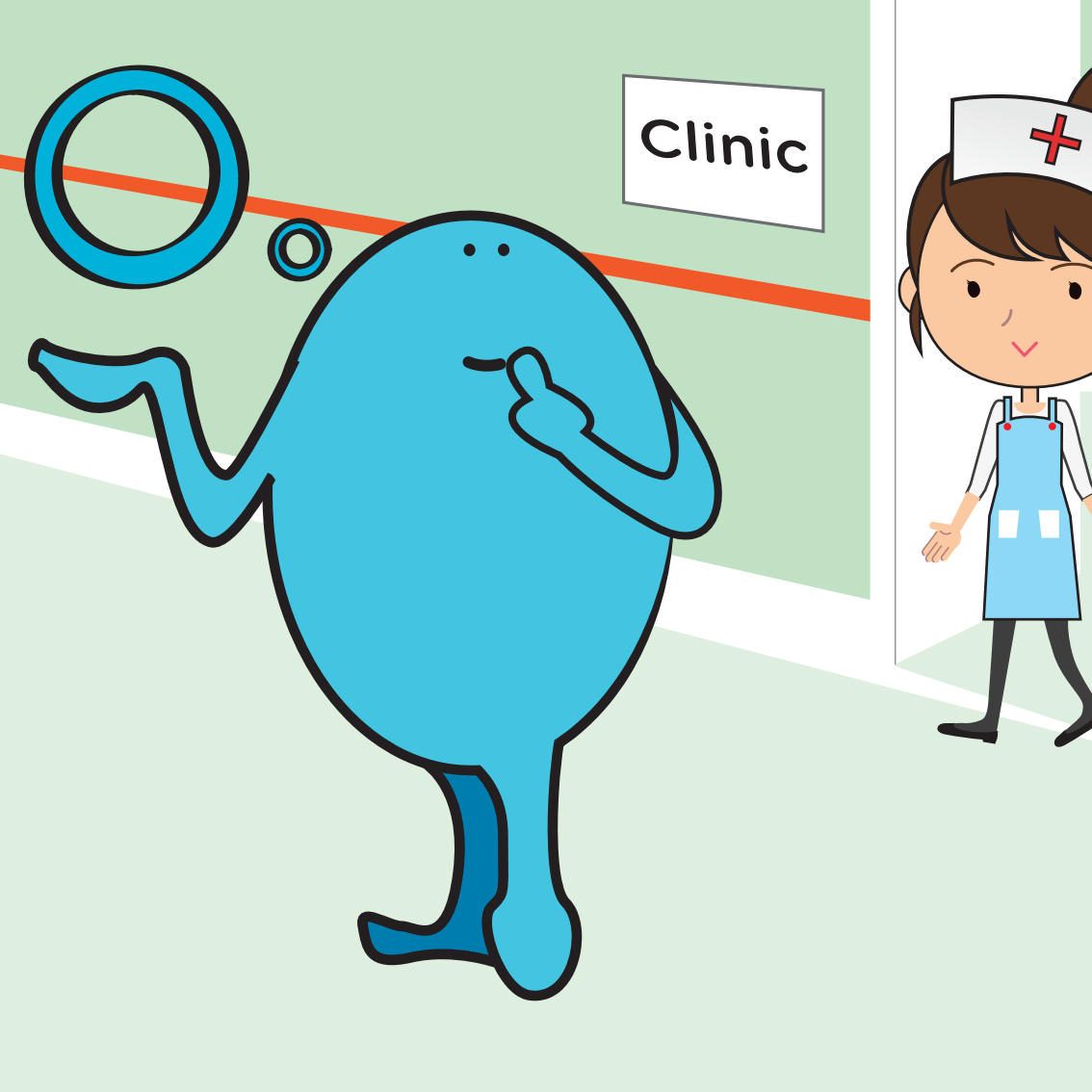
These are then sent to the doctor to be tested  
and then the Gang get the results  
a few days later.



They also have to pay regular visits to the clinic, as this helps the doctors and dietitians to make sure that there isn't too much protein in their diet.

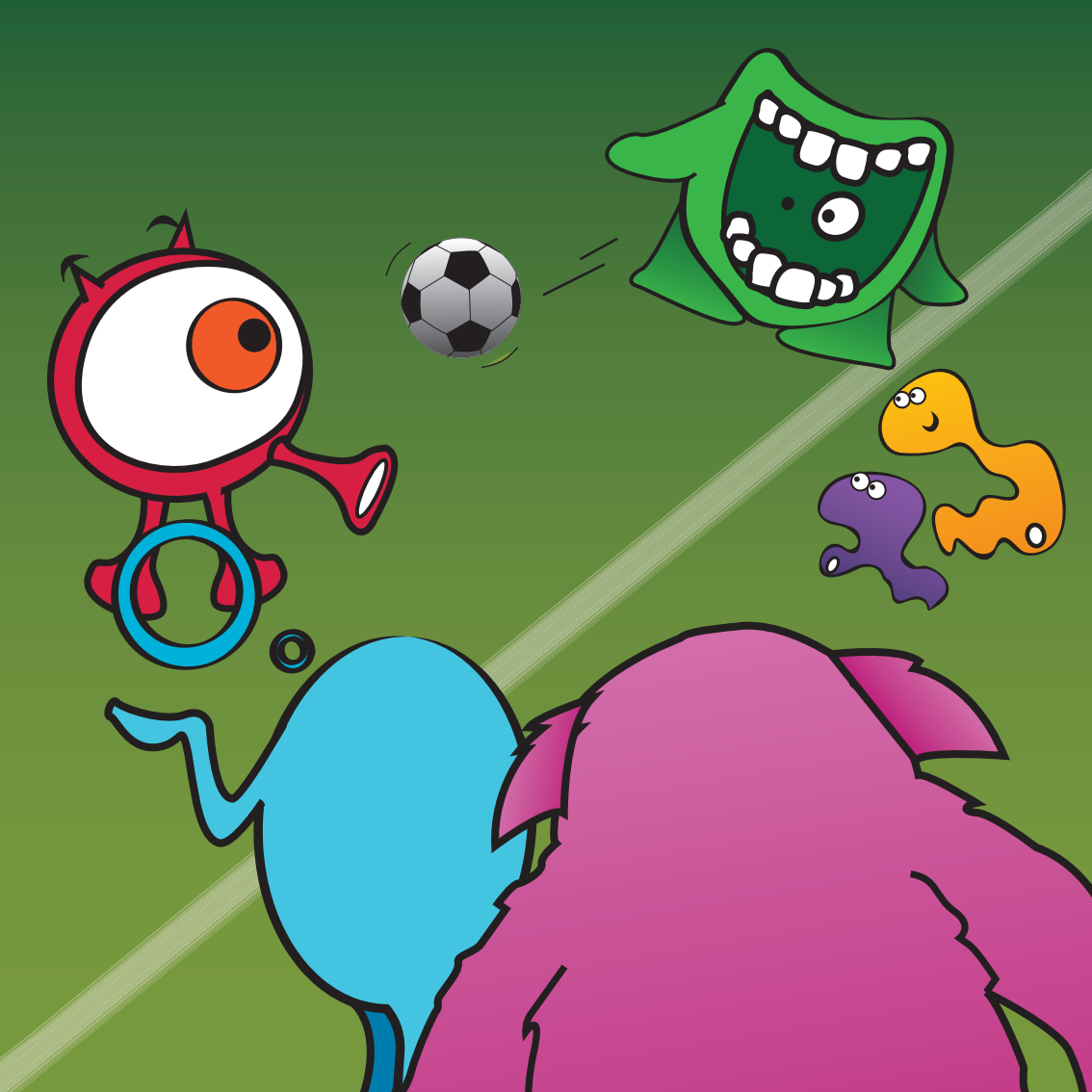
A blue cartoon character with a large speech bubble. The character is blue with a black outline, has two small black dots for eyes, and is pointing its right index finger upwards. To the left of the character's head are two small blue circles, one larger than the other, with black outlines. The speech bubble is white with a black outline and contains two lines of blue text.

Do you visit  
your dietitian?  
What is  
their name?



It doesn't stop them from going to school,  
or playing their favourite sports, or going on  
exciting adventures though!

In fact, it doesn't stop them from doing  
anything they want to do!



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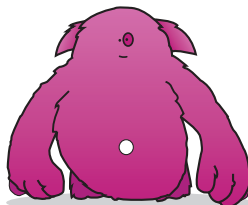
Brains



Big Eye



Megabyte



Bones



Omega Twins