

A parent's guide

TO WEANING

with PKU

Anamix

~ first spoon ~



This information is intended for parents and carers of children who have been prescribed PKU Anamix First Spoon by a healthcare professional.

NUTRICIA
PKU Anamix

PKU Anamix First Spoon

Designed specifically for older infants and young children with PKU



- Low volume and easy to combine with PKU Anamix Infant when ready to wean (100ml PKU Anamix Infant = 5g PKU Anamix First Spoon = 2g PE)
- Similar taste and mouth feel to PKU Anamix Infant, supporting an easy transition to weaning
- Designed to support the weaning process in infants from 6 months and young children up to 5 years with PKU

WHERE CAN I GET PKU ANAMIX FIRST SPOON?

PKU Anamix First Spoon is available on prescription from your dietitian/ healthcare professional. You can collect it from your local pharmacy or have it delivered to your home, if you live in the UK or NI, through Nutricia Homeward Metabolics & Specialist. For more information, call 0800 093 3675.

PKU Anamix First Spoon is a Food for Special Medical Purposes for the dietary management of proven phenylketonuria (PKU), from the age of six months to five years, and must be used under medical supervision.

HOW TO PREPARE PKU ANAMIX FIRST SPOON

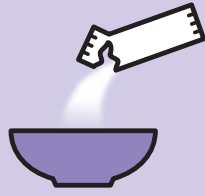
Your dietitian will tell you how many sachets you need to use. It is suggested each sachet is mixed with 10ml of water. PKU Anamix First Spoon should be prepared immediately prior to feeding.

1

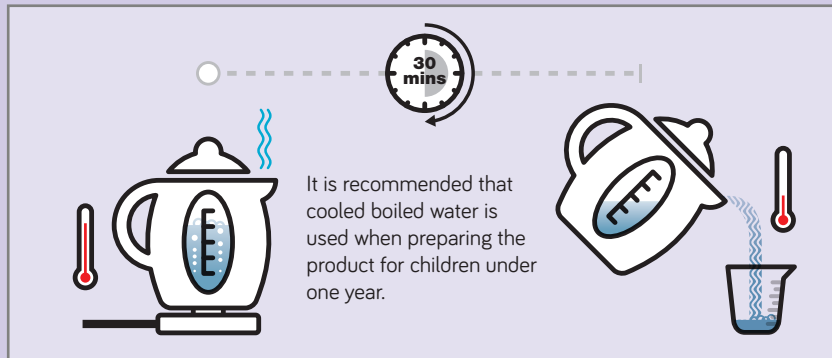


Wash your hands thoroughly and clean the preparation area.

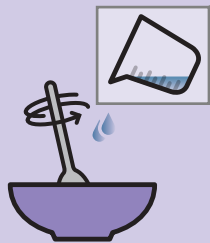
2



Empty powder from the sachet into a clean bowl.



3



Gradually add 10ml of water whilst stirring with a clean feeding spoon. Mix until thickened. This may take several minutes. The consistency may be altered by adding more or less water.

4



Once prepared, the product will thicken on standing and should be consumed immediately. Any remaining should be discarded if not consumed within one hour.

INFORMATION ABOUT YOUR CHILD

Baby's name _____

Date of birth _____

Dietitian's/doctor's name _____

Contact number _____

When your baby is ready for weaning, your Dietitian or Doctor may recommend adjusting the amount of infant formula given depending on your child's needs. They may also recommend introducing an alternative supplement, such as PKU Anamix First Spoon, to meet the increased nutritional requirements during the weaning stage.

There is a lot to think about with the introduction of foods on top of protein substitutes, so we hope this booklet will be helpful for you in keeping track of what your baby consumes.

- *Nutricia Metabolics*

PRESCRIBED FEEDING REGIME

Date	Formula Milk /Breast feed	PKU Anamix Infant mls/ozs	PKU Anamix First Spoon g/ozs	Number of exchanges per day	Comments

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PKU Anamix Infant is a Food for Special Medical Purposes for the dietary management of proven phenylketonuria (PKU) in infants, from birth to 12 months and as a supplementary feed up to three years of age, and must be used under medical supervision.

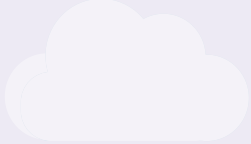
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DAILY FEEDING DIARY

Time	Formula milk /Breast feed	PKU Anamix Infant mls/ozs	PKU Anamix First Spoon g/ozs	Number of exchanges per day	Phenylalanine free foods

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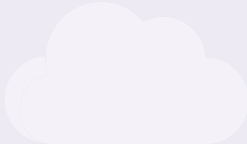
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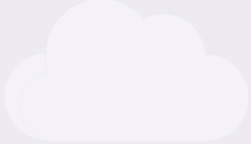
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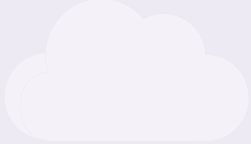
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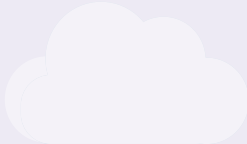
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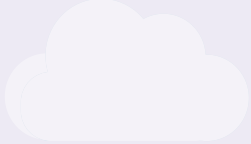
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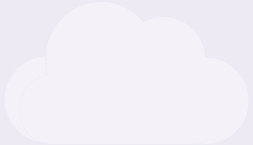
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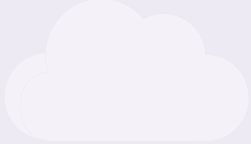
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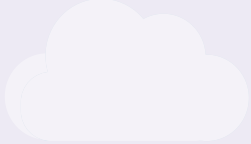
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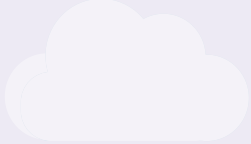
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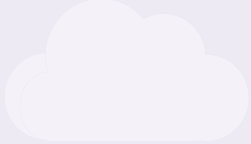
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OFFERING FOOD TO YOUR BABY

Your dietitian will be able to recommend suitable weaning options for your baby and explain how and when these can be introduced. This booklet provides guidance on what foods would be suitable to offer your baby and includes several phenylalanine-free recipes.

The first solids your dietitian may recommend at the weaning stage are likely to include:

SUITABLE FIRST FOODS	
Savoury	Sweet
Puréed carrot	Puréed apple
Puréed turnip/swede	Puréed pear
Puréed parsnip	Puréed peaches
Mashed sweet potato	Puréed mango
Mashed butternut squash	Mashed banana
Mashed avocado	

Homemade purées are cheap and easy to make. Fruit and vegetables can be cooked in a small amount of water until soft and then puréed using a hand blender or food processor. Salt or sugar should not be added to homemade purées.

You can prepare batches of purée at the same time and if it is not needed for immediate use you can store it in the fridge for 24 hours. Purées can also be frozen in an ice-cube tray or weaning pot.

As your baby becomes used to taking solids from a spoon, and the amounts eaten increase, your dietitian may recommend introducing lumpier foods or soft finger foods, eg. parboiled carrot sticks and slices of peeled ripe pear, to encourage your baby to start chewing. Your dietitian may also recommend soft chopped and mashed foods at this stage.

Speak to your dietitian/healthcare professional to request a copy of Nutricia's Low Protein Weaning Recipe Book.

HINTS AND TIPS FOR FEEDING

- It doesn't matter if foods are refused or spat out! It might take several attempts before your baby will accept the foods – this is normal.
- Babies often spit out new foods – it doesn't mean they dislike them, they just might need some time to get used to new tastes and textures.
- It is all new to your baby; just try again at another time and remember never to push your child; they will let you know when they have had enough!
- Children learn about food by touching, feeling and smelling, as well as tasting and eating. This is important to help them learn to feed by themselves.
- Let them get stuck in, hold the spoon for themselves, and make a mess or allow them to play with their food.



HOW TO CALCULATE EXCHANGES FROM FOOD LABELS

To calculate the protein content per portion of food you need to know the protein content per 100g which will be on the food label.

The protein content per portion is calculated using this equation:

$$100\text{g divided by the protein content per }100\text{g}$$

For Example: Baked beans have 5g protein per 100g
 $100 \div 5 = 20\text{g of baked beans} = 1 \text{ exchange}$

Use this table to determine the number of protein/phenylalanine exchanges per portion of food:

FOOD LABELS	
Calculated protein content per portion	Number of exchanges based on the protein content of each food portion
0g	Exchange free
0.1g-0.3g	Exchange free (if total volume consumed is $\leq 0.5\text{g}$ protein)
0.4g-0.7g	$\frac{1}{2}$
0.8g-1.2g	1
1.3g-1.7g	$1\frac{1}{2}$
1.8g-2.2g	2
2.3g-2.7g	$2\frac{1}{2}$
2.8g-3.2g	3

Let's see how we CAN HELP

Low Protein
Connect.com



Low Pro
App

Download
LowPro App



Learn more about
Anamix 6

If your child is under
10 years of age, they can
join www.anamix6.com
to learn more about their
low protein diet

Your World Our Services

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HOMeward



FREE home delivery with HOMeward Metabolics &
Specialist is available in UK & NI Call: 0800 093 3675

For more information contact your dietician,
visit www.lowproteinconnect.com or call
UK: Nutricia Resource Centre on 01225 751098
NI: Metabolic Freephone on 0800 973 216
ROI: Metabolic Freephone on 1800 923 535
or email metabolic@nutricia.com

The Loprofin Range and Sno-Pro are Foods for Special Medical Purposes,
for the dietary management of inherited metabolic disorders and other conditions
requiring a low protein diet and must be used under medical supervision.

Enjoy our range of low protein foods.
Please speak to your dietician
for more information



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