

CAMBROOKE™

PKU WELLNESS JOURNAL

HEALTHY
YOU
HEALTHY
PKU

MENTAL, PHYSICAL AND EMOTIONAL
HEALTH ON A LOW PROTEIN DIET

Eat Well, Live Well.



Hi!

How are you?

We're so pleased that you have decided to embark on this journey with us, so you can take the first of many important steps to achieving optimum physical, mental and emotional health on a low protein diet.

Let's get one thing straight...It's not going to be easy.

But, as we like to say, ***nothing truly worth achieving ever is.***

We hope your journey will be one of both discovery and courage.

Discovery, as you will be given the tools you need to monitor your diet, symptoms and progress over the coming weeks and months and **courage**, as you put your action plan into practice, developing habits that will last a lifetime.

We would like to thank everyone for their contributions, which have helped us develop this resource to help others navigate their mental health on a low protein diet.

If you have any questions, just email us at ukinfo@cambrooke.com 

Please note:

This journal is for people living with Phenylketonuria (PKU).

The personal experiences shared throughout this journal
are not those held by Cambrooke UK.

**Always consult your metabolic dietitian before
making any changes to your diet.**

Important Information

Name: _____

Email: _____ Telephone: _____

Hospital Name(s): _____

Dietitian Name(s): _____

Email: _____ Telephone: _____

Consultant Name: _____

Blood Spot Laboratory Address: _____

GP Name: _____

Email: _____ Telephone: _____

Home Delivery Company 1: _____

Email: _____ Telephone: _____

Details: _____

Home Delivery Company 2: _____

Email: _____ Telephone: _____

Details: _____

Useful Links

SOCIAL MEDIA

The National Society
for Phenylketonuria
(NSPKU)

PKU Awareness
UK & Ireland

PKU (Phenylketonuria)
UK & Ireland!

Phenylketonuria World
Wide Support Group!

PKU Friendly

PKU Strong

Cambrooke UK

Low Protein in 15

WEBSITES

PKU Diet

nspku.org

rarediseases.org

metabolicsupportuk.org

Cambrooke.uk

Mental health

Nhs.uk

Mind.org.uk

Mentalhealth.org.uk

Time-to-change.org.uk

Youngminds.org.uk

APPS

Physical Health

My Fitness Pal

Map My Run

30 Day Fitness at
Home

Fitness Buddy

Fiit

Strava

Les Mills on Demand

AllTrails

WaterMinder

Pocket Yoga

Mental Health

Headspace

Liberate

Calm

Breathe

Day One

Streaks

Simple Habit

Catch it

DistrACT

MeeTwo

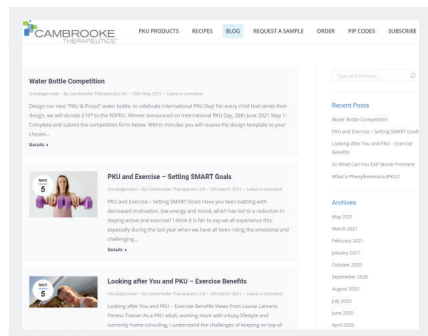
Thrive

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To sign up visit: [Cambrooke.uk/signup](https://www.cambrooke.uk/signup)

CAMBROOKEcare

Club

Do you take Cambrooke's Glytactin PKU formulas?
Join the Cambrooke family and sign up to the Cambrooke Care Club.
Members receive:

- Welcome to Cambrooke Pack
- New Recipe Books
- PKU Learning Resources and Information
- Cambrooke Shaker Bottles and More

To join just visit: Cambrooke.uk/cambrookecare



KIDS CLUB

CAMBROOKEcare

Fun & Games

Your little ones will receive:

- ▶ CAMBROOKECare Kids Club Welcome Pack
- ▶ PKU Learning Resources
- ▶ Kids competition announcements
- ▶ Upcoming event information

To join just visit: Cambrooke.uk/cambrookecare





Understanding how diet and nutrition affects the neurotransmitters in the body (those clever little things that regulate your mood) can help you to understand why you feel the way you do.

01. The Science

GOOD NUTRITION HAS NO SIDE EFFECTS!SM



Why protein substitutes (formulas) are important?

“If there are three things you should do every day to make the biggest difference to your diet, it is: (1) get out of bed every morning; (2) take your protein formula; and (3) move every day, just a simple 15 minute walk will do.”

- Jean-Paul Jesstiece, Classical PKU

- ✔ **Protein** is a nutrient needed by the body. It helps to build, repair and maintain body cells and tissues, like your skin, muscles, organs, blood and even bones.
- ✔ **Formula** is an important part of the diet and should be taken regularly and spread evenly through the day, this keeps blood Phe levels steady. There are many different varieties of formula e.g. ready-to-drink liquids, powders, bars and tablets.
- ✔ **Vitamins and minerals** are required on a daily basis. These are usually contained within your formula. If not, your Dietitian will advise on a suitable supplement.



Mix-ins




Ready-to-drink cartons



Milk and Juice style powders



Bars

- ✔ It is important to try different formulas and find the right ones for you. Speak to your Dietitian about getting samples.
- ✔ To find out more about Cambrooke formulas, visit [Cambrooke.UK](https://www.Cambrooke.UK) 

Chloe Easton

PATIENT STORIES

Background

My name is Chloe, I'm 23 years old and have mild PKU. Although my diet is much more manageable now, it hasn't always been like this. When I was growing up (right up until being 19) I was living on a classical PKU diet because my doctors didn't realize how good my tolerance to protein was until this point. For a long time my protein allowance was 8 grams per day, as I got into my teens this gradually increased. I'm now at the point where I can comfortably live on a relaxed diet, however, I still choose to take my supplements every day. I also do my bloods regularly to keep track of my health, which helps to keep my mind reassured that everything is as it should be.

Mental health and PKU

I wouldn't say that PKU is entirely to blame for my mental health issues. I have struggled with anxiety for quite some years now as a result of various events in my life, the passing of my Grandparents being one of these. However, during my high school years my social anxiety levels reached a new height as I found it hard to make friends or fit into any of the various social groups. Ultimately, the root of this issue was my PKU. Meeting new people always felt like a challenge because I knew that inevitably I would have to explain about my condition; it was much easier for me to avoid this and isolate myself. I used to spend a lot of break times in the toilets wishing for the bell to ring. These were, without a doubt, some of my loneliest years.



I find that writing down how I am feeling definitely helps. I also love to get outdoors whenever possible to clear my head”

What steps did you take to improve your mental health and wellbeing?

I was lucky enough to meet an amazing group of like-minded people whilst studying for my A Levels; I'm not sure how but we all just sort of fell into a great friendship. Even now, over 6 years later and we're all still in touch. These people really helped me through my rough patches. But it got to a point when I knew I needed to seek extra help; I went to my GP where I was referred to counselling. Some years later, after graduating from university, my mental health really took a turn for the worse and I was prescribed medication for my anxiety. Two years later, I still take this medication as I'm constantly learning how to navigate my mental wellbeing.



Organ Health and PKU

Brain

When Phe levels are high or uncontrolled, people with PKU can experience symptoms that have lasting impacts on the brain. Being in control of your PKU diet can improve these symptoms by regulating chemicals in the brain called neurotransmitters (dopamine and serotonin). Tyrosine is essential for production of these neurotransmitters.

- ✔ **Neurotransmitters:** Control functions and processes in your body, from sleep to metabolism.
- ✔ **Dopamine:** Associated with pleasurable sensations, along with learning, memory, motor function, and more.
- ✔ **Serotonin:** Helps regulate your mood, sleep, appetite, digestion, learning ability, and memory.

Heart

Being overweight can lead to fatty material building up in your arteries (the blood vessels that carry blood to your organs). If the arteries that carry blood to your heart get damaged and clogged, it can lead to a heart attack.

The PKU diet contains many low-calorie, nutrient-rich foods, such as fruits and vegetables and will limit your intake of high-calorie, high-sodium foods, such as refined, processed or fast foods which is key to preventing heart disease.

Liver

This is the organ which metabolises Phe using the enzyme phenylalanine hydroxylase (PAH). This enzyme is missing or deficient in PKU and prevents Phe being converted into Tyrosine which is essential in the PKU diet. Tyrosine is added to the PKU formulas to prevent deficiency.

Symptoms of high or unstable blood Phe levels include:

- ✔ Feeling "foggy," or a slowed processing of information
- ✔ Behavioural or social problems
- ✔ Problems with memory
- ✔ Anxiety, Depression or Irritability
- ✔ Difficulty in decision making, problem solving, and planning
- ✔ Inattention



Holly Johnston

Background

Hi, I'm Holly, I'm 24 and currently studying Child and Adolescent Mental Health and Wellbeing at Edge Hill University in Ormskirk. I am in my 3rd year and potentially will go on to complete a Masters in Nutrition after my studies.

My low protein diet journey

I came off diet at age 15. Doctors and Dietitians decided this was the best decision, given the issues I was going through at school at the time. Insecurities around body image and my peers' perceptions/lack of understanding of PKU was to blame. There was little support from my school.

When on diet, I feel like my head space is clearer, I am able to concentrate better and suffer less mood swings, but I struggle a lot with weight, happiness and self esteem.

When off diet, I felt it was easier to maintain my weight as I used to rely heavily on high calorie formulas and high carbohydrate foods such as pastas. Butter and salt made all of the bland food taste much better too. Of course I was a lot younger then and better products have been developed since. I have found that switching to a low calorie formula has also really helped me.

This, in addition to high sugar fruit and binge eating due to low mood was all a contributing factor to my weight gain.



When on diet, I feel like my headspace is clearer, I am able to concentrate better and suffer less with mood swings”

I also feel better in my own skin when off diet and can eat what I would consider to be healthy food options like lean proteins without worrying about calories.

When I have tried to return to diet, it has been because of genuine curiosity. If I obtained decent GCSE results, A Level grades and university degree whilst off diet, I imagined my true potential was even higher and I wanted to explore this.

PKU and your mental health

At the age of 15, I was told my long-term struggle with self esteem was actually “body dysmorphia”. My weight fluctuated rapidly when on and off diet. Because of this, I developed restrictive eating habits and became very unaware of my true self. I was incredibly self loathing and wanted little interaction with others at the time.



Even five minutes a day will make a huge difference to your physical, mental and emotional wellbeing.

Give yourself a Dopamine Lift!

Some ideas...

- Go for a walk, cycle or run. Exercise is also good for heart health!
- Go to the cinema with a friend
- Learn a new skill. Knitting, painting, a card trick
- Baking, make low protein cookies or cupcakes
- Learn a language
- Call a friend that you haven't spoken to in a while
- Watch a comedy
- Mindfulness and meditation practices (see the next page to get some ideas)

My goals...

-
-
-
-
-

Mental Health and Wellbeing

Physical and mental wellbeing go hand in hand. Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. But poor mental wellbeing can make it more difficult to cope with daily life. There are lots of things we can do to take care of ourselves.

We asked yoga, meditation and mindfulness coach Lillian Mirsafavi to share the benefits of mindfulness and how you can incorporate it into your routine.

Mindfulness

Mindfulness is really simple. It means being fully present in each moment, and even five minutes a day will make a huge difference to your physical, mental and emotional well-being. It's especially important to practice mindfulness when managing your own health or caring for others. The busier life is, the more important it is to take small moments through the day to pause.

5 minute morning activity: Morning journaling

This can be done before getting out of bed, or once you have made a cup of tea. Take a notebook, turn to a blank page, grab a pen and write! Journaling is an amazing way to start the morning. You can "free write" whatever comes to mind, writing out thoughts and worries so that these are left on the page before you start your day.

Another quick and easy way to journal is by writing three things you are grateful for.

The journal is just for you, you don't have to show it to anyone so write away!

5 minute lunchtime activity: 5 senses check-in

This can be done while sitting at your desk, sitting in a quiet space or while walking.

- ✔ **Sight:** Start with sight, notice five things you can see, focus on each one by one.
- ✔ **Hearing:** Then notice five sounds, even if you think there is "silence" pick out five different sounds from it.
- ✔ **Smell:** Then notice any smells. What are they? What associations do they bring?
- ✔ **Taste:** Notice the taste on your tongue.
- ✔ **Touch:** Lastly, feel your clothes against your skin, feel the surface you are sitting, standing or walking on.

Tune into each sense one by one and really connect with the information you are receiving.

15 minute evening activity: Belly breathing

Belly breathing is an amazing way to destress the body and prepare for a good night's sleep. Throughout the day we tend to breath only into our upper chests and our breath can become shallow and constricted during times of stress.

Lie on your back, placing your right hand on your belly and your left hand on your heart. Breathe deeply in through your nose, feeling your belly rising up to the ceiling. Pause for a moment and then slowly breathe out through the mouth, feeling the belly softly falling. Try to breathe in for a count of four, and out for a count of four.

-Lillian



48% of men
with PKU had
symptoms of a
sleep disorder.*

Sleep

Sleep is vital to promote both mental and physical health.

A Dutch study found that 48% of men with PKU had symptoms of a sleep disorder, compared to just 19% of their close relatives.

If you have problems sleeping, there are techniques recommended by the National Sleep Foundation and the Mayo Clinic that can help you learn how to sleep through the night:

Stick to a sleep schedule

Go to bed at the same time and wake up at the same time every day – even on weekends.

Make your bedroom ready for rest

Keep the light low, and don't look at screens in your bedroom – the light from a TV, laptop, or phone can help keep you awake.

Get exercise

It sounds funny, but moving more during the day can make it easier to rest at night.

Monitor your low protein diet

Caffeine, alcohol, nicotine, many OTC and prescription drugs, and even a heavy meal close to bedtime can all interfere with sleep.

Try not to take afternoon naps

They make it harder to get to sleep at night.

Stop taking your worries to bed with you

Racing thoughts and anxieties can literally keep you up at night. Find a way to manage stress, and it will help you to sleep easy.

Do your best to stay on diet and take your formula on schedule. Getting the nutrition you need can help reduce symptoms of anxiety and depression that make sleep a struggle. Better sleep will help you feel balanced, and feel better on a low protein diet.

Read more at: Cambrooke.uk/getting-enough-sleep-with-pku/ 

*Sleep Disturbances in Phenylketonuria, www.ncbi.nlm.nih.gov/pmc/articles/PMC5405067/

Mark Edwards

PATIENT STORIES

Background

Hi! I am Mark Edwards, I have classic PKU and live in Wales. I love to be active and work full time in a food manufacturing facility. I regularly attend the NSPKU conferences, raise money for PKU awareness initiatives and have built friendships with many other people living with PKU through events and on social media.

Getting answers on my mental health

19th January 2021 was a big day for me. Not only was I visiting my clinic team at Salford Royal for the first time since 2019, but it was a day Dr. Wilcox finally gave me some answers as to why I feel so low around this time of the year. For many years, from November until around March, I'm always feeling down. I feel as if I have the weight of the world on my shoulders but I could never find a reason for it.

The slightest thing would irritate me. Anyone who knows me, knows I love running! I completely lose all interest in training over the winter months, I'm always in a low mood and I've actually lost friends because of the way I have acted. Sometimes I would use the excuse of "I think its because my Phe is high" but they really didn't understand.

Last week Dr Wilcox finally gave me some answers, It sounds like I have Seasonal Affective Disorder (SAD), which is a type of depression that you experience during particular seasons or times of the year.



PKU formulas are very important to take. I rely heavily on the protein drinks to keep me feeling full throughout the day."

Advice going forward

As advised by my Doctor, I now have a light box which I use for 60 mins a day and already find it's helping with my moods. Another PKU patient has suggested I use an over the counter sleep enhancing supplement to try and relax a little more in the day, or in my case, the night.

So far I am feeling a lot better, but still have a long journey ahead.

Depression

What is depression?

According to the NHS, most people go through periods of feeling down, but depression is when you feel persistently sad for weeks or months, rather than just a few days. Depression is a real illness with real symptoms, it isn't a sign of weakness or something you can "snap out of" by "pulling yourself together".

How to tell if you have depression?

Depression affects people in different ways and can cause a wide variety of symptoms including, but not limited to:

- ❖ Lasting feelings of unhappiness and hopelessness
- ❖ Losing interest in the things you used to enjoy
- ❖ Feeling very tearful
- ❖ Constant anxiety
- ❖ Constant tiredness
- ❖ Poor sleeping pattern
- ❖ Having no appetite
- ❖ Various aches and pains



What can help alleviate the symptoms of mild to moderate depression on the PKU diet?

Socialise with others

Socialise with others as well as with family and friends outside of the PKU community. Interaction will combat feelings of isolation and loneliness. There are lots of events held throughout the year, across the UK, as well as the NSPKU's annual conference.

Connect through social media

You might be the only PKU person in your village, but there is a huge network out there! Some suggestions: PKU (Phenylketonuria) UK & Ireland!, PKU Worldwide Support Group!, NSPKU.

Get moving

Exercise can have a massive impact on how you view yourself and how you feel mentally. Just moving every day will make a huge difference.

Be consistent with your low protein diet

The more volatile your levels are, the higher the risk of constant tiredness, sadness and low mood.

Discuss low mood with your PKU clinic

Your Metabolic Dietitian is the expert in your treatment. Discuss how you are feeling with them.

Self Reflection Mental Health and Wellbeing

How is your
mental wellbeing?

Do you get
enough sleep?

Do you suffer
from symptoms
of depression?

Useful Links

WEBSITES

anxietyuk.org.uk
thecalmzone.net
mentalhealth.org.uk
mind.org.uk

rethink.org
samaritans.org.uk
youngminds.org.uk
nspcc.org.uk

refuge.org.uk
familylives.org.uk

Annie Skidmore

PATIENT STORIES

Background

Hi, I'm Annie and I'm 21 years old. I have graduated with a first class BSc in Sports & Exercise Science and I am starting an MSc in Exercise Physiology at Newcastle University.

My experiences being on diet

I have always been on diet mainly because growing up I was surrounded by positivity towards the diet. This gave me a positive attitude and I embraced being different along with the challenges I faced. I have always been active and competed in athletics and golf and now I have found comfort in the gym and home workouts. I am now training for a half marathon in September which has challenged me in all sorts of ways. PKU hasn't stopped me doing anything. I have been on school trips abroad, go for meals out, holidays, and now I have moved away from home which brings a set of new challenges.



...try your best and remember you are doing great!

Challenges I have faced

Over the years, PKU hasn't been easy. In my younger years, eating out with friends and family, sleepovers and going on school trips were difficult. They required a lot of planning, ringing up various people and ensuring I had everything

I needed whilst away to maintain my diet. However, this was all worth it in the end as I got to experience skiing in Italy, trips to London, meals out and more.

Whilst at University, my mental health deteriorated and I became underweight, restrictive, and obsessive in relation to exercise. Over the past year I have managed to get back to a healthy mindset and become a lot stronger both physically and mentally. I have learnt a lot about myself, how the PKU diet is affected by exercise and how to support the training I do with the right nutrition. I now continue my health and fitness journey with a positive mindset and hope to use my experiences of living a fulfilled childhood to benefit those around me and succeed in the future.

My Top Tips

BE PREPARED – Try to plan for every eventuality!

STAY POSITIVE – Think you are very special to have something so different and embrace it!

GET CREATIVE – Challenge yourself in the kitchen!

DON'T BE SO HARD ON YOURSELF – Some days you might slip up or not feel your best. That's okay!

COMMUNICATE – The best thing to do is express these thoughts and feelings with your support network or even on PKU sites. It is likely someone else has or is feeling the same.

STAY ACTIVE & HEALTHY – Regular exercise, walks and taking time for yourself!

And most importantly, try your best and remember you are doing great!

Matthew Brown

PATIENT STORIES

Background

I was always on diet as a child, but as I grew up and became more of a young adult (naturally getting more freedom) it was harder to stick with it. Social situations with friends became harder and university was difficult, paired with my lifelong urge to try foods I had never had before, which all resulted in my decision to relax and come off my diet.

My family all supported my diet and my Mum actually turned vegetarian when I was born to support me. But it was really difficult when there wasn't much selection 10-15 years ago in terms of low protein food options and social occasions were hard, especially going to restaurants with family or friends. I always wanted more choices, didn't want to be a burden (although my family always supported me and we all just got on with it) I just didn't want to be that awkward one at the table.

Returning to diet

I went off diet at age 22 and returned aged 32. I decided to go back on diet recently because I was having issues with feeling run down, acid reflux, slurring of my words etc. Everything seems to have caught up with me and I want to go back on diet to see if I will feel better.

“

When I decided to get back on my diet, I felt so much better in myself.”

I started eating less meat and dairy and I was consciously feeling better. This was the motivation I needed to get the help I needed.

It is so easy for me to pick up normal food and eat it. It is convenient and I was doing myself a disservice by not getting help.

How the transition to a low protein diet has helped

When I decided to get back on my diet, I felt so much better in myself. I decided to start a YouTube channel to document my journey and I have had so much support already. It is great to get to know the online community.

Subscribe to Matthews YouTube Channel! [ThePK.UtubePioneer](#) 

Debra MacDonald

PATIENT STORIES

Background

Hi! I am 34 years old and have classical PKU. I live in Scotland and I am a mum to two non-PKU children and work as a nurse.

As a teenager I began to loosen the diet and would rebel, but I was never completely off diet. When my first child was born I went completely off as I was busy focusing on being a mum. This was a big mistake as I suffered with anxiety and depression. After lots of input during pregnancy, I struggled with the lack of support after the birth of my child. There is so much focus on your diet during preconception and in pregnancy and then when you have given birth that all stops. It was a difficult adjustment.



I have always tried to maintain my diet to feel better and be healthy for my family. I also want to protect myself for the future."

When I am off diet, I am generally exhausted, have a low mood, suffer from anxiety and mood swings, have low concentration and aching joints. I have always tried to maintain my diet to feel better and be healthy for my family. I also want to protect myself for the future.

Do you believe PKU has impacted your mental health?

Absolutely I do. I feel I have a constant battle going on with food and feel my relationship with food is poor. I lack confidence socially which I feel is down to not wanting to feel different.

To improve my mental health I am very careful with my diet including counting exchanges, regularly attending clinic and aiming to do regular blood checks. I try to aim for monthly blood checks however that often slips to once every two months.

If anyone is suffering from anxiety and/or depression, I would advise that they seek support from their clinic and ask for help from the PKU community online. They are a great help. Also family is an amazing resource! I get great support from my husband.

What parts of the diet do you struggle with?

I hate being different and don't like making a fuss. Trying to take supplements regularly is a struggle and trying to stay a healthy weight too as often prescribed foods are higher calorie.

What are your goals for the future?

To stay on diet along with losing weight so I can be healthy for my family and my future.

I have met a lot of others with PKU through social media mainly and have some strong bonds with them. I am even godmother to one of their children!



Preconception & Pregnancy

High phe levels during pregnancy can interfere with the development of an unborn baby as phe is able to cross the placenta. The damage that can occur is permanent and can lead to problems such as damage to the brain (causing learning difficulties), a small head, congenital heart defects and a low birth weight.

If you are thinking of having a baby talk to your dietitian, they can help support you to lower your phe levels before conceiving. Your dietitian will advise you how long you need to have your diet established and when your phe level is in the safe range to conceive. The risks are much lower to the baby when conceived on a strict diet.



Nichola Brehmer

Background

Hi! I'm Nichola and I was born in Hexham in 1979. I have 3 older siblings, 2 of which also have PKU and the other is a carrier of PKU. We moved to Scotland when I was 4 and I have lived there ever since. Living with PKU was never an issue when I was young as my mum always made really lovely meals and I had an amazing school cook who made PKU versions of every meal for me, I was very lucky. I did struggle with my supplement but I just knew I had to take them and did it. Things really only started to become harder when I started high school.



My one piece of advice to someone struggling with PKU and their mental health is... make a list of what you need to do and just deal with one thing at a time."

Shortly after starting high school, I started being bullied about my PKU amongst other things. I endured comments about my 'disgusting' food, my 'stinking' supplements and that I was 'diseased' so everyone should stay away from me, which they did. As time went on the bullying became quite severe, so bad at one point that I felt so scared,

I had to hide in a toilet cubicle to eat my packed lunch to escape torment. It was causing me anxiety so badly that I was being sick all the time which was causing havoc with keeping track of my food and supplement intake. When I was 14 I asked to come off my diet as I knew my older siblings had been allowed to. I didn't realise back then, but I believe coming off diet had an impact on me socially and with anxiety, depression, concentration etc. I only realised this in the last few years as I've become more familiar with the effects of PKU and more importantly how it affects me.

Pre-conception

When I was 31, I made the decision to go back on diet to prepare for conception. It was a struggle getting used to the diet at first due to being off diet for 17 years and also because when I was younger my mum was the one who handled my PKU. But I quickly got used to following it perfectly and had a great pregnancy and felt really healthy, mentally, all the way through. I had my little boy in May 2012 when I was 33 years old. I was told I could come back off diet straight after the birth, which I did. It didn't take long for me to realise coming back off diet was a mistake as I was having issues cognitively and this time linked it to PKU.

Returning to diet

My depression, anxiety, memory, concentration, focus, emotions, loss of words, struggling to make myself understood and also the foggy and headachy feeling in my head were much worse than when I was younger. I felt totally overwhelmed and unable to handle more than one thing at a time, sometimes even with just simple everyday things. I believe the drastic

PATIENT STORIES

change in my diet was the reason for this as well as the pressure of being a first time mum with very little support. I have been trying on and off to get back on the PKU diet since then, and succeeded at the beginning of 2020.

Since returning to diet, all of the symptoms of being off diet have improved massively. If my levels run a little high, I can usually tell because I start to struggle a little with my memory and focus, and I start to lose my words and repeat myself during conversations. I can quickly sort it out now once I feel it. I have just made peace with the fact that anxiety will always be a part of who I am now, it can just flare up out of the blue at times.

I have taken several different steps to try and improve my mental health over the years. When I was in my early 20s I went to a counselor which I found very beneficial. But at the time I didn't really link any issues I had to PKU, so that part of me, the biggest part of me, wasn't being addressed. In my late 20's to just before conception I was put on to anti depressants and then again for a while after birth. Not really sure I felt they helped much to be honest. The best and the only real improvement I have made to my mental health was been returning to diet.

What I have learnt

One of the biggest struggles I have, even while on diet, is when I have too much to deal with at the same time. I find prioritising tasks tricky and it flares up my anxiety and eczema and I end up burying my head in the sand. So my one piece of advice to anyone struggling with PKU and their mental health is, if you have more than one thing to deal with, make a list of what you need to do so you don't forget anything, and just deal with one thing at a time until you have worked through your



Planning and organisation is the key to staying on track"

list. I handle my PKU diet in the same way, I take it one day at a time. I do plan a weekly menu and make a shopping list from that. I spend some time on a Sunday prepping and bulk cooking meals for the week ahead for the freezer. But if I have a tough day I don't dwell on it. Every day is a new opportunity to start again. Planning and organisation is key to staying on track for me. Also if you are suffering with mental health, don't suffer in silence. Speak to someone you trust and get help. Join PKU groups and participate and you will quickly find that you fit with the PKU community and you will get lots of support there.

I am lucky to be able to email my clinic whenever I need to and I always get a prompt reply. I also get 3 monthly zoom calls with my clinic. There will be a 3 monthly clinic local to me when the current circumstances with Covid-19 has settled.

The biggest struggle I face with the diet is taking my supplements. I can occasionally forget them, this is something I am constantly having to try to keep on top of.

I'd just like to end by saying that yes PKU is a real struggle, emotionally and physically, but I can honestly say I am grateful I have PKU because I have spent my whole life never feeling like I fit in with anyone but now I finally do and I love being a part of the PKU family.



Diet and physical, mental and emotional health go hand in hand.

02. My Journal



As a PKU adult and working mum with a busy lifestyle, I understand the challenges of keeping on top of... work, life, parenting, plus finding time to look after ourselves and keeping our Phe levels in desired range.”

– Louise Lamaris

Fill in the following boxes to reflect on your likes, dislikes, relationships and habits, so you can make positive changes.

Diet and Nutrition



Current Blood Levels:

Current Daily Exchanges:

Current Formula Intake:

Current Weight:

Current Daily Average Calorie Intake:



Target Blood Levels:

Target Daily Exchanges:

Target Formula Intake:

Target Weight:

Target Daily Average Calorie Intake:



What are your favourite Low Protein foods?

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.....

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Exercise

Current Weekly Exercise:

Current Daily Steps:

Target Weekly Exercise:

Target Daily Steps:

What do you like about your body/physique?

What are your favourite exercises?

How does exercise make you feel?

No exercise

After exercise

How will you reach your exercise goals?

Louise Lamaris

My Background

Growing up, I experienced a lot of bullying in relation to PKU, which really got to me. However, I began to build my self-esteem and confidence to overcome this as I furthered my passion for sport, exercise and fitness.

I did go through a slight rebellious stage through college, where I would sneak in added exchanges on a slightly relaxed diet. Although still taking substitutes and following a vegan diet, the added exchanges reflected in my raised phe levels and contributed to my decline in concentration and focus. This then lead to me not reaching the grades required for the career I had planned so I found myself forced to take an alternative route.

However, I was fortunate to gain a place on an alternative course at University and this was when I recognised that my diet and phe levels needed to be under control to graduate with a good qualification. This was life changing, my stricter diet allowed me

to noticeably re-gain focus, my learning, memory and drive and I graduated with a better grade than I expected.

A couple of years after graduating from University I married my husband and began even stricter pre-con diet and now have a very bright 4 year old boy. Although despite having phe levels under good control, pregnancy fueled much anxiety for me for various reasons (not all PKU related) and I found myself struggling mentally post-pregnancy, including heightened anxiety and depressive symptoms. However, exercise and following the PKU diet helped me to manage this.

Staying fit and healthy

As a PKU adult and working mum with a busy lifestyle, I understand the challenges of keeping on top of juggling work, life, parenting etc. plus finding the time to try to focus on ourselves and keep our phe levels in desired range. This can often lead to stress and anxiety, which is noticeably heightened when phe levels aren't fully controlled.

My experience and background of growing up with PKU combined with my passion for health and fitness stems not only from my natural enjoyment for it, but also because of the noticeable benefits keeping active has on mental health and wellbeing which in turn can help balance the pressures of everyday life.

My passion for wanting to help people, share and promote these benefits, and to achieve my fitness goals, has lead me to a career in health and fitness. I started out as an "exercise to music / fitness" instructor, then took my studying further to gain a Level 3 Personal Training qualification.



I found myself struggling mentally post-pregnancy, including heightened anxiety and depressive symptoms. However exercise and following the PKU diet helps me to manage this."

Benefits of exercise

As well as the physical benefits of being active, it is proven to help with brain function and mood as the increased heart rate improves blood circulation to the brain leading to better functionality and focus. Plus the 'happy feel good' chemical (endorphins), released help generate positive mental attitude and reduce stress. I believe both of these are key to helping manage the PKU diet as well as tackling life stresses, obstacles and challenges.

One of my favourite exercises is distance running, I run most days and enjoy being outdoors. Finding a scenic spot to run to, then taking a break to take in the natural environment and view is one of my preferred methods to have some 'me-time', to think and de-stress.

The nature of my lifestyle requires planning, focus, memory, learning and lots of energy. Therefore having a regular dose of endorphins and following the PKU diet is really important to me to be at my best both mentally and physically.

My advice for those returning to their PKU diet is

Stay active, which in turn should help maintain focus and motivation to follow the PKU diet and overall stay healthy physically and mentally. Take your prescribed substitutes – You will notice improvement in energy, performance and optimum recovery. Make time to rest and recover between intense exercise sessions.



Stay active, which in turn should help maintain focus and motivation to follow the PKU diet.

My Tips for staying active

- + Aim for at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week (nhs.uk)
- + Find activities you enjoy and find time to fit them into your day.
- + Start a new hobby! Examples: active games, dancing, playing sports, taking the stairs, dog walks, move to music.
- + Incorporate short bursts of exercise between daily tasks. Examples: keep weights or resistance bands by your desk or have a walk outside even if it is only for 15 minutes.
- + Get the family involved. Make it fun and creative!
- + Join a club or connect virtually with others.

Relationships

Who are the most important people in your life?

How do they benefit your life?

How do you benefit their lives?

Your plan to nurture those relationships.

Work and Career

What are your study/career goals?

What milestones do you need to achieve to reach your goals?

How will it make you feel when you achieve your goals?

How would it make you feel if you didn't achieve your goals?

Jean-Paul Jesstiece

Background

I am Jean-Paul, 38 years old and father of one child living in Liverpool. I studied Theatre Arts and worked in the film industry as a stunt man for many years. I did Taekwondo as a teenager and was a gymnast since the age of 11.

In my eyes, I have been living a low protein lifestyle my whole life. Until the age of 13, my Mum did an amazing job managing my diet, and from the age of about 14/15 when I could make my own choices, I began to adopt less of a strict 'PKU Diet' and more of a conscious low protein diet. 5 years ago I began taking my supplements again and following a controlled PKU diet.



I love going out for walks and listening to music. But when not on diet... the melody doesn't get into your heart and soul like it used to."

Symptoms on and off diet

I can't remember the last time I had a 'cheat meal'. It was so long ago. A cheat day would affect my daughter and my partner more than it would affect me. In the past I would have a cheat full English breakfast, I would enjoy the meal and socialize for an hour, and then after an hour I would

have to go to sleep. It would frustrate me so much because it affected how I could look after my family or how I interact with my daughter.

Fundamentally, I crave food I can't have every day, but I have the will power now, as I want to be cognitively there for my family. And that is what stops me every day.

How has PKU had an impact on your mental health?

My PKU issues gives other people mental health problems too. My family have suffered as a result of dealing with my issues. I only really felt the mental health issues when people pointed them out. I traveled around the world with my job for years and ate what I wanted and I managed to get through it without any issues (that I am aware of). I have dealt with frustration, mood swings, no clarity, deep rooted depression, and those issues only really came out when I came home from traveling. When you are not following the diet, you sort of feel like you are living this other life (like an alter ego). It is like the 'bad side of you'. I love going out for walks and listen to music. It is one of my favourite things to do. But when I am not on diet strictly, I couldn't even feel anything when I listened to music. My favourite piece of music – I can't feel the lyric. The melody doesn't get into your heart and soul like it used to. Then suddenly when you are back on diet, you listen to the same tune a year later, and you feel great again. It is like night and day. It is like monochrome and colour.

PATIENT STORIES

Biggest piece of advice?

My own ethos is 'you cannot possibly begin to look after others until you can look after yourself.' You have to put yourself first so you can look after your daughter properly, be there for your partner. It sounds narcissistic, but it is the only way you can do your job properly as a father or partner. If I can eat my supplement and food at the correct time to function, I can benefit those around me. My daughter is the apple of my eye – and I need to be there for her. When I didn't have kids or a partner, I found that I just did what I wanted as there were no real consequences. When your parents don't have PKU, you feel like they don't understand. It is only when you are older that you realize they were trying their best. I would also tell kids to start managing their diet earlier. If you are going off to Uni, and you have to start managing your diet AND live alone for the first time AND try and get a degree, you aren't going to cope. I struggled. You need to steer the ship as early as possible.

Working with PKU – Any advice?

I never wanted to tell people about my diet. I had just left home, moved abroad to work and didn't want them to see my weaknesses. I learnt a script 'I am vegetarian'. Just try to cope. Don't try and be the best, just keep going. Make better choices. It takes 6-8 weeks to crack a habit. Get up, take your supplement, have your toast, have your banana, do your work to the best of your ability. Prioritise the diet first. You need to take care of yourself first and everything else second.

Write down anything here that you think will help in your own journey!

Hobbies



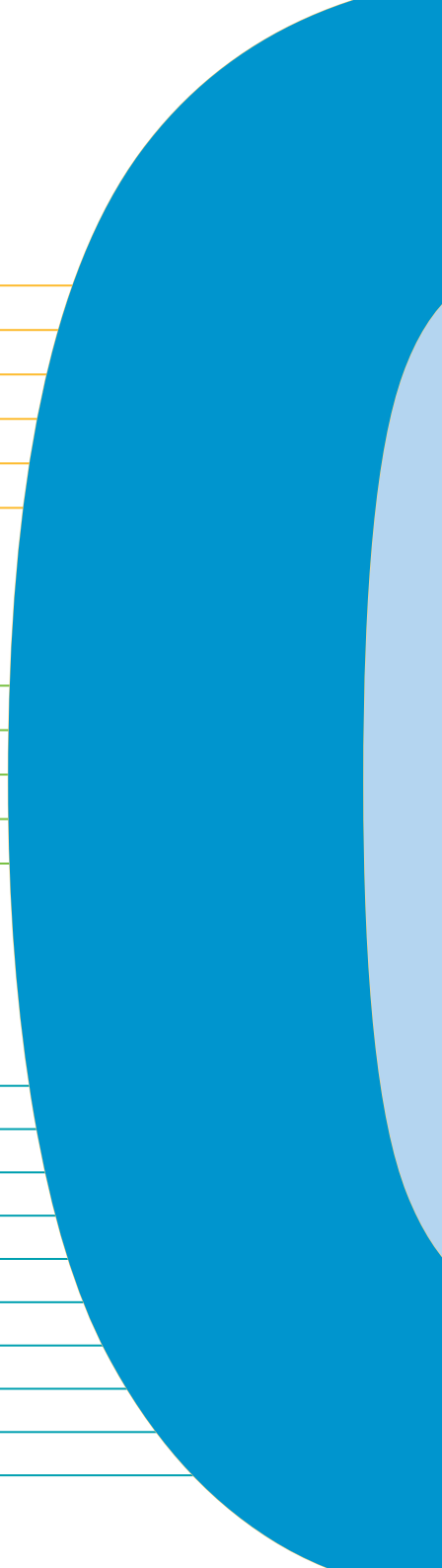
What are your favourite hobbies?



Are there any new hobbies you are interested in?



How can you start to incorporate these new hobbies?



03. Monthly Check In

Your Monthly Check In!

This section is really important and is a great way to see how much progress you have made each month!

Quite often you take just small steps forward each day that might seem insignificant, *but over the course of a month, huge progress will have been made.*

The most important thing is to be totally **honest** with yourself about how you are **feeling** so you can judge if you are making progress or need extra help and guidance from your medical professional.

On the page titled 'Today', fill in the page according to how you are feeling right now. After one month, fill in 'Month 1', then 'Month 2' and so on. Remember, if you need extra digital trackers, email ukinfo@cambrooke.com.

Happy filling in!

Today

date: _____

Fill in this page on Day 1 so you can track your **Healthy You Healthy PKU** progress.

1 = Good, 3 = Medium, 5 = Poor

My positivity level is:

1	2	3	4	5
---	---	---	---	---

My concentration is:

1	2	3	4	5
---	---	---	---	---

My mood is:

1	2	3	4	5
---	---	---	---	---

My frustration is:

1	2	3	4	5
---	---	---	---	---

My relationship with family and friends is:

1	2	3	4	5
---	---	---	---	---

My current Phe level is

My next blood spot is due on

My next clinic appointment is on

My repeat prescription is

My delivery is expected on

Month 1 Summary

date: _____

Fill in the following pages on a monthly basis to track your progress.

1 = Good, 3 = Medium, 5 = Poor

My positivity level is:

1	2	3	4	5
---	---	---	---	---

My concentration is:

1	2	3	4	5
---	---	---	---	---

My mood is:

1	2	3	4	5
---	---	---	---	---

My frustration is:

1	2	3	4	5
---	---	---	---	---

My relationship with family and friends is:

1	2	3	4	5
---	---	---	---	---

My Phe level this month is

My next blood spot is due on

My next clinic appointment is on

My repeat prescription is

My delivery is due on

Month 2 Summary

date: _____

Fill in the following pages on a monthly basis to track your progress.

1 = Good, 3 = Medium, 5 = Poor

My positivity level is:

1	2	3	4	5
---	---	---	---	---

My concentration is:

1	2	3	4	5
---	---	---	---	---

My mood is:

1	2	3	4	5
---	---	---	---	---

My frustration is:

1	2	3	4	5
---	---	---	---	---

My relationship with family and friends is:

1	2	3	4	5
---	---	---	---	---

My Phe level this month is

My next blood spot is due on

My next clinic appointment is on

My repeat prescription is

My delivery is due on

Month 3 Summary

date: _____

Fill in the following pages on a monthly basis to track your progress.

1 = Good, 3 = Medium, 5 = Poor

My positivity level is:

1	2	3	4	5
---	---	---	---	---

My concentration is:

1	2	3	4	5
---	---	---	---	---

My mood is:

1	2	3	4	5
---	---	---	---	---

My frustration is:

1	2	3	4	5
---	---	---	---	---

My relationship with family and friends is:

1	2	3	4	5
---	---	---	---	---

My Phe level this month is

My next blood spot is due on

My next clinic appointment is on

My repeat prescription is

My delivery is due on



04. Daily Journal



Try to adopt a positive attitude towards the diet. Think you are very special to have something so different and embrace it! Regular exercise, walks and taking time for yourself to do something for you will help you stay both mentally and physically healthy.”

– Annie Skidmore

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Weekly Review:






week # _____






How have you felt this week?

What have you achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	
FORMULA	time		FORMULA	time	

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Weekly Review






week # _____






How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	
FORMULA	time		FORMULA	time	

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	
FORMULA	time		FORMULA	time	

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING **AFTERNOON** **EVENING**



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
----------------------	--	---------------------	--

Weekly Review





week # _____





How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING **AFTERNOON** **EVENING**



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
----------------------	--	---------------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	
FORMULA	time		FORMULA	time	

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Weekly Review






week # _____






How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Weekly Review






week # _____






How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	
FORMULA	time		FORMULA	time	

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

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BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Weekly Review






week # _____






How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	
FORMULA	time		FORMULA	time	

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

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MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	
FORMULA	time		FORMULA	time	

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time		FORMULA	time	
FORMULA	time		FORMULA	time	

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Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING AFTERNOON EVENING



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BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Weekly Review






week # _____






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felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Weekly Review





week # _____






How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING **AFTERNOON** **EVENING**



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

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TODAY'S GOALS		APPOINTMENTS	

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

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BREAKFAST		time	LUNCH		time		
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FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

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TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



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BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Weekly Review





week # _____



How have you felt this week?

What have you achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING
    	    	    

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Weekly Review





week # _____






How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
---------------	--	--------------	--

Daily Journal

date: _____

MORNING **AFTERNOON** **EVENING**



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
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TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Weekly Review






week # _____






How have you felt this week?

What have you achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time		
DINNER		time	SNACKS		time		
FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
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FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



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BREAKFAST		time	LUNCH		time
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FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

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MORNING	AFTERNOON	EVENING

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BREAKFAST		time	LUNCH		time		
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TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

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MORNING AFTERNOON EVENING



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BREAKFAST		time	LUNCH		time
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Daily Journal

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MORNING	AFTERNOON	EVENING

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BREAKFAST		time	LUNCH		time		
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TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

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MORNING AFTERNOON EVENING



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TODAY'S GOALS		APPOINTMENTS	
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Weekly Review






week # _____






How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week

Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS	
APPOINTMENTS	

Daily Journal

date: _____

MORNING	AFTERNOON	EVENING

Meals

BREAKFAST		time	LUNCH		time		
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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



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BREAKFAST		time	LUNCH		time
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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

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MORNING	AFTERNOON	EVENING

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BREAKFAST		time	LUNCH		time		
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FORMULA	time	FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

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MORNING	AFTERNOON	EVENING

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BREAKFAST		time	LUNCH		time		
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Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	
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Daily Journal

date: _____

MORNING AFTERNOON EVENING



Meals

BREAKFAST		time	LUNCH		time
DINNER		time	SNACKS		time
FORMULA	time	FORMULA	time	FORMULA	time

Exchanges:

Steps/Exercise/Hydration:

TODAY'S GOALS		APPOINTMENTS	

Weekly Review



week # _____




How have you
felt this week?

What have you
achieved this week?

Mood Tracker Average

Count up your mood levels throughout the week to see how you did!

previous week  _____  _____  _____  _____  _____

this week  _____  _____  _____  _____  _____

Averages



How do your averages compare to last week? _____

Looking Forward

My goals for
next week



05. Useful Resources

“Start by doing what's necessary, then do what's possible; and suddenly you are doing the impossible.”

– Saint Francis of Assisi

Other Resources

To request a copy, email ukinfo@cambrooke.com 



THRIVE IN 5

Looking to make a positive change to your health and fitness? Not sure where to start?

- ✔ 5 day healthy low protein meal plan
- ✔ 5 day exercise programme
- ✔ Customisable wellness planner



HEALTHY 5 DAY MEAL PLAN & SHOPPING LIST

5 days of exchange-free breakfasts, lunches and dinners to help take the stress out of meal planning.



BUILD RECIPE BOOK

Learn how to mix-in BUILD to your breakfasts, main meals and desserts!

Our lowest calorie and lowest Phe formula mixes seamlessly into food and drinks.



5 LOW PROTEIN LUNCHBOX IDEAS

Quick and easy lunchbox ideas for your little one, with a handy shopping list included!

20
20

GLYTACTIN®
BUILD
MODIFIED GLYCOMACROPEPTIDE

- ✓ 20g PE
- ✓ 20mg Phe
- ✓ 100 kcals



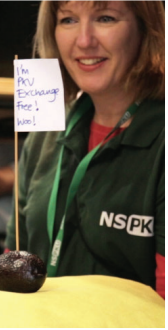
Visit Cambrooke.UK to find our full range of GMP formulas for PKU.

15 GLYTACTIN[®] RTD LITE

- ✓ 15g PE
- ✓ 15mg Phe
- ✓ 120 kcals



To request a sample please email us at: UKinfo@cambrooke.com



YOUR PKU YOUR NSPKU



NSPKU

The National Society for Phenylketonuria (UK) Ltd

To join, visit www.nspku.org/membership or telephone the helpline: 030 3040 1090

NSPKU advocates treatment for life as per the medical recommendations in the European guidelines and American guidelines for PKU.

NOTES

The page contains 22 horizontal lines for writing, spaced evenly down the page. On the right side, there is a vertical orange bar that serves as a margin or a visual guide. The lines are light orange and extend from the left edge of the page to the right edge, just before the vertical bar.

Follow us @cambrookeUK



You've got this!

Eat Well, Live Well.



CAMBROOKE™

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