

## Healthy Weight Control Tips For People with PKU:

- **ALWAYS** drink your formula **FIRST** before eating a meal. This will help to control your hunger so you are not tempted to overeat!
- Keep your food portions small and eat slowly. A sample meal should look as follows: Fill 2/3 of your plate with your favourite vegetables and fruits. The remaining 1/3 of the plate should be a grain or low protein food.
- Remember to count the higher PHE vegetables as a regular starch or grain. These include corn, sweet potato, peas, spinach, and potato.
- Limit fats, sauces, and spreads (butter, oil, margarine, gravy, regular salad dressings, cream sauces) to 2 tbsp a day. A little goes along way!! 1 tbsp adds 100 calories!

- You can make your favourite recipes lower in calories by replacing the fat with the following :

- Calorie wise salad dressing (light Italian for stir frying, sautéing, browning etc.)
- Seafood cocktail sauce
- Sweet 'n' sour sauce
- Tomato sauce or salsa
- BBQ sauce
- 1 cube bouillon
- A-1 or Lea Perrins steak sauce
- Light margarine
- Light miracle whip



- Experiment with herbs, spices, fruit zests, lemon, vinegar and flavour extracts to add extra flavour without calories.

- Replace high calorie fruit juices and drinks with lower calorie alternatives such as:

- Club soda or tonic water with lemon or lime juice
- Ocean spray cocktail with club soda
- Herbal tea- hot or cold
- Diet orange crush with Splenda



- Don't eat if you are not hungry. Get busy instead. Phone a friend, go for a walk, do some house cleaning or gardening, or start a project you have been putting off.
- Get enough sleep if you are tired.
- Drink 6-8 glasses of water each day.
- Be active doing something you enjoy. Try to do at least 30 minutes of moderate exercise each day. Start slowly and gradually over time.
- Exercise with a friend
- Try to take the stairs and walk to wherever you are going whenever possible
- Still hungry? Here are some snack ideas that are under 100 calories and less than 50 mg of PHE per serving.



- Raw veggies with ¼ cup of salsa
- 1 fruit roll up
- 2 cups low fat microwave popcorn
- 1 small bag of baked apple chips
- 1 fruit ice bar or Popsicle
- Aproten cracker toast with 1 tbsp of light cream cheese
- 6 mini rice cakes (caramel, apple or cinnamon)
- 2 ginger snaps or 3-4 Arrowroot cookies
- 12 Teddy grahams
- ½ cup Lipton cup-a-soup (chicken broth or onion/mushrooms)

**Other snack ideas that are less than 100 calories:**

- 1 medium fresh fruit (e.g. banana, pear, apple or orange)
- 250mL (1 cup) fresh/frozen/canned cantaloupe, berries (e.g. cherries, blueberries, strawberries, raspberries) or grapes
- 250mL (1 cup) mixed green salad with 1 Tbsp low fat salad dressing
- Glutino pizza or sesame flavored bread sticks (9 sticks)