



\*\*\* My Child Has Very Important Dietary Restrictions \*\*\*

Name: \_\_\_\_\_

My child has PKU, an amino acid metabolism disorder. This means my child cannot metabolize (breakdown) the amino acid phenylalanine, which is found in all food proteins. While my child is in your care, please observe the following simple guidelines:

1. **Do not** give my child any milk product.
2. **Do not** give my child any meat or fish products.
3. **Do not** give my child any bread, wheat or peanut products.
4. **Do not** give my child anything containing NutraSweet or Aspartame, e.g. all diet sodas and many sugar-free candies contain these products.

I have provided specific foods to give my child while in your care. I would appreciate you saving any leftovers. I will take the leftovers home with me when I pick up my child.

**Contact Information:**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Other specific dietary and care instructions:

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My child will not have an immediate or adverse reaction if he/she eats something prohibited. However, if my child does eat a prohibited food, please record what and how much was eaten as best as you can.

If you would like more information about PKU, let me know; I would be happy to share with you any information you may need.