



BY ROBYN FAIRLEY,
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WEANING

low protein

P R O M I N



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ROBYN & EVELYN
FAIRLEY
@POSITIVELYPKU

Hi, my name is Robyn, I am pictured here with my daughter Evelyn who is currently 14 months old and has Phenylketonuria. When we got that fateful call to say that she had tested positive for PKU naturally, it came as a huge shock. We had no family history of PKU and had no idea that we were carriers. What made it more surprising (and of great comfort to us) is that my best friend (who was on her way over to meet our 9 day old baby that very evening), also has PKU!

I am so lucky to have grown up with my friend Katie and learned about her experiences with PKU as she lived them. I even went onto study Food and Human Nutrition BSc at Newcastle University, referencing Katie and PKU in the opening paragraph of my personal statement when applying for the course. So, you can imagine our complete surprise when we got that call!

To have seen Katie thrive and achieve and for her metabolic condition to have never held her back, has been a huge reassurance to me now as a parent of a child with PKU. Never something that I imagined I would have needed. I feel so incredibly fortunate that Evelyn will grow up to be happy & healthy because we have access to modern medicine, protein substitute and companies like Promin and their low protein food products.

I have always been passionate about food (I currently run my own catering business) and it is so important to me that Evelyn is able to be excited by food too; that she has variety and doesn't feel so limited by the strict diet that she has to follow.

So... I have teamed up with the fabulous team at Firstplay Dietary Foods to create this weaning handbook using their Promin low protein food products, with the approval of our fabulous dietitian (Prof Anita MacDonald OBE). I've put together just a few basic recipes to help kickstart your weaning adventure, along with sharing some of our experiences and tips and tricks that we've picked up along the way.

I hope you find it helpful and your little one enjoys some of our family favourite recipes!

Robyn & Evelyn

SAFETY RULES

- Always stay with your baby while they eat.
- Make sure your baby is sitting up when eating.
 - Give foods that are soft rather than hard.
- Take an infant-first-aid class so you are prepared and learn the difference between choking and gagging
 - Do not rush to help your baby if they gag. Babies sense parents' panic and can develop negative associations with eating. Instead, stay calm and give them the time to work it out.
- Avoid giving foods that are choking hazards, including whole grapes, apples with the skin and cherries

GENERAL ADVICE

- Remember every baby is different and will move on at their own speed.
 - Finger food should not start before 6 months. A baby should be able to sit up independently and hold their head up.
- By one year, a baby should be eating table food (low protein versions of family foods in age-appropriate textures (shredded, chopped)).

Weaning advice booklet from NSPKU,
by Prof Anita MacDonald OBE.
<https://nspku.org/wp-content/uploads/2020/07/Baby-Weaning-Choices-June-2020.pdf>



Trying her first Promin Low Protein Sausage!
(Excuse the bruise)

OUR EXPERIENCE

Weaning, so far, has certainly had it's highs and lows. Introducing solids for any parent has it's challenges, but for a parent of a child with a metabolic condition it can be particularly complex and frustrating.

I had been excited by the concept of weaning during pregnancy and had seen so many photos/videos online of baby lead weaning and different fun recipes to try out.

Alas, our experience has not been quite what I had anticipated, but it has been (generally) a joy just the same!

Baby-led weaning (BLW): Exclusive baby-led weaning is obviously not an option when you are having to administer measured amounts of protein substitute/grams of protein to your baby, but it is certainly something we wanted to incorporate. We applied a mixed approach, spoon feeding protein substitute/exchange foods and offering exchange free foods or small amounts of exchange foods for Evelyn to try herself. For example an exchange free pasta BLW, followed by some yoghurt for dessert by spoon. Overtime, as she became more reliable with eating, we introduced more of her exchanges into her food for her to self-feed and kept a close eye on what ended up in her mouth vs on the floor.

Exchanges & Food Refusal: Evelyn is on 7g of protein per day, which despite being a restricted amount, at times has felt very difficult to get into her. I'm sure lots of parents can relate. When ill, or sometimes just because... Evelyn will refuse to eat. Knowing that she requires her protein substitute & exchanges to remain healthy adds a particular amount of stress to food refusal that you cannot understand unless you have a baby with a metabolic condition. We have learnt overtime, that there is only so much you can do and we do our best. Forcing a child to eat could cause lasting damage but a few days of little appetite will not. If poorly, treating illness is your first priority. Try getting exchanges in in small volumes (yoghurt or 30ml milk), try moving rooms and letting them take a break. And of course, we all limit our screentime, but occasionally it might require some 'Dancing Fruit' or an episode of 'Hey Duggee' whilst blowing bubbles between each spoonful just to get them to eat their protein substitute - you've got to do what you've got to do!

Salt & Sugar intake: This was a big one for me at first. To begin with I was super conscious of Evelyn having no added salt or sugar to her food. However, after speaking to our dietitian and other parents, and weighing up the importance of her accepting low protein food products (which she will have to rely on for life), we decided that occasionally having a little bit of added salt or sugar in her diet would be much better than her rejecting low protein food products completely because they were introduced later on.



Eating Out & with Family & Friends: At this age I generally have taken Evelyn's food with us for ease and convenience and occasionally given her a few veggies to munch on. If you are wanting to eat out, do your research in advance, check out menus, reach out to see if anything could be made up for you. Take your scales and use them unashamedly - your little one will handle their condition the way they see you handle it! If Evelyn ever went anywhere without me, I used to send her with exchange meals made up, I don't always do this now. Entrust your support network with the skills & knowledge to feed your child, it will lighten your load and they will probably be happy to help!

It certainly hasn't been easy and we're always learning and adapting. Like any toddler, we have days where she survives on yoghurt (meticulously weighed) and blueberries alone, and protein substitute of course; and we have days where she will eat three square meals, plus snacks, protein substitute and fruit.

We are in a privileged position to have a wonderful dietitian, supportive family, very own adult PKU-er, & for my background in Nutrition, yet some days I have felt on the verge of a mental breakdown just trying to give my daughter her lunch. Weaning with a metabolic condition is hard, & we hope that you can use this as a tool for support as well as for dinner inspiration!

The recipes in this booklet are all classed as 'exchange free' following UK guidelines. You may choose to add exchanges into your portions and I have included tips on how to do so. Always follow the advice of your metabolic dietitian. Guidelines for other regions may vary.

YOU ARE NOT ALONE

RESOURCES FOR SUPPORT:

- Your Metabolic Team, Dietitian, Nurses and Doctors are your first point of call!
- The National Society for Phenylketonuria (NSPKU) is a UK based charity investing in research and campaigning for PKU. Importantly, they also provide support for families with PKU. Their website provides practical advice and their phonenumber and email are brilliant tools to receive personalised support from qualified professionals. www.NSPKU.org, 03030401090, info@nspku.org.
- PKU BITE App for smartphones and tablets - Fantastic app for providing info on exchanges in all different foods!
- Social Media. Facebook, Instagram and X (former twitter) are brilliant platforms for making connections with other PKU parents, getting some recipe inspiration and also for keeping up to date with any new research developments. There are groups on Facebook for PKU families. Searching #PKU or relevant hashtags on X or Instagram will help you find accounts sharing useful content.
- The PKU Community. Attend events hosted by your hospital, it is a wonderful opportunity for your little ones to get together with other children with PKU and for you be to able to offload to other parents who get it!

A BERRY YUMMY BREAKFAST

INGREDIENTS:

- 1/2 of Promin Low Protein Hot Breakfast Sachet (28g)
- 60ml boiling water

Either a few of one variety or a mix of:

- Blueberries
- Raspberries
- Blackberries

Adding exchanges:

- Mix 30ml of cows milk into the hot breakfast for one exchange, heat in microwave for 30 seconds and stir.
- Try mixing with warm weetabix, with low protein milk to add an exchange!

**EXCHANGE
FREE!**



To increase calories stir in low protein milk and heat in the microwave until desired consistency.

METHOD & TIPS:

1. Weigh out 28g of hot breakfast mix (original/chocolate/banana/apple and cinnamon)
2. Add in a around 8 blueberries or 4 larger berries
3. Stir through 60ml of boiling water.
4. Add to the microwave for 30 seconds to allow berries to soften.
5. You may choose to add slightly more water if you prefer a runnier breakfast, or heat in the microwave for slightly longer for a thicker breakfast.
6. Squash your softened berries within the breakfast with a spoon and mix through.

For babies ensure there are no whole berries or large pieces of fruit remaining that could cause a choke risk. Why not try mixing in some mashed banana or other fruits?

TOTALLY TASTY TOASTS

INGREDIENTS:

- Promin Fresh Sliced Bread
- Toppings:
 - Banana
 - Avocado
 - Butter
 - Jam
 - Low protein soft cheese
 - Low protein 'cheddar' cheese
 - Creamy mushrooms with low protein soft cheese.

Adding exchanges:

- To add exchanges to this meal you could serve with one exchange of greek/natural yoghurt on the side.
- You could use one exchange of cream cheese on the toast.

EXCHANGE
FREE!



To increase calories add butter to toast before toppings & go for high calorie options eg. avocado/low protein cheese.



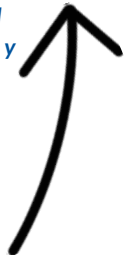
METHOD & TIPS:

1. Simply toast your bread and add your toppings!

Make sure to slice the toast into small manageable finger sized pieces when introducing solids and remove crusts until your baby is able to manage firmer textures.

Try out Promin's range of fresh bread (white, brown and fruit loaf), to give your little one some variety.

You could even serve with Promin sausage mix, tomatoes and mushrooms for a little English Breakfast!



PERFECT PANCAKES

INGREDIENTS:

- Promin Sweet Pancake Mix
- Toppings:
 - Mashed Banana
 - Strawberries/Berries
 - Jam
 - metaX Yogumaxx (Low Protein Yoghurt)
 - Golden/Maple Syrup (aspartame free)
 - Honey (not for under 1s)

Adding exchanges:

- *Serve with a side of Greek/natural yoghurt.*
- *You could also mix 30ml of cows milk with 30g pancake mix to give you 1 exchange pancakes.*



**EXCHANGE
FREE!**



To increase calories, butter your pancakes before adding toppings. You could also use low protein milk instead of water with the pancake dry mix.

METHOD & TIPS:

1. For American style pancakes follow packet instructions and mix 25g dry mix thoroughly with 25ml of water. This will give you one small pancake.
2. For British/Crepe style pancakes mix 30g of dry mix with 38ml of water, this gives a runnier batter.
3. Add a tsp oil to a good non-stick pan and spread well around the pan.
4. Once your pan is hot, on a low-medium heat, add your pancake batter, spread around with the back of a spoon for American style with thicker batter, or tilt your pan to allow batter to spread out evenly for British style.
5. Once bubbles have formed on the pancake, it is ready to flip. It should only take a minute or two either side.
6. Add toppings and cut into manageable sized pieces for your child.

A good pan is important for making good pancakes, make sure your pan is already hot and well-oiled to stop pancakes sticking!

FABULOUS FRENCH TOAST

INGREDIENTS:

- 2 Slices of Promin Fresh White Bread
- 1/3 Banana
- 40ml Low Protein Milk
- Pinch of Cinnamon
- Vanilla Essence

Toppings:

- Fruit
- metaX Yogumaxx (Low Protein Yoghurt)
- Golden Syrup/Maple Syrup (aspartame free)
- Jam
- Honey (not for under 1s)

(2 SERVINGS)

Adding exchanges:

- Add one exchange of yoghurt.
- Add half an exchange of chocolate spread.



EXCHANGE
FREE!



To increase calories top with butter as well as additional toppings.

METHOD & TIPS:

1. In a shallow, wide dish mash banana and mix in low protein milk, cinnamon and a couple of drops of vanilla essence.
2. Heat a good non-stick pan on a low-medium heat.
3. Once hot, add a tsp of oil and spread around the pan.
4. Take a slice of bread and dip it into your banana mix briefly on both sides. Do not let the bread rest in the mix because it will quickly absorb it and become very soggy.
5. Pan fry your french toast for around 1 minute on either side, until it has browned nicely.
6. Cut into manageable size strips to serve.

Can be stored in fridge/freezer, reheat by toasting lightly. A good well oiled non-stick pan is essential here too to stop your French toast from sticking!

CHEESIEST BUTTERNUT SPAGHETTI

INGREDIENTS:

- 125g Promin Low Protein Short Cut Spaghetti
- 250g Butternut Squash
- 50g Low Protein Soft Cheese
- 25g Low Protein Cheddar (plus extra for topping)

Makes 4-5 portions.

Adding exchanges:

- *Add/swap low protein soft cheese for one exchange of regular soft cheese and stir through.*
- *Add one exchange of peas or one exchange of spinach to each portion.*

EXCHANGE
FREE!



To increase calories stir in butter, low protein cream low protein cheddar.

METHOD & TIPS:

1. Chop butternut squash into large chunks and cut off the skin. Weigh out 250g once prepared. Drizzle with a little oil and lay out on a baking tray. Roast in the oven for around 45 mins until softened.
2. Once cooked, boil kettle, break spaghetti into shorter pieces and cook following the packet instructions. Remember to drain and rinse with boiled water after cooking.
3. Whilst your pasta is boiling, combine your roasted pumpkin and low protein cheeses with 100ml of water to a food processor/jug & stick blender to make your sauce. You may want to add a little extra water if your sauce is quite thick.
4. Once you have drained your pasta, put back in the pan and pour over your sauce, heat on a medium heat and add a splash more water if required depending on how thick or runny you would like it to be.

Serve into 4-5 portions depending on your little one's appetite, store in the fridge/freezer. Reheat in the microwave with a little low protein milk stirred in until piping hot and allow to cool.

SUPER SANDWICH SHAPES

INGREDIENTS:

- Promin Fresh White Bread
- Fillings:**
 - Smashed Avocado
 - Low Protein Cream Cheese
 - Low Protein Cheddar and Pickle
 - Cucumber
 - Tomato
 - Jam
 - Mashed Banana

Adding exchanges:

- Add one exchange of cream cheese.
- Serve with one exchange of puffs/crisps eg. Veggie Straws/Wotsits
- Use one exchange of yoghurt/rice pudding/custard pots as a side.

EXCHANGE FREE!



To increase calories, ensure bread is buttered and opt for higher calorie fillings (avocado/low protein cheese) and/or serve with higher calorie sides, low protein cheese/low protein yoghurt.



METHOD & TIPS:

1. Purchase some different cutters and shapes to make a simple lunch fun and exciting!
2. Butter your bread, add your fillings and cut out some little sandwiches!

Experiment with different flavours and you might be surprised!

Younger babies are often more accepting of new tastes and getting them familiar with a range of foods from a young age might just help you out in the midst of toddler food refusal.

Evelyn loves avocado or a low protein cheese and pickle sandwich and her favourite exchange free savoury snacks are olives or little cornichon pickles, but a sweet juicy tomato - currently an absolute no...!

ALPHABET PASTA WITH HOMEMADE HIDDEN VEG SAUCE

INGREDIENTS:

- 125g Promin Low Protein Alphabet Pasta
- 1/2 Onion
- 1/2 Pepper
- 1 Carrot
- 1 stick of Celery
- 2 Garlic Cloves
- 1 Tin of Tomatoes
- 1 tsp Mixed Herbs
- Optional: other exchange free veg/fresh herbs/low protein cheese.

Makes 4-5 portions of pasta and an extra batch of sauce.

Adding exchanges:

- Add one exchange of cream cheese to each portion.
- Add one exchange of spinach or one exchange of peas.



To increase calories, add some low protein cheddar cheese, or low protein cream and stir through.

METHOD & TIPS:

1. Finely chop all veg, add to an oiled pan on a medium heat.
2. Stir for a couple of minutes until starting to soften. Then add mixed herbs and tin of tomatoes. Refill your empty tomato tin half way with water and pour into the pan too.
3. Leave to simmer for around 20 minutes or until sauce seems thicker and veggies feel soft.
4. Allow to cool (to avoid burns from hot splashes) and blend either in the pan with a stick blender/food processor.
5. Cook pasta following packet instructions, remember to rinse with hot water and drain.
6. Return pasta to pan and stir through some of the sauce until desired consistency. Keep the rest back to freeze for future meals!

Separate into portions and store in fridge or freezer. Reheat in the microwave with a splash of water.

This is a great recipe to use up any exchange free veggies that have seen better days in the bottom of your fridge!



EVELYN'S FAVOURITE MUSHROOM RISOTTO

INGREDIENTS:

- 100g Promin Low Protein Imitation Rice
- 50g Mushrooms
- 1/2 Onion
- 1 Garlic Clove
- 1/2 tsp mixed herbs
- 150ml Low Protein Milk

Optional: Parsley, Low Protein Cheese.

Makes 6 portions

Adding exchanges:

- Stir through one exchange of cream cheese to each portion
- Add one exchange of spinach or one exchange of peas to each portion.
- Stir through 30ml of milk to each portion when reheating or add half an exchange of double cream.

EXCHANGE
FREE!



To increase calories add some butter, low protein cheese or low protein cream.



METHOD & TIPS:

1. Finely Chop Mushrooms, Onions and Garlic.
2. Add to a pan with tsp of oil on a medium heat and stir for a couple of minutes until softened. In the meantime boil a kettle for the rice.
3. Add low protein rice and mixed herbs to the mushrooms pan and stir it well, Pour over 400ml boiling water.
4. Reduce the heat to a low heat and allow the risotto to simmer for 10 minutes. Stirring regularly to stop the rice sticking to the pan or clumping together.
5. After 10 minutes add in your low protein milk and continue to cook for a further 10 minutes or so until rice is nice and soft and a good risotto consistency. Add in a splash more water if required.

Separate into portions and store in fridge or freezer. Reheat in the microwave with a splash of low protein milk.

Experiment with different flavours by topping with fresh parsley/herbs, we even tried some truffle oil - bougie baby!

GORGEOUS GREENS TRICOLOUR PASTA

INGREDIENTS:

- 125g Promin Tricolour Pasta
- 1/2 Avocado
- 2 tsp Lemon Juice
- Small handful of basil (around 10 leaves)
- Garlic clove
- 2 tbsp Olive Oil
- 4 tbsp Water.

Makes 4-5 servings

Adding exchanges:

- Add one exchange of peas or one exchange of spinach to the pasta.
- Blend one exchange of spinach or one exchange of cream cheese into the sauce



EXCHANGE
FREE!



To increase calories use extra avocado/low protein cream in the sauce or top with some low protein cheese.

METHOD & TIPS:

1. Cook pasta following packet instructions, remember to drain and rinse with hot water.
2. Whilst pasta is cooking, blend together the rest of the ingredients in a food processor/stick blender.
3. Once pasta has been drained, stir in the sauce and serve. Avocado is a great high calorie and low protein staple and certainly is a core ingredient in Evelyn's diet. Try making this pasta with different herbs (parsley/coriander/mint/dill) to introduce your little one to new flavours.

It is very normal for babies and toddlers to reject new foods and it may take being exposed to a new food up to 7-10 times before they even try it. If they won't try or don't like something right away, try not to be disheartened, keep at it but don't force them, let them build their confidence in their own time.

ROASTED MEDITERRANEAN VEG AND COUSCOUS

INGREDIENTS:

- 100g Promin Low Protein Couscous
- 1/2 Red Pepper
- 1/2 Green Pepper
- 1/4 Courgette
- 1/4 Aubergine
- 1/2 Onion
- 1 large Tomato
- 1 Garlic clove
- 1/2 tsp Smoked Paprika
- 1/2 tsp Mixed Herbs
- Optional: Fresh herbs/Low Protein Feta Cheese

Makes 6-8 servings

Adding exchanges to this recipe:

- *Serve with some exchange veggies on the side (eg. broccoli or potato).*
- *Stir one exchange of cream cheese into the vegetables.*

**EXCHANGE
FREE!**



To increase calories add Low Protein Feta or Low Protein Cheese



METHOD & TIPS:

1. **Finely chop/grate all vegetables into small pieces.**
2. **Add to a baking tray with a drizzle of oil, herbs and paprika and stir well.**
3. **Put into oven at 180°C and cook for around 30 minutes until vegetables are soft, stirring half way through.**
4. **Whilst vegetables are cooking, cook couscous following packet instructions, remembering to drain and rinse with hot water.**
5. **Once vegetables are soft, take them out of the oven, add a splash of water and stir through to make into a saucy mix.**
6. **Serve either on top of the couscous or mix in. You could add some fresh herbs or low protein feta/cheddar!**

This is a great option to have for the whole family. Use the remainder of your veggies to make the same meal for the non low protein members of the family, serve with couscous and add some chickpeas/falafel/chicken/feta for added protein!

BANANA BABY BISCUITS

INGREDIENTS:

- 150g Promin Low Protein All Purpose Baking Mix (a little extra for dusting)
- 1 medium banana
- 1/4 tsp cinnamon
- Vanilla essence
- 1/2 tsp baking powder
- 2 tbsp cooking oil
- Cookie cutter shapes of your choosing!

Makes around 20 biscuits

EXCHANGE
FREE!



*To increase calories (& taste!)
drizzle over some low protein
chocolate*



METHOD & TIPS:

1. Mash banana until smooth. Add in a few drops of vanilla essence, oil and mix together, then add baking powder.
2. Add the flour in little by little and combine into a dough. Lightly dust a clean surface with all purpose mix and kneed until smooth. You don't want your dough to be too dry so you may need slightly more or less flour depending on the size and ripeness of your banana.
3. Roll out evenly to around 3-5mm thick and cut into shapes.
4. Lay onto greaseproof paper on a baking tray and bake in a pre-heated oven for around 8 minutes.

Low protein flour doesn't tend to go very brown when cooked, so unfortunately we can't look out for golden biscuits and know they are perfectly baked. This recipe makes a soft but slightly chewy biscuit, great for little ones to munch on and last them a little while, but if you over cook them they will just be chewy. With no added sugar these aren't super sweet, feel free to add low protein chocolate to make them a bit more exciting!

CHEESY SWEET POTATO PATTIES

INGREDIENTS:

- 50 g Promin Low Protein All Purpose Baking Mix
- 1 large sweet potato
- 1/4 onion
- 1/4 tsp smoked paprika
- 1/4 tsp mixed herbs
- 10g low protein cheddar plus extra to top.

Makes 4 patties.



To increase calories make extra cheesy with extra low protein cheese on top!

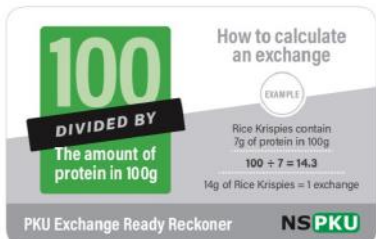


METHOD & TIPS:

1. Bake sweet potato in oven at 180°C for 30-45 mins until soft. Allow to cool a little, then cut open and scoop sweet potato from skin.
2. Mash in a bowl and add smoked paprika, herbs and grate your onion and low protein cheddar into the mix.
3. Add the flour to the bowl little by little until you have a wet dough formed.
4. Mould into 4 patties (if you find the dough is sticking to your hands you may need some extra flour if it is still quite wet, or rub a little oil on your hands before moulding and it should stop it from sticking).
5. Heat a non stick pan on medium heat and add a little oil. Once hot, fry your patties for a couple of minutes on either side until browned.

These can be eaten as a snack or part of a meal. They are firm and handy to take out as food on the go. You could serve as a burger for bigger kids or slice up into fingers for little ones eat with an exchange of peas, beans or broccoli!

EXCHANGE CALCULATOR



100
DIVIDED BY
The amount of protein in 100g

How to calculate an exchange

EXAMPLE

Rice Krispies contain 7g of protein in 100g
 $100 \div 7 = 14.3$
 14g of Rice Krispies = 1 exchange

PKU Exchange Ready Reckoner **NSPKU**

Protein g/100	One Exch	Protein g/100	One Exch	Protein g/100	One Exch	Protein g/100	One Exch
Up to 0.5g = free*		1.5g = 67g		2.5g = 40g		3.5g = 29g	
0.6g = 167g		1.6g = 63g		2.6g = 38g		3.6g = 28g	
0.7g = 143g		1.7g = 59g		2.7g = 37g		3.7g = 27g	
0.8g = 125g		1.8g = 56g		2.8g = 36g		3.8g = 26g	
0.9g = 111g		1.9g = 53g		2.9g = 34g		3.9g = 26g	
1.0g = 100g		2.0g = 50g		3.0g = 33g		4.0g = 25g	
1.1g = 91g		2.1g = 48g		3.1g = 32g		4.1g = 24g	
1.2g = 83g		2.2g = 45g		3.2g = 31g		4.2g = 24g	
1.3g = 77g		2.3g = 43g		3.3g = 30g		4.3g = 23g	
1.4g = 71g		2.4g = 42g		3.4g = 29g		4.4g = 23g	
						5.4g = 19g	

*Some food labels state protein as <0.5g per 100g or per portion. The < symbol means **less than**. Therefore, protein is less than 0.5g per 100g or per portion.

TIPS ON ADDING EXCHANGES TO MEALS:

- Always check your labels for nutritional info as ingredients can change and protein content can vary.
- Milk (30ml for 1 exchange), cream cheese (check label) and cream (check label) are an easy way of adding exchanges into sauces in lots of meals.
- Peas (25g), spinach (25g), sweetcorn (35g) are smaller one exchange portions and are handy for adding an exchange into a dish.
- Potato, broccoli (60g), cauliflower (60g) allow for bigger portion sizes for one exchange and could form the base of a meal (eg, potato fritters/cauliflower cheese with a low protein cheese sauce). Amount of potato for one exchange varies depending on cooking method - please check PKU bite app.
- One exchange of Weetabix (8g) or Oats (9g) is a useful option to add exchanges into breakfast.
- To be more precise you can portion out an exchange free meal and add protein into each serving to ensure each portion contains the same number of exchanges.
- Allow your little one to explore tastes of small amounts of different exchange foods. It is unrealistic to expect a 8 month old baby to eat 60g of broccoli but they might have a chew on some and become familiar with the flavour.
- Try to use a variety of sources for your protein exchanges where possible, but keep a few easier go-to options handy too. You'll quickly figure out what works well for you and your little one!



Firstplay
Dietary Foods

PROMIN

FIRSTPLAY DIETARY FOODS LOW PROTEIN RANGE

Below are just a handful of the low protein options available from Firstplay Dietary Foods, their own Promin range as well as those from other suppliers... Visit their website for the full range!



Please note, age restrictions apply to certain items, not all products may be suitable for weaning.

To order, speak to your child's metabolic dietitian about how to add Promin low protein products to your monthly order list. You can also purchase a variety of low protein products on the website at www.prominpk.com. Keep an eye out on their website for seasonal specials such as Easter eggs or mince pies too!



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Promin: Pioneering Low Protein Solutions for Inborn Errors of Metabolism

The Promin brand, developed by Firstplay Dietary Foods, hails from their facility in Stockport, United Kingdom, where an exclusive focus on low protein products takes place. As proactive thought-leaders in the realm of Inborn Errors of Metabolism, Promin consistently pushes boundaries.

Promin Pasta, introduced in 1993, has evolved continuously to meet the needs of patients, parents and healthcare professionals. Steve Fletcher, the founder of Firstplay Dietary Foods, has been at the forefront of food manufacturing for Inborn Errors of Metabolism since 1984. His unwavering commitment to research and development ensures that the Promin low protein brand will continue to innovate and serve its communities effectively.

At Promin, our mission is clear: to provide an ever-expanding range of products and services that support patients with Inborn Errors of Metabolism and their families. We remain dedicated to delivering not only convenience but also a delightful taste experience.

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