

# PKU gel Preparation Guidelines Using Household Measurements

## To make 1 tsp (5g of PKU gel powder) = 2g PE

### You will need:

- 1 rounded teaspoon of PKU gel
- 1 Teaspoon of water (5 ml)
- Spoon for mixing
- Small container for mixing

- 1 Measure out 1 rounded teaspoon of PKU gel powder and add to small container
- 2 Add 1 teaspoon of cold water to the powder to the small container
- 3 Mix PKU gel powder and water until smooth. Let mixture stand for 1–2 minutes to thicken and consume immediately.

## To make half packet (12g of PKU gel powder) = 5g PE

### You will need:

- 1 rounded Tablespoon of PKU gel powder
- 1 Tablespoon of cold water (15 ml)
- Small container with lid

- 1 Measure out 1 rounded Tablespoon of PKU gel powder and add to small container
- 2 Add 1 Tablespoon of cold water to the powder
- 3 Replace lid on the container and shake PKU gel powder and water until smooth. Let mixture stand for 1–2 minutes to thicken and consume immediately.

## To make one packet (24g of PKU gel powder) = 10g PE\*

### You will need:

- 24 g PKU gel powder (1 packet)
- 2 Tablespoons of cold water (30 ml)
- Small container with lid

- 1 Add 1 packet of PKU gel powder to small container
- 2 Add 2 Tablespoon of cold water to the powder
- 3 Replace lid on the container and shake PKU gel powder and water until smooth. Let mixture stand for 1–2 minutes to thicken and consume immediately.

\* Note: To mix one packet of PKU gel to a low volume drink, add a minimum of 80 ml cold water to the gel powder.

# PKU gel Preparation Guidelines

## Using a Gram Scale

### To make 1 tsp (5 g of PKU gel powder) = 2 g PE

#### You will need:

- 5 g PKU gel powder
- 1 Teaspoon of cold water (5 ml)
- Gram scale
- Spoon for mixing
- Small container for mixing

- 1 Place small container on gram scale and press tear
- 2 Measure out 5 g of PKU gel powder in the container
- 3 Add 1 teaspoon of cold water to the powder
- 4 Mix PKU gel powder and water until smooth. Let mixture stand for 1–2 minutes to thicken and consume immediately.

### To make half packet (12 g of PKU gel powder) = 5 g PE

#### You will need:

- 12 g PKU gel powder
- 1 Tablespoon of water (15 ml)
- Gram scale
- Small container with lid

- 1 Place small container on gram scale and press tear
- 2 Measure out 12 g of PKU gel powder
- 3 Add 1 Tablespoon of cold water to the powder
- 4 Replace lid on the container and shake PKU gel powder and water until smooth. Let mixture stand for 1–2 minutes to thicken and consume immediately.

### To make 1 packet (24g of PKU gel powder) = 10g PE\*

#### You will need:

- 24 g PKU gel powder (1 packet)
- 2 Tablespoon of water (30 ml)
- Gram scale
- Small container with lid

- 1 Place small container on gram scale and press tear
- 2 Measure out 24 g of PKU gel powder
- 3 Add 2 Tablespoon of cold water to the powder
- 4 Replace lid on the container and shake PKU gel powder and water until smooth. Let mixture stand for 1–2 minutes to thicken and consume immediately.

\* Note: To mix one packet of PKU gel to a low volume drink, add a minimum of 80 ml cold water to the gel powder.