

Tips for Introducing PKU gel at Home

Initiating use of PKU gel



- Introduce once a day at meal time before other foods are offered.
- Mix PKU gel the same way each time and serve immediately after mixing.
- Choose a time when the child is alert.
- Use praise when child accepts PKU gel.
- It may take 10–12 separate offerings before a child accepts a new food.
- Do not be concerned with reducing other medical food until the child consistently accepts PKU gel (3–5 consecutive days).

When the child consistently accepts PKU gel

- Your dietitian may reduce recommended amount of other medical food.
- Continue to give PKU gel at the same meal each day prior to food or other medical food.
- Increase the amount of PKU gel given per dietitian recommendation.

Continue to increase the amount of PKU gel

- Remember to offer water after PKU gel to ensure adequate fluid intake.
- Begin to distribute the total daily requirement of PKU gel evenly before breakfast, lunch and dinner.
- As the volume of other medical food is decreased, your child's appetite for food may increase. Talk to your dietitian about ways to include high energy foods to ensure your child is getting adequate nutrition. Please see next page for a list of high energy foods.
- PKU gel does not contain fat. See additional page for a list of food sources high in long-chain polyunsaturated fatty acids (LCPs). Talk to your child's dietitian about ways to incorporate LCPs into the diet.