

PKU and WIC

This material will help you decide which WIC foods are best for you. The foods on the left are the lowest in protein. As you make your way across the arrow the foods increase in protein. A ✓ indicates food items in the category that are lower in protein.



Fruits & Vegetables



Juices



Whole Grains

- ✓ Corn Tortillas



Cereals

- ✓ Corn Flakes
- ✓ Kix
- ✓ Rice Krispies
- ✓ Rice Chex
- ✓ Corn Chex
- ✓ Instant Grits
- ✓ Rice Cereal (Babies)



Beans, peas, lentils, peanut butter, milk, cheese, eggs, yogurt, canned fish

LOWEST

PROTEIN CONTENT

HIGHEST

Your WIC package may be adjusted to match your metabolic diet. Talk to your dietitian and your metabolic clinic.

My Metabolic Clinic is: OHSU

•Contact Information: 503-494-7859

My WIC clinic is: _____

•Contact Information: _____

PKU Frequently Asked Questions: Guide for Registered Dietitians

What is PKU?

PKU is a rare, inherited metabolic disorder that affects about 1 in 10,000 people. Individuals with PKU have a deficiency of the enzyme needed to metabolize the amino acid phenylalanine (PHE). This causes a buildup of PHE in the blood. If untreated, individuals with PKU can have poor growth and developmental delays.

Which foods should be avoided?

Phenylalanine (PHE) is an essential amino acid found in protein. Individuals with PKU need to avoid high-protein foods to avoid consuming too much PHE. High-protein foods include meat, eggs, dairy, cheese, seafood, and soy products. Whole grain products are also moderately high in protein and need to be limited. Metabolic clinics offer a wide range of special medical foods for individuals with PKU that are specifically low in phenylalanine.

How can diet help?

Diet is the primary treatment for PKU. If treated from birth, infants with PKU can grow and develop normally. In addition to limiting their protein intake, individuals with PKU have to consume a special metabolic formula that provides PHE-free protein and other essential nutrients required for optimal growth and development. Individuals with PKU need to work very closely with their metabolic team, especially their metabolic dietitian, to manage their PKU diet.