

Chapter 13: Tracking Your Progress



Sample Diet Record

Instruction for filling out a diet record:

- **Date/Time:** Record Date and time the food/drink was consumed.
- **Food or Liquid Consumed:** Record the name of the food or liquid (including formula) and be specific as possible (apple vs. fruit, include brand names if possible).
- **Measured Amount Eaten:** Record specific measurements like grams, tablespoons, tea spoons, cups. If a few bites were eaten, record as “3 bites”. The amount is just as important as the type of food eaten.
- **Milligrams of Phe:** Look up the amount of Phe in your food reference guide and record the amount of Phe that is accurate to the amount of the food eaten.
- **Grams of Protein and Calories:** This is to record the amount of protein and calories that are in foods. This is to be recorded if this information is available.
- **Daily Totals:** Record the total Phe, Protein and Calories (when available) consumed that day.

It may be helpful to add up the Phe as you go so that you can see the total that has been consumed so far for that day. This will help you figure out how much more Phe can be eaten that day to stay within the limit. Remember to weigh or measure every food and drink item! Below is an example of a diet record already filled out with actual information followed by a blank record for you to make copies of this blank record for your use.

| DATE/TIME | FOOD OR LIQUID OFFERED | MEASURED AMOUNT EATEN | MGS PHE | GRAMS PROTEIN | CALORIES |
|---------------|------------------------|-----------------------|---------|---------------|----------|
| 5/24/11 (7am) | Trix cereal | 20grams | 46 | | |
| | Phenex 2 | 8ounces | - | | |
| | Del-Montediced pears | 1container (13g) | 7 | | |
| (11am) | Ener-Grie starch bread | 1 slice | 7 | | |
| | sandwich-milk cheese | 1 slice | 24 | | |
| | butter | 1 Tablespoon | 6 | | |
| | Lay's potato chips | 1oz | 93 | | |
| | apple (medium) | 1 | 11 | | |
| (3pm) | Phenex 2 | 8ounces | - | | |
| (6pm) | Apraten (fusilli) | 1cup (dry) | 19 | | |
| | Hunt's marinara | 1/4 cup | 20 | | |
| | Iceburg lettuce | 1cup | 14 | | |
| | Italian dressing | 2tablespoons | - | | |
| | Phenex 2 | 8ounces | - | | |
| | | | 247 phe | | |
| | | | | | |
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PKU DIET DIARY

Name: _____ Birth date: _____

Date/Time of Specimen: _____/____ am__ pm__ Time of Last Meal: ____ am__ pm__

Recorded by: _____ Weight _____ Height _____

Phe/Protein Prescription: _____ mgs Phe/grams of protein per day

Other Diet Modifications (if any): _____

Vitamins or minerals taken (if any): Kind _____ Amount _____

Kind _____ Amount _____

How is Formula Mixed? (Please specify what product is used.)

Amount: _____ (# grams/packets/scoops/tbsp/cups): **Formula Name:** _____

Amount: _____ (# grams/packets/scoops/tbsp/cups): **Formula Name:** _____

Amount: _____ (# grams/packets/scoops/tbsp/cups): **Formula Name:** _____

Add water/ juice (kind) _____ **to make a total volume of** _____ **ounces.**

Kuvan: Current dose _____ tabs per day N/A

Any missed doses? No Yes, _____

Appetite: Poor _____ Usual _____ Better than usual _____

Any illness?: Yes _____ No _____ Date/s: _____

Was medication required? Yes _____ No _____ What was thermometer reading? _____

Vomited food or formula? Yes _____ No _____ Diarrhea? Yes _____ No _____

Describe Illness/Other Comments: _____

Please record food/formula consumed for 3 consecutive days prior to obtaining a blood sample or prior to a clinic visit.

