

# Sample Letter for School/Teacher (PKU)

Dear **[Teacher's Name]**,

**[Child's Name]** was born with a rare metabolic condition, called Phenylketonuria (PKU). PKU is a recessively inherited condition, characterised by a deficiency of the liver enzyme, phenylalanine hydroxylase, used to process the amino acid phenylalanine in protein foods. This means that her body is unable to break down protein in the usual way. PKU is a non-contagious condition, which left untreated, can result in irreversible brain damage. Fortunately, PKU can be treated by a restricted diet and a prescribed protein supplement. Apart from needing a restricted diet she is exactly the same as other children. **[Child's Name]** is no more likely to suffer from illness than other child and can participate in normal school activities.

PKU is different from an allergy. If **[Child's Name]** consumes food she shouldn't eat, there is no immediate reaction, but there will be a build-up of debilitating effects over time. Protein has to be consumed to have an effect; therefore, cross contamination of food is not a risk factor. The treatment for PKU is a strict low protein diet plus a protein supplement. All protein consumed each day is measured and accounted for. In order for us to do this accurately, we would ask for your assistance with the following:

- Food should not be shared with other children.
- Only food provided by us should be given (unless discussed with us).
- Leftover food needs to be kept and brought home in the lunch box to help us in the calculations of her protein allowance for the day.
- The protein supplement (**[Name of Supplement]**) must be taken three times per day as part of her protein requirements. **[Child's Name]** will need to drink one of her coolers while at school.
- Any food **[Child's Name]** has eaten that are not provided by us, it is important we are informed that day so we can make adjustments to the diet for the rest of the day.

**[Child's Name]** is on a total of \_\_\_grams of protein per day. This protein comes from a combination of normal supermarket food low in protein, fruit and vegetables and from special low protein products available over the internet. Some foods such as low protein milk, which are used in her diet, are available through prescription. Due to the strict nature of **[Child's Name]** diet she cannot eat red meat, fish, chicken, eggs, beans, nuts, and regular milk and cheese. Normal bread, pasta or rice are sometimes consuming, however due to their high in protein nature are only given in small measured quantities to assist in reaching the daily target of \_\_\_g of protein.

If you have any further questions, don't hesitate to call us to discuss.

Kind Regards,

**[Your Name]**

**[Your Phone number]**