



Healthy PKU Living

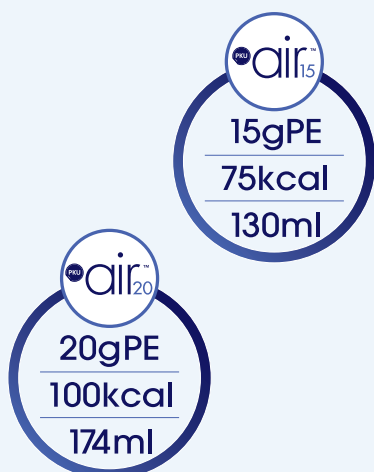


PORTION CONTROLLED MEALS

VitaFlo® has created *Live Life Well* recipes – fresh, tasty and easy to prepare meals – all calorie and protein controlled, that can form part of a healthier diet.

PKU air® + *Live Life Well* recipes = Healthier you.





...a lower calorie, lower volume option

PKU air is VitaFlo's lowest calorie, ready-to-drink protein substitute for PKU. PKU air can provide a typical daily 60g PE (protein equivalent) in just 300kcal so it's ideal as part of a *Live Life Well* lifestyle.

Live Life Well recipes...

Are tasty, simple to prepare and portion controlled. Containing no more than **350kcal and 3g protein per serve**, not only do they taste good, they are good for you. Ideas for breakfast, lunch and dinner are included so there's something low in calories to eat, no matter what the time of day.

Getting organised for a healthier you...

Read the *Live Life Well* recipes, **plan meals** ahead of time, write a shopping list, set time aside to shop and then go for it. **Get organised** to save time, enjoy the most from your day, have more energy and really *Live Life Well*.



This symbol indicates a recipe that has been made in bulk. Freeze leftovers in portion sizes as indicated by the recipe or store in a refrigerator and eat within 1-2 days.

BREAKFAST IDEAS



Crusty Toast with Fruit

Serves 1 | Prep time 5 min

2 slices gluten and dairy free bread*
2 tsp margarine
1 small piece fruit e.g. a passionfruit

METHOD

Toast bread to desired colour. Spread evenly with margarine. Serve hot with fruit on side.

Per serve
~300 kcal and 2.5g protein

Ricotta + Raspberry Toast

Serves 1 | Prep time 5 min

2 slices Fate bread**
1 1/2 heaped Tbs (36g) reduced fat ricotta*
10 fresh (or frozen; thawed) raspberries
Cocoa powder

METHOD

Toast bread to desired colour. Spread ricotta evenly over each slice. Place 5 raspberries on each slice on top of ricotta. Dust each slice lightly with cocoa powder.

Per serve
~320 kcal and 3g protein



Ricotta + Banana Toast with ProZero™ drink

Serves 1 | Prep time 5 min

1 slice bread*
2 tsp honey
2 tsp (10g) reduced fat ricotta*
1 small (60g) banana, sliced
Ground cinnamon
2 heaped tsp flavoured milk powder*
1/2 cup ProZero™

METHOD

Toast bread to desired colour. Spread with honey, then ricotta. Top with banana and sprinkle with cinnamon. Stir milk powder into ProZero and serve with ricotta and banana toast.

Per serve ~300 kcal and 3g protein



Simple Cereal

Serves 1 | Prep time 5 min

3/4 cup Rice Bubbles*
1/4 cup shredded coconut
1/2 small apple
1/2 cup cold ProZero™

METHOD

Stir rice bubbles and coconut until well combined. Grate apple and stir through cereal. Pour ProZero over cereal and serve.

Per serve
~310 kcal and 3g protein

LUNCH IDEAS



Bruschetta

Serves 1 | Prep & cooking time 10 min

- 1 medium tomato; chopped
- 2 tsp torn fresh basil leaves
- 1/2 tsp red wine vinegar
- Pinch caster sugar
- Ground salt, pepper
- 2 slices Fate bread**
- Olive oil spray
- 1 clove garlic; halved

METHOD

Pre-heat grill to medium-high. Combine tomato, basil, vinegar and sugar in a small bowl. Season with salt and pepper. Place bread on baking tray; grill for 1 - 2 minutes each side or until golden. Transfer to a plate; spray lightly with oil and rub cut side of garlic over 1 side of each piece of toast. Spoon tomato mixture evenly across slices of toast. Serve hot.

Per serve
~300 kcal and no protein



- Try adding 3 tsp (17g) crumbled feta to tomato mixture and follow instructions above. **Per serve ~350kcal and 3g protein.**
- Adding chopped red onion and/or grilled capsicum gives extra flavour to the bruschetta.

Spiced Carrot Soup

Serves 4

Prep time 10 min

Cooking time 40 min



- 1kg carrots; peeled, chopped
- 1 medium potato (260g); peeled, chopped
- 4 cups water
- 1 Tbs olive oil
- 1 medium brown onion; chopped
- 1 1/2 tsp salt
- 2 cloves garlic; crushed
- 1 tsp each ground cumin and coriander
- 1 Tbs lemon juice

To serve

- 1 slice Fate bread;** toasted
- Fresh mint or parsley (optional)

METHOD

Place carrot and potato into a large saucepan with the water. Bring to the boil, cover and simmer until the vegetables are tender; 10-15 minutes. Meanwhile, heat oil in a small frying pan. Add onion and salt and sauté over medium-heat for 5 minutes; until onion is soft. Add garlic and ground herbs; stir to coat the onion. Stir in lemon juice. Purée everything together in a blender or food processor and transfer into a large saucepan. Simmer gently for 10 minutes. Serve hot with toast and herbs (if using).

Per serve
(1 portion soup and 1 slice toast)
~300 kcal and 1.5g protein

Per serve without toast
155kcal and 1.5g protein



"Pizza"

Serves 1 | Prep & cooking time 15 min

- 2 tsp (10g) Pizza Sauce BBQ Style*
- 1 Fate tortilla**
- 1/3 cup protein free vegetables; capsicum, tomato, onion; thinly sliced
- 12g regular pizza cheese blend

Optional Side Salad - Cherry tomatoes, shredded lettuce, grated carrot; combined

METHOD

Pre-heat grill to medium-high. Spread sauce across tortilla. Layer with vegetables then cheese. Place under grill; 10-15 cm below heat; cook until cheese bubbles. Serve hot with salad vegetables and a sprinkle of basil or rosemary if desired.

Per serve
~300 kcal and 3g protein





DINNER IDEAS

Roasted Vegetable Salad

Serves 4

Prep time 15min

Cooking time 30 min



**COOKED
IN BULK**

1 medium eggplant; sliced, cubed
1 medium zucchini; sliced
1 sweet potato (400g); peeled, chopped
1 wedge pumpkin (250g); peeled, chopped
1 medium red onion; chopped
2 cloves garlic; crushed
1 1/2 Tbs olive oil
2 tsp salt

Dressing

1 1/2 Tbs olive oil extra
1 Tbs wholegrain mustard
2 Tbs lemon juice

To serve

1 Tbs (20g) Greek Style Natural yoghurt
1/2 slice Fate bread**

METHOD

Pre-heat oven to 200°C. Place vegetables and garlic into a large plastic bag; add oil and salt. Seal bag and shake gently until they are coated with oil. Place vegetables onto a large oven tray which has been lined with baking paper. Roast in oven for 30 minutes; or until vegetables are browned on outside and tender on inside. To make dressing combine extra oil, mustard and lemon juice in a large bowl. Add roasted vegetables and stir until they are coated with dressing. Serve vegetables and dressing with yoghurt and bread.

Per serve ~350 kcal and 3g protein



Pasta with Tomato and Ricotta

Serves 1 | Prep & cooking time 20 min

1/2 cup low protein pasta; penne
Oil spray
1/2 cup low protein vegetables; onion, capsicum, green beans; chopped
1/2 cup canned, diced tomatoes
2 Tbs (36g) reduced fat ricotta*
1 Tbs chopped fresh basil

METHOD

Cook pasta as per packet instructions. Drain and set aside. Meanwhile, heat a small non-stick frying pan to medium and spray with oil. Sauté vegetables in pan until cooked to desired tenderness. Add tomatoes and simmer for 2-3 minutes. Stir vegetables and ricotta through pasta and sprinkle with basil. Serve hot.

**Per serve
~300 kcal and 3g protein**



Quick Stir Fry

Serves 1 | Prep & cooking time 20 min

3 florets cauliflower
1 large floret (35g) broccoli
3/4 cup green beans, sliced thickly
1 carrot, peeled, sliced thickly
3 tsp. peanut oil
1 clove garlic, crushed
1/2 brown onion, peeled, thickly sliced
2 button mushrooms (28g), sliced
1/4 cup (60ml) light coconut cream*
1 tsp gluten free cornflour
1/4 tsp vegetable stock* dissolved in
1/4 cup boiling water
Ground black pepper

METHOD

Place cauliflower, broccoli, beans and carrots into a saucepan of boiling water. Boil, uncovered for 2 minutes; drain. Heat oil in a fry-pan; stir fry garlic, onion and mushroom; 3 minutes. Add drained vegetables, coconut cream, and cornflour blended with stock. Stir until sauce boils and thickens. Sprinkle with pepper and serve.

**Per serve
~300kcal and 3g protein**

About this resource

Nutritional Values of Australian Foods¹ and product labelling were used to determine the calorie and protein content of the recipes. Products do change their nutrient composition occasionally so Vitaflo cannot guarantee nutrient content will remain accurate indefinitely.

The overall calorie and protein content of the diet and the inclusion of snacks should be discussed with your dietitian or doctor. Always consume the amount of PKU supplement recommended by your health care professional.

We have used Australian metric measurements throughout.

1 cup = 250ml
1 tablespoon (Tbs) = 20ml
1 teaspoon (tsp) = 5ml

All cup and spoon measurements were level.

*Products we used

- Country Life Bakery Gluten Free & Dairy Free White Bread
- Perfect Italiano™ Light+ Ricotta
- Nesquik® Flavoured Milk Powder
- Kellogg's® Rice Bubbles®
- Leggo's Pizza Sauce BBQ Style

IMPORTANT

ProZero and PKU air can be used from 6 months and 3 years of age respectively. Not to be used as a sole source of nutrition. For enteral use only.

These recipes have been specifically designed for the dietary management of Phenylketonuria. Before using any of these recipes, please consult your Dietitian or Clinician to make sure it is suitable for your current diet, including allergen requirements.

PKUair® and ProZero™ are foods for special medical purposes and must be used under medical supervision.

** Fate breads are made using **Fate™ Low Protein All Purpose Mix** which is available for purchase. Contact Vitaflo to order and arrange for Fate resources.

¹ Food Standards Australia and New Zealand. Online searchable database. NUTTAB 2013. FSANZ.



Innovation in Nutrition

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