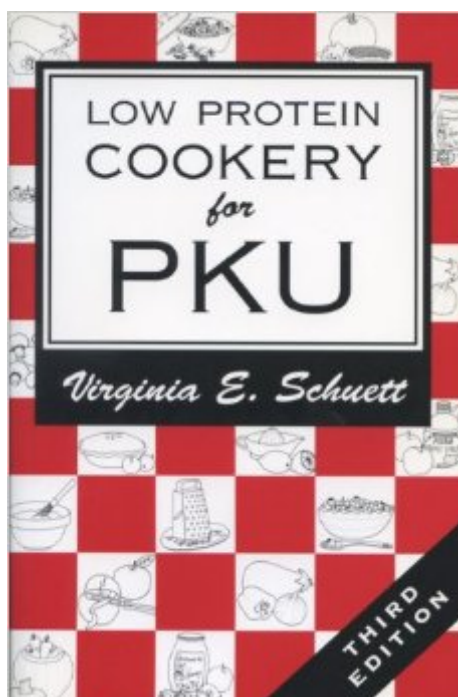


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# Low Protein Cookery For Phenylketonuria



## Synopsis

Much more than a cookbook, *Low Protein Cookery for Phenylketonuria (PKU)* is a practical and easy-to-use guide for those who must maintain a protein-restricted diet for treatment of PKU or similar inherited diseases of protein metabolism. It contains hundreds of helpful suggestions for managing the diet. This third edition of *Low Protein Cookery for PKU* appears exactly twenty years after the original 1977 publication and includes the 450-plus recipes and the hints from the 1988 second edition that have been used and enjoyed by families for nearly a decade. The major new feature of the third edition is entirely new nutrient calculations. The available food supply has changed significantly in the past fifteen years, and nutrient information is much better now. The nutrient calculations in this edition of the cookbook are based on the updated 1995 Low Protein Food List for PKU compiled by the author, which is the most widely used food list for the PKU diet in the United States. Some of the changes in nutrient values are subtle, others more significant; all reflect the best information currently available. *Low Protein Cookery for PKU* offers recipes that appeal to a wide range of ages, suit a wide range of individual diet requirements, and facilitate integration of the diet into normal family eating routines. Many of the recipes are suitable for the entire family; others include instructions for adapting the recipe to suit the needs of family members not on the diet, or are accompanied by recipes for the preparation of similar non-diet items. The recipes provide gram weights when appropriate, for greater accuracy in preparing the recipes and in maintaining the diet.

## Book Information

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## Customer Reviews

This book is one of the best helps in the world for those who are going to follow the "very low protein diet" for kidney disease to delay dialysis. The renal dietitians at JHU use this as their Bible in developing diet plans for Dr. Walser's patients. There are a number of helpful suggestions at the start of the book to teach you how to read labels and weigh foods. There are also lists that help you find low protein foods which are updated on the PKU web site. The restrictions on protein for the "very low protein" diet for kidney disease are not as severe as those for PKU, but this book teaches you how to meet those limitations.

Just keep in mind that it is not a great place to find vegetarian recipes. People with PKU cannot tolerate protein and take a special supplement to provide it. Therefore these recipes will not provide the protein that your average vegetarian will be looking for. If, however, you or a member of your family has PKU, you should definitely get this book and read the whole thing. TWICE!

These women are saints!! There is not enough room on this forum to describe how amazingly awesome this book is. My 1 year old Niece has PKU, and luckily enough my nephew-in-law absolutely LOVES to cook. I got this for him (along with the PKU bread maker recipes) as a Christmas gift and he flipped! He said everything in the book looks fantastic, and there is literally everything from apples to zucchini. If you're needing a low protein diet book, or even just wanting to eat healthier, this is by far the best one out there. Thanks again to Virginia Schuett and Dorothy Corry for taking the time to make low-protein foods not so boring! Generations of PKU/Kidney patients and their families will be thanking you for years to come! I know this grateful Great-Aunt does.

My dad has kidney disease and dialysis was knocking the door. After reading this book and cutting out most salt and limiting protein (especially those two things) he has at least put it off for far longer than though. He is 83. He may never need dialysis if he keeps it up. he lost weight and rarely takes anything for his diabetes anymore. Now if only I could lose weight too.

My daughter is 27 now and we've been using an old version of this cookbook for something like the last 20 years. I never bought the special ingredients that some recipes need, but just reading the book from cover to cover gave me enough ideas on how to adapt regular recipes for her special restricted protein diet. There are other, newer cookbooks by Ginny Schuett, and also lots of on-line

sites with recipes, but this is the original. Some sites also provide lists of other amino acids in these recipes, besides PHE.

I bought this because my future sister-in-law has PKU. Her mother recommended it, and the book does a good job of explaining questions I wouldn't even think to ask. It is full of information, recipes, and other resources. Some of the contact information for the specialty food distributors is out of date, but easily updated by doing an internet search of the companies and penciling in the new information. I'm not the best qualified reviewer for this book, but as far as I am concerned, it is an excellent resource.

The food in here is really good stuff! I especially love all the cookie recipes, I haven't made one I don't like! All the special food is expensive, but it's worth it. I really don't know how people managed a PKU diet before the book came out. If you can find the second edition, though, it's almost exactly the same page for page, and I like the spiral binding better, so the book lays flat when you're cooking.

although theres a ton of great pku recipes out there, i wanted to give this author a try. i have heard great things about her cook books. so far i am not too impressed. the book was costly. it came quicker than expected which is great. but i was looking for a cook book with more dinner, meal time and snack recipes. this has a few but mostly this book contains a lot of desserts and sweets. and so far the few dinner items we tried havent been that good. if you do the stuffed cabbage, stay away from the cinnamon!!!! it was way too weird in the dish and we thru out a lot of the mix which was a waste. the cabbage and apple was okay. a little plain. so just be cautious and dont expect a lot from this cook book.

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