



PKU Awareness Facts & Information

What Is PKU? (Phenylketonuria)

- PKU is a rare genetic disorder
- People with PKU cannot break down phenylalanine (Phe), one of the building blocks of protein found in most foods
- If too much Phe builds up in the body, it can cause brain damage

What Foods Have Too Much Protein?

People with PKU avoid or limit foods like:

- Meat
- Fish
- Eggs
- Cheese
- Milk
- Nuts
- Bread and pasta (unless it's low-protein)

What Do People with PKU Eat?

- Special low-protein foods
- Lots of fruits and vegetables
- A daily medical formula that gives important nutrients
- Some take medicine that helps break down Phe

Why Is Treatment Important?

Without treatment, PKU can cause:

- Learning problems
- Mood or behavior issues
- Serious health risks

With treatment, people with PKU can live full, healthy lives.

How You Can Help

- Learn about PKU
- Support friends or family with PKU
- Donate to fund research for better treatments and a cure