

MACPAD Awards Research Funds

For a second time, the MACPAD Board of Directors has awarded research funds to Dr Ray Stevens at Scripps Research Institute in La Jolla, California. Dr Stevens has been awarded \$42,000 to continue his 11 years of research focusing on the basic science behind PKU and the development of therapeutics to treat PKU. The Board believes that his future work will be productive and beneficial

Last year the Stevens' lab was able to purchase vital equipment through the MACPAD funding. Over the next year, funding is urgently needed so that Dr Stevens can continue development of an enzyme therapeutic for oral administration. As he continues to improve methods, his goal remains making a final injectable therapeutic candidate decision in 2006. Please visit Dr Stevens website <http://stevens.scripps.edu/pku-research.html> for more detailed information.

National PKU Awareness Month

Three years ago, three creative enthusiastic PKU moms from NJ (Deb Gilliano, Desiree Spinney and Janice Paterno) developed a "Walk For PKU Research". These walks have raised over \$130,000 for research. In 2004, a lady from Connecticut (Roseanne Fox) decided she would like to contribute to the effort and planned and executed a "walk" in Derby, CT. She raised over \$9,000 for research!

The MACPAD Board wondered if this concept could encompass the entire country- thus National PKU Awareness Month was born! The vision was to have every PKU related group in the USA develop an "event" (like a "walk") and donate the proceeds generated to PKU research. Look inside to see support that we have received! Twelve PKU Food and Product Companies have agreed to support the project and offer promotions or special offers during May 2006. Several state support groups and individuals have come forward to say they will develop and plan an "event" in their area. So, read inside this newsletter to learn what's happening!

BioMarin Pharmaceuticals has purchased 5000 blue rubberized adult sized wristbands and 2500 child sized, which read "Support PKU Research" and have donated them to MACPAD to distribute to state support groups and/or individuals who are willing to plan an "event" to raise money for PKU research. The bracelets will be sold for \$3.00 each and the proceeds used to fund the "events".

July picnic in Leechburg, PA and August picnic in Denver, PA

See stories and pictures inside!

New and Improved MACPAD website

See story inside!

Cambrooke Foods Cooking Demo and Picnic in Leechburg, PA



On July 16, 2005, over 60 people gathered at the Parks Township Sportsmen's Association in Leechburg, PA for a picnic and cooking demo by Diane Sullivan. Families from Ohio, West Virginia, New York and Pennsylvania gathered to enjoy a low protein buffet, face painting, games and a silent auction. Diane Sullivan from Cambrooke Foods created some tasty dishes and amazed everyone with her creativity in the kitchen.

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August Picnic in Denver, PA



Hayrides and games and pony rides and PKU Bingo and a fantastic low protein buffet, along with a barrel train, petting zoo delighted the more than 100 people who attended the 18th annual picnic at the Weavers' farm in Denver, PA. Chairmen, Kenny Barton, Ken Barton and Carol Barton organized another memorable day, they even ordered great weather! There were 25 people, from infants to adults with PKU at the picnic!! (a picture of our friends is on the next page.)



Everyone had a fantastic day!



Happy Birthday to our MACPAD Friends!

Maria Kamarados	August 15
Katie Keegan	July 19
Cathy Keesler	July 18
Korben Kiessler	June 25
Fannie King	July 12
Ezra King	July 8
Corey Kirby	July 17
Jennifer Kirkdoffer	August 21
Deidra Kline	August 19
Allyson Kneppshield	August 5
Stephanie Krupilis	June 23
Sheldon Lapp	June 12
Bethany LaPrad	August 22
Danielle Longo	June 20
Rebecca Schulze	June 3
Cory Madden	June 7
Kathy Hunt	August 10
Annie Gill	June 6
Cathy Gill	July 18
Evan Gill	June 4
Charley Griffith	July 20
Patrick Guinan	August 15
Terry Haney	July 4
Hannah Hawk	June 23
Brady Holman	June 12
Joe Hoover	August 9
Melinda Fouse	July 15
Abigail Hume	June 7
Lindsay Humphreys	June 24
David Wagner	July 16
Jared Jochimsen	July 15
Eric Johnson	August 16
Elisabeth Allen	August 17
Zachary Allwein	July 7
Emily Armentrout	August 5
Todd Atkinson	July 22
Christine Barba	July 15
Kenny Barton	July 23
Amos Beiler	August 25
A.J Burkarth	August 13
Madison Kwapich	August 23
Jennie Cronin	August 3
Noah Crosby	July 24

Allen DeNisi	June 12
Tiffany Dennis	August 18
Devin DiGeorgio	August 12
Giovanna Ditro	June 8
Harley Maguire	August 19
Chad Eilers	June 29
Michael Flood	August 2
Sarah Foster	August 18
Debbie Gardecki	June 21
Tamara Waite	June 23
Edwin Whaley	July 7
Cathryne Wheeler	August 11
Allison Zimmerman	August 8
Logan Royer	August 18
Michael Rutkowski	June 27
Jessica Schlotter	August 1
Rebecca Schulze	June 3
Ian Simmons	July 30
Alexander Stein	August 2
Theo Stiles	August 31
Kyle Stoltzfus	June 14
Kim McDowell	July 27
Zachary McEntee	June 14
Jackson Moore	June 27
Clark Pritchett	August 16
Chad Haeberle	July 2
Christina Purpura	June 12
Oliver Pasterczyk	June 5
Veronica Perkins	June 2
Ethan Guyer	August 16
Jackson Ponzo	June 8

They are what it's all about!

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Call for Nominations

The annual election of the MACPAD Board of Directors will take place at the March 2006 Board meeting.

Anyone interested in becoming a member of the Board should contact Judy Griffith, President at 717-371-4995 or griffith333@comcast.net or Bonnie Reynolds, secretary @ 609-758-3444 or lazysbrg1@msn.com.

“Support PKU Research” bracelets



Through the generosity of **BioMarin Pharmaceuticals**, MACPAD has these soft pliable blue bracelets available for sale. They were purchased by BioMarin (5000 adult sized and 2500 child sized) and donated to MACPAD to distribute to PKU groups across the country that are planning “events” for National PKU Awareness Month, May 2006. We are also selling them on an individual basis. They are available in 2 sizes, large and small and cost \$3.00 each, including postage.

To order, send a check, made payable to **MACPAD**, to MACPAD, P.O. Box 6086, Lancaster, PA. Please indicate whether you want large or small. If you represent a PKU group who would like to plan an “event” for National PKU Awareness Month, you can get your bracelets **free**. Contact info@macpad.org for more information.

Bracelets are also available from;

Please make these checks payable to the individual organization

PADOW, PKU and Allied Disorders of Wisconsin, c/o Michelle Voights, 311 Springview Drive, Marshall, WI 53559 ;

The Iowa PKU Foundation, c/o Blythe Stanfel, 2170 NW 138th, Clive, Iowa, 50325;

Indiana PKU and Allied Disorders Association, c/o David Speich, 454 Westbrook Circle, Noblesville, IN 46062;

Ed Madden, 10812 Ambassador Blvd, St Louis, **Missouri**, 63132.

Theresa Beverage, Route 1, Box 154-1, Asher, **Oklahoma**, 74826

Deanna Harner, 7718 Hidden Oaks, Houston, **Texas** 77095

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'06 PKU Cruise Update.

We hit some obstacles with Royal Caribbean and the low protein diet. Alternately, Carnival Cruise Lines & Norwegian Cruise Line have committed to honoring our request for low protein food preparation.

Please consider the following new options:

2006 East Coast PKU Cruise - departs Miami on 7/7/06 for a 3-night vacation to the Bahamas. PKU diet accommodated.

Inside Cabin from \$432.79 per person (1st & 2nd guests in cabin) & \$312.79 per person (3rd & 4th guests in cabin)

Outside Cabin from \$472.79 per person (1st & 2nd guests) & \$322.79 per person (3rd & 4th guests)

Balcony Cabin from \$792.79 per person (1st & 2nd guests) & \$322.79 (3rd guest)

Prices include port charges and all taxes & fees. Air & ground transportation, insurance, and gratuities additional.

DEPOSITS DUE SOON! Request more details and information from travelcenter@snowcrest.net, or visit our website at www.escapeitall.net.

2006 West Coast PKU Cruise - departs Seattle on 7/15/06 for a 7-night vacation cruising Alaska. PKU diet accommodated.

Inside Cabin from \$1073.46 per person (1st & 2nd guests) & \$463.46 per person (3rd & 4th guests)

Outside Cabin from \$1513.46 per person (1st & 2nd) & \$513.46 per person (3rd & 4th)

Balcony Cabin from \$1673.46 per person (1st & 2nd) & \$563.46 per person (3rd & 4th)

Prices include port charges and taxes & fees. Air & ground transportation, insurance, and gratuities additional.

DEPOSITS DUE SOON! Request more details and information from travelcenter@snowcrest.net, or visit our website at www.escapeitall.net.

Space is limited on both cruises, so book your stateroom today!!

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A Message from the President



The MACPAD website will be getting a new look this month. Make sure that you check it out at www.macpad.org. Because of the many activities and projects that MACPAD is involved in, we wanted to have a user-friendly website that we can update easily and quickly. We want this to be your source for what is going on in the PKU Community. We will have a calendar that will show all PKU related events. We will have on-line event registration; we will sell our products on-line (cookbooks, T-shirts, tote bags, bracelets, visors etc.); and we will have links to clinics, low protein product vendors and support groups. At a later time, we will feature PKU Friendly Recipes.

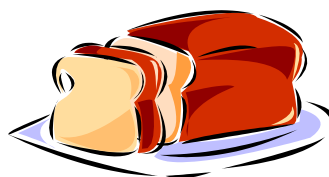
We will be holding our 5th annual PKU Walk-a-thon in Washington Township, New Jersey on May 6, 2006, our second annual PKU

Walk in Connecticut and our first walk in Pittsburgh! These events will be held in conjunction with many other events that will be held throughout the US in celebration of National PKU Awareness month. Remember to check our website often for updates and information about the events that will be held in your area next May.

Judy Griffith, President

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Many of you have been asking for this recipe and here it is...



Anna Weavers Famous Bread Recipe

400 grams wheat starch
¼ cup Metamucil
2 tsp methycellulose
2 Tbsp sugar
2 tsp yeast
1 tsp salt

Mix together making sure the salt is not on top of the yeast. Add 370 grams warm water and 1 Tbsp oil. Mix with a wire whisk. Let rise in a warm place until double in size. Shape into a loaf and place in the bread pan. Let rise again till the loaf is a little above the pan. Bake at 350 degrees for 30-35 minutes .

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**Remember to contact MACPAD
with changes in address!**

National PKU Awareness Month- May 2006!

Join us in making a difference! Join us in May 2006, National PKU Awareness Month, - plan an "event", donate the proceeds to PKU research and watch what happens! Keep the momentum going!

Individuals, PKU food and product companies/organizations, PKU support groups and others are all making plans for "events" all over the country!

The PKU food and products companies are planning special promotions, discounts and/or sales to celebrate the month! Some very special people are working across the country to plan events to raise awareness of PKU and raise some money for PKU research! Read the following pages and see which companies are involved in National PKU Awareness Month and support them! Check out the pages that announce states that will have an "Awareness event". The March edition of this newsletter will have news of what promotions, sales or discounts are being offered by the individual business and detailed coverage of participating states.

Look through the following pages and see which state groups are involved in the planning process. The response to this project has been amazing! "Events" will vary by state but all will accomplish the same goal- awareness of PKU and providing additional funds for PKU research. Is your state represented? Would you like your state to be included? Contact info@macpad.org for information.



Be sure to watch for the March edition of this newsletter! It will contain a complete listing of all participating low protein food suppliers and organizations and a complete list of all local "events" planned in conjunction with National PKU Awareness Month.

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Proudly
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National
PKU
Awareness
Month



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AN EXTRAORDINARY EVENT IN NEW JERSEY

A FUN FILLED FAMILY DAY

HOPE FOR THE FUTURE MACPAD Supports National PKU Awareness Month

Don't forget to join us for the 5th Annual PKU Walkathon on May 6, 2006. What an exciting time to be part of such an extraordinary event. A day with loads of fun for the family, where you can participate in the walk and a silent auction, but you will also get to enjoy a magic show, balloon art, face painting, pony rides, a moon bounce, train rides, slot car racing, massage station, craft tables and Tupperware sales, music/DJ entertainment, door prizes and raffles. You will also meet and greet previous and future PKU friends, talk to PKU food vendors and sample from PKU foods at our cooking table with Dianne Sullivan from Cambrooke Foods. And last but certainly not least, hear about our hope for the future and the progress that is being made by our researchers to improve quality of life for those with PKU.

If you cannot attend the Walkathon in NJ there are several other ways that you can assist in raising funds for PKU research and participate in National PKU Awareness Month

1. Start your own PKU Walkathon and we will help you
2. Contribute to our silent auction, if you have a business that sells products or you are good at putting gift baskets together or perhaps you would be interested in approaching local or national businesses that would contribute items, i.e. gift items, gift cards, restaurant gift cards, tickets to events/attractions, or vacation packages/summer rentals
3. Simply mail in a monetary donation
4. Be a Walkathon Sponsor, if you own a business you will get advertising, a tax right off and the satisfaction of contributing to a great cause

Sponsorship is as follows:

BRONZE SPONSOR

Event Contributor

- Logo placement on color brochure

SILVER SPONSOR

\$200 Contribution

- Logo placement on color brochure and Logo placement of T-shirts

GOLD SPONSOR

\$300 Contribution

- Logo placement on color brochure and Logo placement of T-shirts

PLATINIUM SPONSOR

\$400

- Logo placement on color brochures and Logo placement on T-shirts and Corporate banner displayed to start area

To contribute or participate in the walkathon you may contact us at the following address:

MACPAD, P.O. Box 6086, Lancaster, PA 17607

We are excited about the 2006 Walkathon, we will keep you posted about other ideas we have to make this event even better than last year. To those of you who have participated in the past, thanks for all your help and support, we couldn't have done it without you!! Whether you have attended in the past or not, we look forward to seeing you in May!

Sincerely,

Desiree Spinney, Debbie Gilliano and Janice Paterno
PKU Mothers to Ariana, 6yrs., Kyle 4yrs. and Francesca , 7yrs.

family to family



LOW PROTEIN

For use in the dietary management of medical conditions that require the control of protein intake.

Cambrooke Foods has many delicious low protein products available. Try our baked goods, cheeses, pasta, and snack products. Your family will enjoy these items for their taste and quality.

Questions? Time to order?
Call toll free 866 4 LOW PRO (866 456 9776)
www.cambrookefoods.com

Cambrooke Foods Supports
National PKU Awareness Month, May 2006

Cambrooke Foods®
Mexican Burrito

Featured Recipe: (see our website www.cambrookefoods.com for more recipes and product information.)

INGREDIENTS

- 1 Cambrooke Foods Tortilla
- 1 cup thinly sliced onion
- 1 cup thinly sliced green or red pepper
- 1 Tbs oil
- 2 ounces fresh or canned mushrooms sliced
- 1 tsp taco seasoning
- 1/3 cup CBF Short Grain Rice (50 g), cooked
- 1 Tbs CBF Shredded Cheddar Cheese

DIRECTIONS

1. In a hot skillet over medium heat, combine peppers, onion and oil; saute for 2 minutes. Reduce heat to medium-low, add mushrooms, taco seasoning and continue cooking, stirring occasionally, until the vegetables soften. Add cooked rice and mix together.
2. Warm tortilla in damp paper towel in microwave oven for about 25 seconds.
3. Place all ingredients from the skillet onto warmed tortilla. Roll the tortilla so that the mixture is wrapped in the center. Top with shredded cheese and serve warm.

Optional: Add in cooked and crumbled Camburgers, a small amount of chopped tomato, diced avacados or vegetables of your choice. Serve with salsa.

Serving: 1/2 burrito
Total Protein: 1.7 g
Phe per serving: 58 mg



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Toll free 866 456 9776
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www.cambrookefoods.com





*COME JOIN US NEXT
SPRING FOR THE 2ND
CONNECTICUT
WALK-A-THON TO
BENEFIT PKU RESEARCH
AT THE OSBORNDALE
STATE PARK DERBY, CT*



*SATURDAY MAY
20TH, 2006*

*MACPAD SUPPORTS
NATIONAL PKU AWARENESS
MONTH*



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1 Less Than
gram of protein
per serving

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order TODAY!
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**NATIONAL
PKU**
AWARENESS MONTH
MARCH 2006

WALK FOR PKU RESEARCH

1st Annual Pittsburgh PKU Walk-a-thon



Bring your favorite pair of walking shoes and join in for an afternoon of fun. All donations collected for the walk will go to the MACPAD Research Fund.

MACPAD Supports National PKU Awareness Month!

- Low Protein Buffet
- Food Vendors On-site
- Children's Activities
- Walk for Research

Playgrounds located along walking trail for those with little ones!

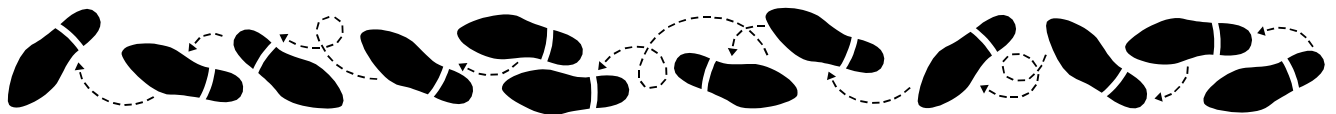
Pittsburgh, Pennsylvania
(North Park, Pie Traynor Field)

May 20, 2006 at 11:00 am

Contact Erica Burkarth for more information.

412-364-1779

erica_burkarth@hotmail.com



Experience the difference

Introducing a range of low volume, great tasting, and convenient protein substitutes for the dietary management of Phenylketonuria.

The PKU express range

Suitable for people aged 8 years and above.

Introducing PKU express cooler the first low volume ready to drink PKU protein substitute – just shake, open and drink. Perfect for people on the go.

Designed for teenagers and young adults who are looking for a more convenient, discreet and socially acceptable approach for taking their protein substitute.

This product was designed with the help of people with PKU for people with PKU.

They know what you want, here's what they had to say:

"The big advantage the liquid has for me is being able to knock it back without making it up. Makes it easier to take and more likely to be taken at the correct time at work."

"It has made my PKU diet so much easier. It's a joy to take. I feel good on it and look good on it."

"It is very convenient to take away, just like an ordinary drink, don't know you are taking a formula."

85% of patients said the cooler improved their quality of life.

77% said they felt less self conscious when taking the cooler outside the home.

The cooler is interchangeable with PKU express powder which is available in dose related packets – quick to mix, quick to take - no more fuss.
1 cooler = 1 packet of powder.

PKU gel

Suitable for 1- 10 year old children.

PKU gel is designed to be made into a gel which can be taken off the spoon or by simply adding more water can be made into a low volume drink.

Available in dose related packets – no more weighing.

Simple and easy to prepare – just shake into a solution in the beaker provided.



**The Vitaflo product range for PKU.
A change for the better.**



Innovation in Nutrition

**Vitaflo have a range of formulas for many metabolic disorders.
Ask your dietitian/physician about the Vitaflo products today.**

For samples and information contact: 631 427 0088 or visit www.vitaflo.co.uk

Vitaflo Supports National PKU Awareness Month



The Iowa PKU Foundation Supports National PKU Awareness Month!!



IPF's Annual Picnic, 2005.
Waterballoon toss!



"Buttons, the Clown"

IPF will hold the first annual "IPF Walk-a-thon" next May in honor of National PKU Awareness Month. Check out our website at www.iowapkufoundation.com in the spring for more details.



Twenty people with PKU, ranging in age from six weeks to thirty-two, joined us for the festivities!

P.O. Box 220, Des Moines, IA, 50301-0220
www.iowapkufoundation.com

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- **Updated formulation** - meets new recommendations for vitamin and mineral intake (DRIs)
- **Convenient sachets** - available in orange and unflavored XPhe Maxamum
- **New strawberry flavor** - available in XPhe Maxamaid
- **Coming soon** - XPhe Maxamaid sachets



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Discuss with your metabolic healthcare professional to determine if one of these products is right for you.

Sample Request Form

(Please print)

Offer expires 12/31/05

Name: _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

E-mail Address: _____

Physician/Dietitian Name: _____

Physician/Dietitian Signature: _____
(Required)

Physician/Dietitian Phone: _____ Date: _____

Please select the formulation you would like to sample.

- ☐ Maxamaid (1-8 years)
☐ Maxamum (>9 years)

- ____ XPhe, Strawberry (Maxamaid only)
____ XPhe, Orange
____ XPhe, Unflavored
____ MSUD, Orange
____ XPhe, XTyr, Orange
____ XMTVI, Orange
____ XMet, Orange
____ XLys, XTrp, Orange
____ XLeu, Orange

FAX sample request form to 301-795-2302 or MAIL to:

SHS Sampling Department; P.O. Box 117; Gaithersburg, MD 20884

Please allow 10-14 business days for processing and shipping from date of receipt.

SHS North America will send the sample requested and will send additional information about SHS products and services.
SHS North America will keep your information confidential.

SHS
NORTH AMERICA

SHS Supports National PKU Month

800-365-7354
www.shsna.com



Watch for News From Texas!!!

**Be sure to check the next edition of this
newsletter for info about an exciting event in
Texas!!!**



Texas Supports National PKU Awareness Month!

PKU Perspectives

“Bloom where you are planted...”



Unique and Yummy
Economical - Easy to Prepare
LOW PROTEIN FOODS

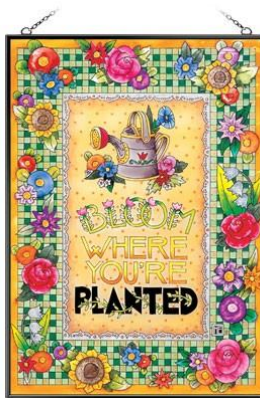
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PKU Perspectives Supports
National PKU Awareness Month
May 2006



Amia Hand-painted Glass
Measures 15 1/2" H x 11" W

Now through May 2006: Purchase a Mary Engelbreit, “Bloom Where You’re Planted” inspirational and colorful Amia Suncatcher at www.PKUperspectives.com - PKU Perspectives will donate all the profits to the Mid-Atlantic Connection for PKU and Allied Disorders, Inc. (MACPAD) toward PKU research.

PKU and Allied Disorders of WI



presents



A Walk for PKU Research!!!

Join us at 10:00 AM on May 20, 2006!!!

Our walk will be followed by our annual
Metabolic Picnic!!!

We will be meeting at the athletic field outside of the
Waisman Center, 1500 Highland Avenue, Madison, WI
53705.

For More Information, please e-mail Stephanie at
se.stremer@hosp.wisc.edu

PADOW supports “National PKU Awareness Month”



Lillie Orbeck
STERLING SILVER

*Just because PKU children are limited
to what they can eat
does not mean they should be limited
to what they eat with.*



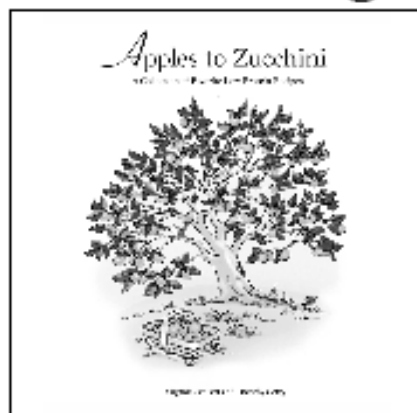
Lillie Orbeck Supports National PKU Awareness Month

To get things started from now through the holidays we will donate

25% of our online sales to PKU research!

Please visit us online at www.lillieorbeck.com.

Announcing...



"Who says that a low protein diet has to be boring, bland, or repetitive? We hope the book will show you just how varied and interesting the diet can be using a wide variety of fruits and vegetables and only a limited number of commercially made low protein products." So begins a new 512-page, 562-recipe cookbook!

\$37 US plus \$10 shipping

Over the course of two years, nutritionist Virginia Schuett and PKU parent Dorothy Corry developed and tested this extensive and exciting new collection of low protein recipes.

Meeting weekly in Dorothy's kitchen (conveniently located just blocks from the National PKU News office), we collaborated on a project that started with a simple idea: I thought that it would be nice to have a book of low protein recipes that focused on naturally low protein fruits and vegetables and limited use of special (expensive) low protein products. My long-time friend Dorothy agreed. This approach suited our own personal cooking styles and thus the idea of creating such a book appealed to both of us. What we envisioned as a casual project—where we would simply cook the recipes that would be included in the book for our own families over the course of a few years—quickly took on a life of its own and became a very large and all-consuming project. *The reward of thousands of hours of work is a beautiful book that we think is an indispensable and inspirational guide to help you live well on a low protein diet.*

Our initial plan was to include about 300 recipes—but we just kept coming up with more ideas. Each week we shared recipe successes (and failures), discussed our family's reactions, figured out ways to improve and adapt recipes, and found ways to make our instructions as clear as possible so that even beginning cooks could be successful in reproducing them at home. We drew on our collective 50 years of experience with low protein diets (my 32 years as a professional and Dorothy's 18 years of cooking for her daughter, Beth) to add helpful tips and hints throughout the book.

We have many recipes that you can incorporate into your daily meal plans for ordinary as well as special-occasion days. You'll find recipes for days when you feel adventurous or when comfort foods are all that appeal; recipes for days when you need a really quick meal or days when you want to do something more leisurely or challenging. Some recipes are really low in protein, while others are a little higher for diets that are more lenient. There are recipes suitable for just about anyone, from young children to older adults and everyone in-between. We tried to make the recipes as flexible as possible, so that people with diverse taste preferences and diverse diet needs could use them. Most of the recipes are suitable for the entire family and give suggestions for adapting them to higher protein needs.

National PKU News Supports National PKU Awareness Month!

Special Features

■ Nutritional data for phenylalanine, as well as tyrosine and leucine (for treatment of other metabolic disorders), protein, and calories. (Also included are sodium, phosphorus, and potassium, making the book useful for people on a low protein diet for treatment of chronic kidney disease.)

■ 562 recipes, including 229 recipes with less than 30 mg phe/serving and 99 recipes with 30 to 50 mg phe/serving.

■ 12 recipe chapters:
Salad Celebrations
Soup's On
Bread and Beyond
Vegetables for All Seasons
Rice from East to West
Pasta, Please!
Hot Off the Grill
Where's the Beef?
The Adventurous Cook
Company's Coming
Sweet Delights
And Everything Else

In the collection are recipes for over 60 salads, 48 pasta dishes, 38 soups, 170 vegetable dishes, 96 sweets—and much more! It includes recipes for low protein sausage (and the complete technique presented in the Spring/Summer 2002 newsletter using sheep casings). It also contains the popular recipe for low protein peanut butter that appeared originally in Low Protein Bread Machine Baking for PKU.

■ Other chapters include:
Set Your Table with Taste and Health
Healthy Eating for Children
Tips for Diet Management
Menu Ideas
All About Produce (helpful information for buying, preparing, and storing all of the produce used in the book)
Kitchen Tools
Tips for Storing Prepared Foods
Resources
and others...

■ Lay-flat binding, sturdy cover, appealing layout, two colors throughout.

We think this is a book you will definitely want to have on your bookshelf. It will make a great holiday gift for grandparents, too!

To Order the Book

You can conveniently place an on-line order with SHS North America by going to myspecialdiet.com, then clicking on *Product Information and On-Line Shop*. Or call SHS at 1-800-365-7354. For non-US orders, call SHS for shipping costs.

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SPECIAL NEEDS VACATIONS - GROUP TRAVEL & REUNIONS
CORPORATE TRAVEL SERVICES - INCENTIVE TRIPS
FUNDRAISING PROGRAM

The Travel Center is owned & operated by a home-based mother of three (one with PKU).

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Visit us online at www.escapeitall.net!

Specialty achievements include:



WE PROUDLY SUPPORT NATIONAL PKU AWARENESS MONTH!

\$25 OFF WITH THIS AD. Restrictions apply.
Please inquire for full details.
One offer per family.

The Travel Center is an independent agency affiliated with Dugan's Travels of Rio Rancho, NM. CST# 2054922-40.
Members in good standing with CLIA, IATAN, NACTA, OSSN, and vacation.com.

THE
MICHAUX FAMILY FOUNDATION

FOR PKU

Supports National PKU Awareness Month



Ener-G Foods Supports National PKU Awareness Month



**Who says restrictive diets
have to be boring?**

Ener-G Foods
producers of over 150
Wheat Free, Gluten Free, Dairy Free & Kosher
products is pleased to
Introduce our new

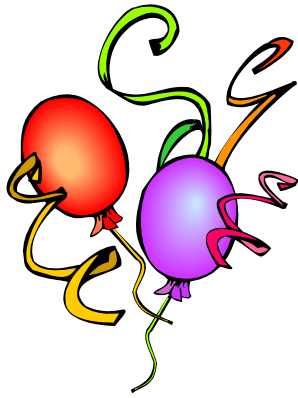
**Soy-Free Potato and Rice
Based Pretzels**

in two sizes: 4 oz. and 8 oz



ENER-G FOODS, INC.

Ener-G Foods, Inc. • P.O. Box 84487 • Seattle, WA 98124-5787 • 1-800-331-5222 • www.ener-g.com



Oklahoma is planning an event
To Support National PKU Awareness Month!!!

It's a great idea!



But we're not telling yet!

The Dietary Shoppe
Supports National
PKU Awareness Month

ONE STOP LOW PROTEIN SHOPPING

GREAT SELECTION

NO MINIMUM ORDER

SPEEDY DELIVERY

Seasonal Cold Shipping

*Shop Online, By Mail or in Person :
Store hours Tuesday-Saturday
10 am—6 pm*

The Dietary Shoppe, Inc.
4436 Ridge Avenue
Philadelphia, PA 19129
215-242-5302



WWW.DIETARYSHOPPE.COM

MISSOURI MARCHES IN MAY

In support of
National
PKU Awareness
month.

For more information, contact Ed Madden, edmstl@earthlink.net



Reynolds Racers

Having trouble with the right
party theme-we have the answer...

SLOT CARS



**we support
NATIONAL PKU
AWARENESS Month**



**1/2 of our April &
May 2006 profits will
be donated for
PKU RESEACH
HELP US FIND THE
ANSWER**

visit our website @ www.reynoldsracers.com

Works in Progress



Across the country.....



and constructing



events for

National PKU Awareness Month!

Is your state included? Would you like your state to be included?

Contact info@macpad.org for more information!

Join us to make National PKU Awareness Month, a time to be remembered!



**WE MAKE PRETZELS THAT ARE
ACCEPTABLE SNACKS FOR PKU AND MSUD PEOPLE. THEY ARE MADE OUT OF WHEAT
STARCH AND CONTAIN APPROXIMATELY**

**5 MG OF PHENYLALANINE
8 MG LEUCINE
100 CALORIES PER OUNCE**

YOU CAN ORDER THESE PRETZELS BY CONTACTING

**UNCLE HENRY'S
PRETZEL BAKERY**



**LANCASTER COUNTY
P O BOX 219
BOWMANVILLE, PA 17507**

1-800-683-8375

FAX 717-445-8334

www.unclehenry.com

Uncle Henry's Supports National PKU Awareness Month

WE ALSO CARRY A FULL LINE OF REGULAR PRETZELS:

**REGULAR.....HEARTH
X DARK.....OAT BRAN
X SALTYLOW SALT
WHOLE WHEAT SALT OR SESAME21**

What can you do to Support National PKU Awareness Month?



Contact your local chairman and volunteer to help with the “event!”

Attend an “event” near you!

Make plans to “do” an event in your area!



Purchase the “Support PKU Research” Wristbands



Support the businesses/organizations that are supporting this project!

Thank them for their interest and purchase their products!

Why should you support National PKU Awareness Month?



This is the time! Research is progressing! Read about the research in the last 3 editions of National PKU News or the last 2 editions of this newsletter. Research is being done, the momentum has started, don’t let it stop!



**Address: P.O. Box 6086
Lancaster PA 17607
Phone: 717-872-7546**

**Email: Info@MACPAD.org
Website: www.MACPAD.org**

Newsletter Contributors

**Judy Griffith, Ed Madden, Vicki
Racette, Anna Weaver, Sharon
Johnstone, Paulette Watson, Erica
Burkarth, Desiree Spinney, Blythe
Stanfel, Deanna Harner, Ann
Zimmerman, Janice Paterno, Deb
Gilliano, Theresa Beverage, Allison
Michaux**

**If you have information, or an
article to contribute to the next
Newsletter, please contact
MACPAD. New contributors are
WELCOME!**

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Editors note: This newsletter is meant to relay information about products and individual feelings. We do not attempt to replace advice from your physician or clinic on the treatment of metabolic disorders.