

A photograph of two runners, a man and a woman, captured in motion during a run. They are wearing athletic gear (t-shirts and shorts) and are running on a path with trees in the background. The image is partially obscured by a large purple geometric shape that serves as a background for the title.

BEING ACTIVE ON A PKU DIET

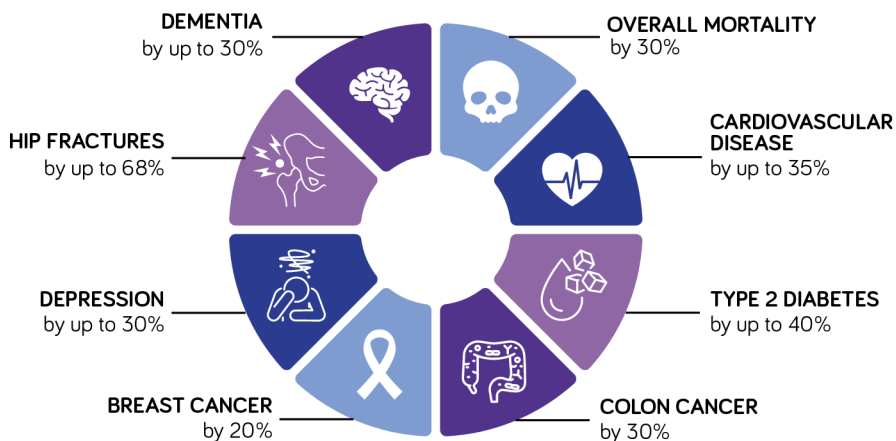
Information intended for patients, and carers of patient, with proven phenylketonuria (PKU), who have been prescribed a low protein diet by a healthcare professional.

Accurate at time of publication: June 2025

WHY SHOULD YOU BE ACTIVE?

Exercise and increased daily physical activity are important for your overall good health and wellbeing¹

Being active can reduce your risk of:



Adapted from reference 1



**SO MANY GOOD
REASONS TO GET
ACTIVE!**





THE WEEKLY ACTIVITY RECOMMENDATION FOR ADULTS IS¹



At least 150 minutes moderate intensity activity or 75 minutes vigorous activity (or a mix of both)



Strengthening activities on at least 2 days



Spend less time sitting!

MODERATE ACTIVITY

a brisk walk, dancing, gardening, leisurely swimming or cycling or playing doubles tennis

VIGOROUS ACTIVITY

running, jogging, swimming laps, uphill hiking, HIIT, or fast-paced cycling

STRENGTHENING ACTIVITY

weight lifting, bodyweight exercises (like push-ups, squats & lunges), pilates and yoga, heavy gardening (digging) and stair-climbing

FIND SOMETHING YOU ENJOY!

Try taking up a sport or joining a team or club - the regular practice sessions, or classes, as well as the social fun part can motivate you to keep going....





WHAT YOU NEED TO KNOW ABOUT PKU AND EXERCISE^{2,3}

CAN YOU EXERCISE?

Yes! PKU does not restrict sports or physical training.

Research shows that your blood levels will not be negatively affected by being active.

WILL YOUR DIET CHANGE?

Getting active will increase your overall energy needs, and how your body uses protein.

To build and protect your muscles, your dietitian might adjust your dietary needs based on your level of activity and type of training. Your dietitian may suggest increasing your protein substitute and/or your carbohydrate intake depending on the type and frequency of training you decide to do.

Your healthcare team can help with timing your PKU protein substitute doses. For example, there are benefits to taking protein immediately after your strength training session.





FUEL YOUR BODY RIGHT

GUIDELINES FOR EATING BEFORE, DURING AND AFTER TRAINING^{2,3}

PRE-WORK OUT

Aim to eat your main meal together with your PKU protein substitute, 3-4 hours before training

Eat a small carbohydrate-based snack about 1 hour before training for example:

- Fruit smoothie or fruit salad
- Low protein bread jam sandwich with milk substitute drink
- Low protein bread with a fruit juice



DURING TRAINING

Eating during exercise is usually only necessary if you will be active for over 1 hour. You can have 30-60g of carbohydrate, and also consider drinking a sports drink (without aspartame) every 15-20min if needed

30G
CARBOHYDRATE
EXAMPLES

CARBOHYDRATE GELS
45G RAISINS
1 MEDIUM BANANA
40G LOW PROTEIN CRACKERS
35-40G VEGAN SWEETS (BRAND DEPENDENT)



AFTER EXERCISE

Refuel your body with a healthy meal together with your prescribed PKU protein substitute - for strength work outs you will likely need to eat slightly more protein at this point. An example of your protein substitute dosage dependent on your exercise type is given below^{2,3}

POST-AEROBIC WORK OUT

Protein substitute specific for PKU of 20g PE*

POST-STRENGTH WORK OUT

A PKU specific protein substitute of 20g PE + one of 10g PE (total 30g PE)

OR Two PKU specific protein substitutes of 20g PE (total 40g PE)*

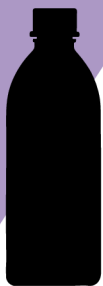
*Quantity depending on your specific requirements and prescription, taking in to consideration your body composition and the type of exercise performed. Always follow the advice of your healthcare professional.
PE: Protein Equivalent

SOME MEAL INSPIRATION FOR AFTER YOUR WORK OUT...

- Stir fried jack fruit in hoisin sauce with Loprofin Spaghetti or Loprofin Rice
- Paella
- Aubergine stroganoff with Loprofin Tagliatelle
- Vegetable risotto
- Keralan curry
- Spaghetti and beetroot pesto
- Loprofin lasagne with veggie bolognaise



RECIPES
AVAILABLE ON
OUR WEBSITE



OTHER THINGS TO REMEMBER WHEN YOU ARE BEING ACTIVE^{2,3}

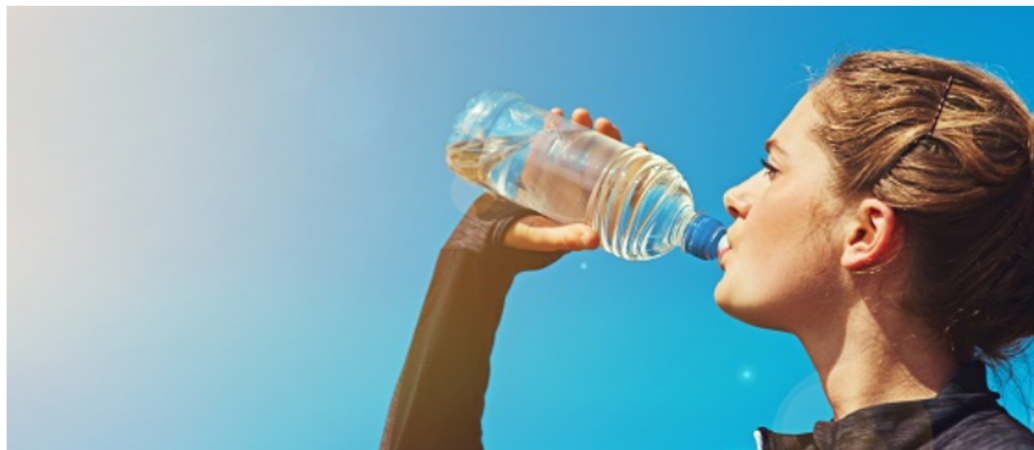
STAY HYDRATED

You will need to drink water or other fluids during exercise to replace the fluid lost through sweating

Aim for good daily hydration - drinking 2L of fluid a day

BE IN TUNE WITH YOUR BODY

If you are not feeling well, or need a rest, then listen to your body's needs. You know your own ability and strength better than anyone, and will also know what you can handle when you are being active.



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REFERENCES

1. <https://www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health>
2. https://www.nhdmag.co.uk/nhdbloglibrary/read_205019/sport-and-pku-yes-you-can-by-sarah-howe-imd-dietitian.html
3. https://www.nutricia.com/content/dam/sn/global/nutricia/nutricia-pictures/nutricia-pictures-brand-book/metabolics/Guia_PKU_ENG.pdf