

CATERING FOR A LOW PROTEIN DIET

This booklet is designed for chefs catering for patients following a low protein diet

The Loprofin Range and Sno-Pro are Foods for Special Medical Purposes, for the dietary management of Inherited Metabolic Disorders, and must be used under medical supervision.

MET1743UKIR



INTRODUCTION

We know that some people will be very familiar with cooking but may be new to cooking for a low protein diet.

That's why we have created this resource to help give you some **inspiration on the types of meals** to cook, help you organise your **catering plans** as well as some important information **about patients living with Phenylketonuria (PKU)**.

In this resource you will receive:



- ✓ Information booklet about PKU



- ✓ An example low protein menu and template menu



- ✓ Creative Cooking Loprofin folder with a wide range of recipes



- ✓ A list of exchange free vegetables, fruit and salad



- ✓ Tips on cooking low protein food including leaflets and YouTube videos from our specialist chef

INFORMATION ABOUT PKU

This booklet includes information about people living with PKU and why they need to follow a specific diet.



Example 1 - Low Protein Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|--|
| Option 1 | Banana blossom pasta With low protein garlic bread | Spanish tray bake With Loprofin Rice | Banana blossom taco With seasonal vegetables | Aubergine stroganoff With Loprofin Spaghetti | Keralan curry With Loprofin Rice |
| Option 2 | Corn dogs With Dirty fries | Loprofin Spaghetti & beetroot pesto With green salad | Pea and mint risotto With green salad | Veggie bolognese With jacket potato and seasonal vegetables | White pizza With salad or low protein garlic bread |
| Cold food | Roasted sweet potato and halloumi salad | Apple rice salad | Roasted carrot and parsnip salad | Mediterranean tart And fresh salad | Smoked cheese and aubergine pie With carrot and cucumber sticks |
| Sweet treat | Fudge brownie | Fruit scone | Apple or fruit pie With low protein custard | Shortbread biscuit | Chocolate muffin |
| Low protein foods to be supplied by parent | Loprofin Pasta Sno-Pro Loprofin Mix Loprofin Egg Replacer | Loprofin Rice Loprofin Spaghetti Loprofin Rice Loprofin Mix Loprofin Egg Replacer | Loprofin Mix Loprofin Rice Loprofin Mix Sno-Pro | Loprofin Spaghetti Loprofin Mix Loprofin Egg Replacer | Loprofin Rice Loprofin Mix Sno-Pro Loprofin Egg Replacer |

Two portions of vegetables or salad should be served with each main meal. See **page 8** for a list of fruit, vegetables and salad which are exchange free.

The Loprofin Range and Sno-Pro are Foods for Special Medical Purposes, for the dietary management of Inherited Metabolic Disorders, and must be used under medical supervision. These recipes are intended for patients or carers of patients who have been prescribed Loprofin by a healthcare professional.

The protein content indicated in these recipes are provided as a guide only. Please check the protein content on individual ingredients and food labels.

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

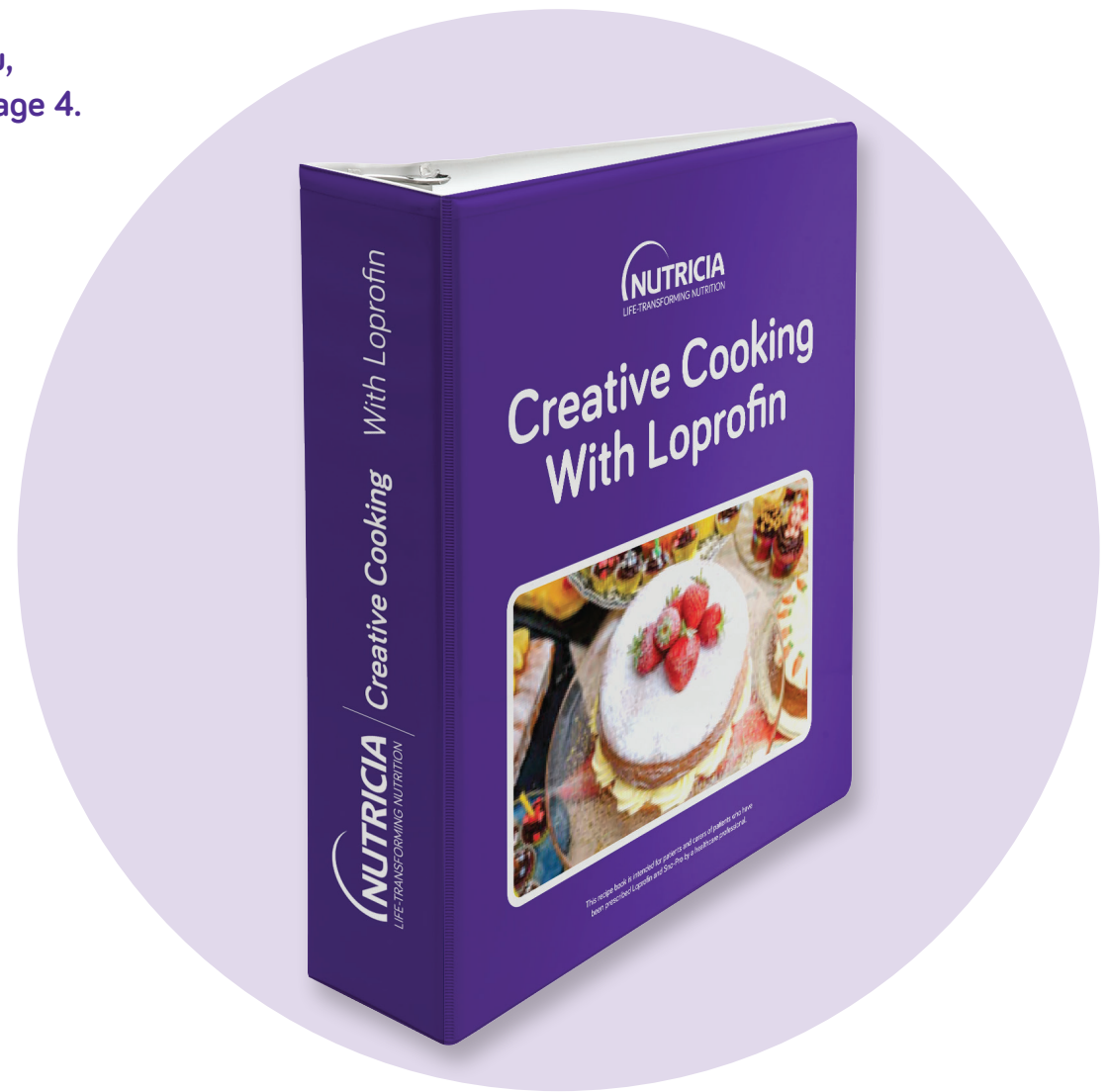
Create your own low protein menu using this template:

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------|---------|-----------|----------|--------|
| Main meal | | | | | |
| | | | | | |
| Low protein foods to be supplied by parent | | | | | |

LOW PROTEIN CREATIVE COOKERY FOLDER

The Creative Cookery folder should have been supplied to you, within which you can find the recipes in the plans set out on page 4.

For more low protein recipes, visit our website www.nutricia.co.uk



Please note not all the recipes within the creative cookery folder are exchange free.

Ensure that the patient/carer is aware of which recipes you will serve and the number of exchanges.

SUITABLE EXCHANGE FREE FRUIT, VEGETABLES AND SALAD

Fruit



- | | | |
|-----------------------------------|--------------|--------------|
| Apple | Gooseberries | Pear |
| Apricot | Grapes | Pineapple |
| Avocado | Grapefruit | Plums |
| Banana | Guava | Prunes |
| Apricots | Jackfruit | Quince |
| Blueberries | Kiwi | Raisins |
| Blackberries | Kumquats | Raspberries |
| Candied peel | Lemon/lime | Rhubarb |
| Cherries | Loganberries | Satsuma |
| Clementine | Lychees | Sharon Fruit |
| Cranberries | Mandarins | Star fruit |
| Currants | Mango | Strawberries |
| Damsons | Melon | Sultanas |
| Dates | Nectarine | Tamarillo |
| Dragon fruit | Orange | Tangerines |
| Dried fruit (not goji berries) | Papaya | Watermelon |
| | Peach | |

Vegetables



- | | | |
|---|-----------------------|-----------------|
| Artichoke | Fennel | Plantain |
| Avocado | Garlic | Pumpkin |
| Aubergine | Gherkin | Radish |
| Baby corn | Ginger | Spring onion |
| Beetroot | Herbs | Squash |
| Green beans (French, runner, dwarf) | Kohlrabi | Swede |
| Capers | Leek | Sweet potato |
| Carrots | Marrow | Turnip |
| Celeriac | Mushroom | Water chestnuts |
| Celery | Okra | White cabbage |
| Chayote | Olives | |
| Chicory | Onion | |
| Courgette | Pak choi | |
| Cress | Parsnip | |
| Eddoes | Peppers | |
| | Pickled vegetables | |

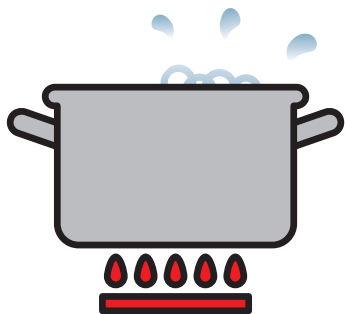
Salad



- | |
|----------|
| Cucumber |
| Lettuce |
| Tomato |

TIPS FOR COOKING THE PERFECT LOW PROTEIN PASTA AND RICE

1



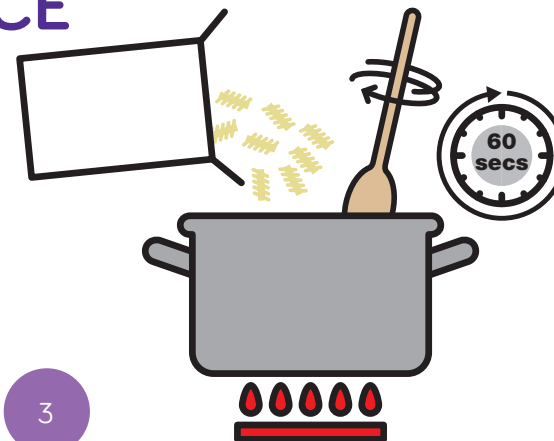
Use approximately 1L water per 75g pasta or rice. Ensure there is sufficient water in the pan to cover your pasta or rice.

2



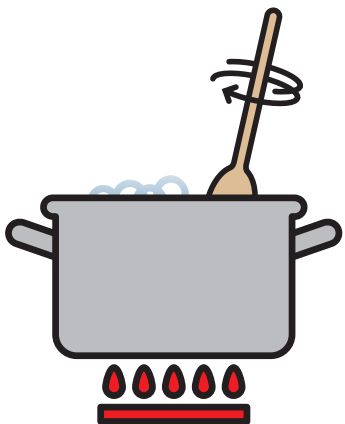
Optional - Add a 1 tbsp oil and 1 tsp salt per 1L of water. Make sure the water is boiling vigorously.

3



Add the low protein pasta or rice and stir for 1 minute until the water is brought back to the boil.

4



Occasionally stir the low protein pasta during cooking to stop it sticking together. If you are cooking low protein rice, stir it every couple of minutes as it is more likely to stick.

5



Once cooked, drain the low protein pasta or rice straight away.

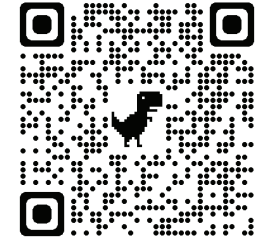
6



Rinse thoroughly with hot water to stop it sticking together. And it's ready to serve.

@lowproconnect
YOUTUBE

Use your phone to scan
the QR code to visit our
Low Protein Connect
Youtube channel



Cooking low protein meals can be a little bit different to cooking other meals. Therefore our specialist chef has put together some videos with some advice on cooking with low protein food.

Chef Derek has spoken on a variety of subjects, all of which can be found on the @lowproconnect YouTube channel, all videos are less than 10 minutes.

Videos include:

Cakes

Pasta

Bread

Curry

Biscuits



BATCH COOKING WITH LOPROFIN FOOD



There are similarities and differences when batch cooking with low protein food. Chef Derek's top tips for success are as follows:

1

All the recipes can be **multiplied up** to help with batch cooking

2

Loprofin mix will feel different to using wheat flour, don't worry this is normal

3

The **fat** you use can have a big effect on the finished baked goods, use butter or hard white fat rather than margarine. Margarine has more water content and will spread when baking

4

Low protein pastry, cookie dough, gingerbread and crumble topping can all be **frozen before or after baking** to help with batch cooking. **Cakes** can be frozen before they are iced

5

Batch making bread dough is easier because it doesn't need working like wheat bread.
Mix – Shape – Prove – Bake

6

The basic bread dough can be used to shape into **a range of breads (rolls, pizza base, wraps, naan bread)**. Once baked, allow to cool, wrap in clingfilm and freeze for three months until needed

7

Curry, cottage pie, veggie bolognese, crumbles, pies, pesto, sauces and soups can all be batch cooked and **frozen for three months** until needed

8

Custard - once made you can cool and freeze this in portions until needed for one month

9

Loprofin drink and Sno-Pro - once opened it must be consumed within 24 hours

