

**Laurie Bernstein, MS RD FADA**

**Associate Professor and Director of the Inherited Metabolic Disease Clinic, Children's Hospital Colorado**

1. NPKUA: How would you recommend a teen or adult with PKU manage their weight?  
Laurie:
  - **Add one fruit or vegetable to the beginning of each meal and use them as snacks.** This will help you feel full faster without filling up on calorie-rich food, or make you feel that you must limit other foods
  - Steam or bake foods to reduce need for added oils/butters
  - **Do something active every day for 30 to 60 minutes**
  
2. NPKUA: Are there any methods or tips you consider particularly helpful for a teen or adult with PKU who is trying to reduce his/her weight?  
Laurie: **Don't skip meals!** Always try to eat something, even something small. This will help your body to jump-start your metabolism.
  
3. NPKUA: Are there any exercise regimens you recommend or don't recommend for weight control for teens and adults with PKU?  
Laurie: Any activity that a person enjoys is good; this will help to motivate them to be active more often. Also, get a partner to exercise with to help increase accountability.
  
4. NPKUA: Do you have any concerns about teens or adults with PKU who are dieting?  
Laurie: **Reducing calorie intake can cause Phe levels to go up. Increasing your protein intake from formula may help to balance this.** An additional 10 g/day may be helpful.