



### **Travelling on a Low Protein Diet**

Travelling is exciting and fun, and if you plan ahead for your special dietary needs it can be relatively stress free!

Below are some tips for things to think about before you leave on your trip.

- ◇ Keep a Doctors note or letter from your clinic with you explaining what PKU/UCD or homocystinuria is and why you need a special diet and formula. (it may help at customs when you are trying to explain that 'suspicious looking white powder' that is your formula!)
- ◇ On the plane - try ordering a couple of fruit or vegetable platters
  - or you could try ordering a strict Vegan diet (not a vegetarian meal) and picking out the high protein things from your meal. (eg. Beans, legumes, or tofu)
  - confirm with the airline that they have arranged for this ahead of time
  - Bring lots of snacks on the plane (cookies, plantain chips, crackers, fruit snacks) low pro buns, low pro peanut butter
  - bring your formula and food with you in your carry on just in case your luggage is lost

◇ Low protein ideas on the go:

- Italian Ices, fruit ices, sorbets
- french fries are everywhere (order a small portion)
- fruit snacks or Energy-to-Go bars
- vegetables and salads
- popsicles and freezies
- Can take the toppings off of a pizza and just have the crust.
- Rice Krispie treats
- Hard candies are great to keep on hand
- Popcorn
- donuts, pastries
- Fruit juices, pop, lemonade, gatorade
- rice cakes, ginger snaps or graham crackers etc are always good if you can find them
- it may be handy to carry a few vegetable cup-a-soups with you
- Take some individual packages of jam to use on bread and toast.
- Take some coffee mate with you or Loprofin drink mix

◇ Ideas for lunch or Dinner

- any vegetables
- rice
- french fries
- vegetable foods
- vegetarian pizza (no cheese)
- mushroom burgers
- pasta
- potato
- vegetable sandwich
- rice dreams
- pasta with tomato sauce

◇ When making up your formula:

- Use bottled water to make up formula with.
- Take a shaker with you for mixing formula (or handheld mixer)
- ask your dietitian about substituting some of your formula with Phenylade bars (these are very handy if you are going on a day trip and don't want to have to bring water, formula etc)
- Take a thermos or refreezable ice packs for keeping the formula cold.

Some people prefer to pack their formula in little baggies because it takes up less room and doesn't weigh quite as much. The only thing is that this may cause you a bit more trouble in customs. The formula lasts for longer in a can so this may be another consideration. There was a report from someone on the listserv that their formula went bad because they were travelling in a very hot climate.

◇ If you weigh your food, there are small pocket scales that you can buy to take with you to weigh your food

◇ If it will be a long trip (ie. Several months) you may want to find out ahead of time the names and contact information of any low protein food and formula companies in the area where you will be travelling. Depending on how long your stay is, you can purchase food from your regular companies and have them mail it to your destination.

◇ Go on the PKU listserv ahead of time (even if you have MSUD, homocystinuria or a urea cycle disorder this would still be helpful as the diet is very similar) and ask people if they have ever travelled to where you are going. Perhaps they have some tips on where you can buy low protein foods.

◇ Some people suggest bringing frozen foods in a large soft cooler. You can ask the flight attendants to refrigerate your foods during the flight and ask

them for ice at the end of the flight to keep your foods cold if the flight is very long (you may want to arrange for this ahead of time).

◇ Depending on where you are travelling and for how long you may want to bring a camping stove or hot plate (check what kind of electrical outlets are in the location you are heading to - you may need a converter). You may want to bring 1 small pot, a spoon, and some covered bowls for storage, etc. - this allows you to cook a wider variety of foods.

◇ Ask for a kitchenette or for a refrigerator in your room. If this can't be done, ask them to empty the minibar. If no minibar, check to see if you can use the hotel's refrigerator.