P-153 - DEVELOPMENT OF A PKU RECIPE BOOK BASED ON TRADITIONAL MEXICAN CUISINE WITHOUT INDUSTRIALIZED LOW-PROTEIN PRODUCTS.


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INTRODUCTION: Diet for a lifetime can be difficult in Phenylketonuria (PKU), many factors could contribute to the lack of adherence. One important factor is creativity and variety of the daily diet and also the costs and availability of different foods; in order to contribute to provide alternatives to this problem, many recipe books have been developed in different countries, most of them include industrialized low-protein products and are based in local habits and customs. Available, low cost options for each country might contribute to improve compliance. OBJECTIVES: To elaborate a new recipe book for PKU patients, turning in to low protein some recipes of the daily Mexican cuisine, using ingredients that are locally available, without commercial low protein products. METHODS: A search in different Mexican cookbooks was made in order to find the most common traditional recipes low in protein. For every recipe phenylalanine (PHE), tyrosine, protein and energy data were calculated using the USDA data. Metabolic dietitians and a mother of a PKU patient contribute to cook every recipe and took photographs of each dish. RESULTS: Fifty-seven recipes were done; four basic recipes, twenty-three appetizers, sixteen main courses and fourteen desserts. The average protein per serving was 1.6 grams (minimum 0, maximum 4.4 g), the energy was 195 Kcal (0-987 Kcal) and the PHE was 52 mg (0-155 mg). DISCUSSION/CONCLUSION: In Mexico it is difficult and expensive to find commercial low protein food products, so this new Mexican recipe book for PKU patients, which only use natural ingredients that are available at most local supermarkets in Mexico, contributes to make easier, attractive and cheaper their diet. This cookbook is a new option to provide variety in meal planning with fifty-seven recipes.