

## Metabolinks September 2013

Blood Dots – Please remember to do your blood dot for September.

Network PKU Event – Network PKU along with Le Cordon Bleu College of Culinary Arts in Boston is hosting an interactive and hands on culinary workshop where participants will work side-by-side with professional PKU educators. This event takes place in Boston October 11 and 12. For more information please see [www.networkpkuevents.com](http://www.networkpkuevents.com)

PKU Book Project – One of our PKU patients is writing a book about PKU. Amanda Cosburn is putting together a book about experiences with PKU. She is looking for contributors. If you would like to share your story she has extended the deadline to October 20<sup>th</sup> and would like you to keep your story under 4000 words. For more information please contact Amanda at [amandacosburn@gmail.com](mailto:amandacosburn@gmail.com)

Quick Facts: Fats – Some answers to your questions about fats.

**What is fat?** Fats are a group of chemical compounds that contain fatty acids; fat is the part of food that carries its flavor, and when the body stores energy, it stores it mostly in the form of fat.

**How much do dietitians recommend I eat every day?**

According to the National Academy of Science, you should restrict your fat calories to 30 percent of your total daily calories. (A gram of fat has 9 calories). For the average woman, this means keeping fat consumption down to 60-75 grams daily; the average man should consume no more than 90 grams daily. If you exercise a lot, you can eat more; if you're trying to lose weight, you should eat less.



**What happens if I eat too much?** Saturated fats tend to raise your blood cholesterol levels, increasing your risk of developing atherosclerosis (hardening of the arteries) and heart disease; eating too much of any fat can lead to obesity, which carries with it a completely new set of problems, including an increased risk of developing arthritis.

**Should I cut fat out of my diet completely?** If you consume no fat at all, you will short-circuit your body's natural system for transporting vitamins through the body and regulating cholesterol levels. Fat also gives you energy. Children should not have the fat in their diets restricted, since fat supplies them with linoleic acid, which helps them grow properly.

**What is the difference between saturated and unsaturated fat?** Fat may be derived from animal products (most saturated fats are animal-derived), or from plants (polyunsaturated and monounsaturated). Scientists consider saturated fats to be the most dangerous of the three, because of their close links to heart disease. Meanwhile, if you eat unsaturated fat when you eat fat at all, it may help lower your cholesterol levels. (Adapted from CNN quick facts: fat)

### Asian Cabbage Salad

1 Tablespoon vegetable oil  
1 teaspoon sesame oil  
3 Tablespoons rice vinegar  
1 Tablespoon sugar  
1 teaspoon soy sauce  
pinch cayenne pepper  
3 cups shredded cabbage  
1 cup shredded bok choy  
¼ cup sliced green onion  
1 carrot, thinly sliced



Combine the first five ingredients in a medium sized mixing bowl and mix well to make dressing. Add the rest of the ingredients and mix together well. Cover and refrigerate until ready to serve, up to 24 hours.

Makes about 4 cups.

Per recipe: 125 mg phe

Per ½ cup serving: 16 mg phe

Green Olive Tapenade – This tapenade is a great topping for crostini (bread brushed with olive oil and baked until crusty), or bread, or can be tossed with cooked pasta. If you prefer the taste of black olives, substitute them for the green olives.



1 cup pitted green olives (125 gm)  
1 large clove garlic, coarsely chopped  
2 tablespoons capers, rinsed and drained (24 gm)  
1 cup loosely packed fresh flat-leaf parsley (20 gm)  
½ teaspoon dried thyme  
1/3 cup olive oil

1. In a food processor or blender, process olives, garlic capers, parsley, thyme, and oil until mixture forms a coarse puree.
2. Transfer mixture to a small bowl; cover and refrigerate if not using immediately. Bring to room temperature before using.

Makes 1 cup

Per recipe: Phe – 77mg, calories – 155

Per 1 tablespoon serving: Phe – 5mg, calories - 10