

## Metabolinks February 2015

Blood Dots and Annual Bloodwork – Don't forget to do your blood dot for February. As well if you are due (or overdue) for your annual bloodwork please go and have it done as soon as possible.

New Low Protein Cheese - The Vegan Gourmet Shreds list 0 grams protein per serving and the whole cheese blocs only 1 gram protein per serving. This company also makes Vegan mayo, salad dressing etc. The cheese blocks can be found at choices and whole foods but the shreds are harder to find. Some independent natural food markets sell them such as Donald's on commercial drive. Let us know if you find them anywhere else and if you like them.



<http://followyourheart.com/products/>

How Much Phe – Virginia Schuett's online phe guide is now available to Canadians. Please go to <https://howmuchphe.org/> to subscribe.

A New Recipe Site - Recently, Genevieve created the website [www.lowprorecipies.com](http://www.lowprorecipies.com) site to help people with inherited metabolic diseases in their everyday lives, convinced that a recipe is more than a simple way to prepare food, it is a tool to help accomplish their medical treatment. Her challenge was to develop simple recipes, visually appealing, tasty and low in protein! She wanted to prove to everyone that following a low protein diet can be easy and delicious. Detailed nutritional value for each amino acid is available for each recipe of this website. The recipes have been developed with products available in Quebec, at the grocery stores or through companies that manufacture food especially for the treatment of inherited metabolic diseases.

Omelette Bites – A recipe from the Genevieve's new site

Ingredients:

3 Tbsp (45 ml) Country Sunrise Egg substitute (0951)

2 tsp (10 ml) canola oil

4 Tbsp (60 ml) water

2 tsp (10 ml) finely chopped red pepper

1 tsp (5 ml) chopped green onion

pepper

salt

herbs



Preparation:

- Mix all ingredients together.
- Pour into lightly oiled mini muffin pan.
- Bake at 375 F for 20 minutes.

Number of servings: 1

Serving size: 4 bites

Nutrition for 4 omelette bites: 20mg phe and 168 calories

Save The Date – The 2015 CanPKU education event will be taking place in Vancouver on Sunday, May 24.