



Joseph's Story

My name is Joe and I am 5 years old! I attend my neighborhood elementary school and I love math and going to the library! I recently learned how to count to 113, which is great for Pre-K! My special diet is a big part of my life, but I try to focus on other things like spending time with friends, playing soccer, building Legos and hanging out with my sister, Anna! She is 8 and does not have PKU, but she always wants to try my food! Sometimes she tells me it's better than her food. Drinking my special milk (Phenex-2) is not always easy, but I get it done and it keeps me super healthy. I also do my very best to meet my phe goal each day. My favorite low protein foods are "French" Chocquitos from Maddy's Low-Protein Food Store, Cambrooke Pizza Pockets, Ener-G Tapioca Loaf toast and Aprotin pasta. I also love broccoli, pineapple rings, pears, apples, watermelon, cucumbers and tomatoes! Every two weeks I am really brave and help my mom prick my finger, so we can send a filter paper card to the Emory Genetics Laboratory. My mom and dad know I am doing well when my metabolic dietician emails my phe level results! Everyone is so proud of me. They know having PKU is not always easy, but if I stay on my special diet, I can be anything I want to be!