

Hello Everyone,

I am very thrilled to announce that **the new Low Protein Food List for PKU is now available for sale!**

ORDERING YOUR COPY OF THE NEW FOOD LIST

Please go to <http://www.pkunews.org/forms/lowproFoodList.htm>

Click on the cover graphic of the Low Protein Food List for PKU which you will see on the left hand side of the page. This will take you to a description of the food list's new third edition and make available to you several sample pages from the book for viewing. To order the book, just click on the "**Click here to order now**" button.

While there will be a computer screen version available at a later time, we are still working on the details for that and hope to have it ready to go in early 2011. The price has yet to be determined, but will be equal to or slightly lower than the printed version. !

What is available now is the printed version of the food list, **a 288 page 8 x 10-inch book with over 6,000 food entries** (the previous edition had just over 3,000 and a large percentage of those were deleted for this edition as they are no longer made!). It also includes a **complete index** as well as **helpful updated introductory material**. It does NOT include Baby Foods, which will eventually be a separate downloadable file on my website; unfortunately, this list will not be ready for up to several more months due to the difficulty we have had in getting new data.

By the way, I have been observing the food information requests from members of our Listserv group over the past several months and can happily tell you that almost every request I have seen is an item that you will find in the new book! Of course I also took many of the requests from the past year or so and incorporated those items into the new list as well.

It was a monumental task to produce such an extensive list, by me and number of other people, and I hope that the end result meets your every hope and expectation!

BULK FOOD LIST PURCHASES

At the bottom of the website page with the food list description you will find that I have some special notes about the book, including a note for clinics/institutions wanting to order in bulk (there is a \$10 per book discount if you order a minimum of 20 books, in increments of 20). I will need a check in hand from any institution that wants to purchase in bulk before I can arrange to have books sent to you. So especially if you are trying to use up any "extra" year-end money, I advise getting your check process going immediately. You will need to e-mail me directly about your intentions to order in bulk so that I can advise you about shipping costs and overall cost of your order. (By the way, I will be out of my office Dec. 9-13, so let me know either before or after I return.)

FOR PEOPLE WHO CANNOT AFFORD THE NEW FOOD LIST

Income from the sale of the food list is what keeps National PKU News afloat, so we priced the book to pay our expenses for the new edition and to meet our ongoing needs.

For families/adults who cannot afford the book, the National PKU Alliance has generously given me a small grant to use to purchase extra books. Any needy family will need to e-mail me directly, explaining your financial circumstances, so I can consider their request. (I want to hear from the family not from the clinic staff unless the family has no e-mail)

ON-LINE NEWSLETTER SUBSCRIPTIONS AND DONATIONS

I also want to let everyone know other exciting news:

I have now made it possible for everyone to subscribe to the newsletter or renew your subscription via PayPal on my website! For ordering information, just click on the newsletter page graphic on the Home Page that appears directly to the right of the food list cover graphic.

Also, you can make donations to National PKU News on my website, via PayPal, by clicking on the Donate to National PKU News button on the Home Page and/or you can donate to the Guthrie Scholarship program by clicking on the button you will see on the Home Page. **General support for National PKU News and for the scholarship program are greatly needed and encouraged, so please consider giving generously. Donations are tax-deductible as allowed by law.**

I hope you and your families will enjoy the new food list!

Happy Holidays and Best Wishes,

Virginia Schuett
Nutritionist and Director
National PKU News