User Guide for
www.mypkudiet.com

Hello and welcome to mypkudiet.com. mypkudiet.com is the companion web site for a free Android based mobile application called PKUDietBook (see pkudroid.wordpress.com for detail). It is a content management based web site that is designed to allow users to electronically enter and store information such as low protein food, daily diet records and blood test Phe level for PKU disorder. Such information can also be shared with either doctors or dietitians. Both this web site and its companion mobile application PKUDietBook are free to use. The only cost for you would be letting me know how I can improve this site and the mobile app; so I can better serve PKU patients, their parents and anyone related to the PKU disorder. I really hope this web site and the Android mobile application could make your life a lot easier as it did for me.

My name is TJ Lee, author of this web site and the Android based mobile application PKUDietBook. I am a father of two, seven-year old A and three-year old V. who has classic PKU. Before I developed this site and the mobile application, I had to spend countless time almost everyday looking up low protein foods in the book, calculating V's diet, writing records down, and copying them into diet record sheets for my son's dietitians. Then one day, I asked myself, "I am an IT professional, why can't I make my life easier in dealing with the demands of everyday life, including a child with PKU?" Now, a few months later, everything I mentioned above can be done on the finger tip of my cell phone, HTC Google G1.

Contact us at: tlee@mypkudiet.com

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1. Account Management

1.1 Creating a New Account

To Create a New Account on www.mypkudiet.com website, click on the Create New Account link on the left hand side under the User Login Section.   The following fields are required to create a new account:

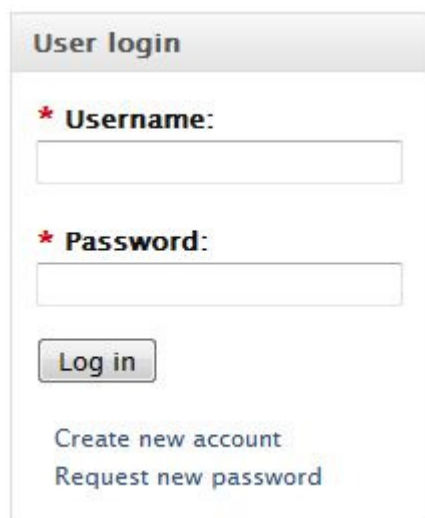**UserName:** This is specified by the user.

Email Address: The system needs a valid email address. This email address is used by the system to send new passwords if requested and any system notifications. This email address will not be for public use.

Full Name: This is the user's full name (i.e. John Smith).

Once you submit the above information, the system will send you a temporary password to the email address provided for you to login to the website for the first time.

1.2 User Log In

Once you receive your temporary password via email, you may login to the system using the User Login located on the left side of the homepage.   Enter your user name and password and click the login button.

1.3 My Account/Account Settings

Once you are logged into the system, you may go to My Account and change your account information, like email address, password, and Full Name. You will want to change your password from the temporary password once you log into the system for the first time. You will also be able to set your locale/time zone information.

To change this information you will click on the My Account Tab at the top of the home page. On the My Account Page, you will see your Name and Member History. Click on the Edit tab. Under Edit you will see your Account Information. You will be able to change the email address, password, and your locale/time zone setting. Make the changes and then click save.   If you want to change your full name – click on personal information then change your Full Name and click save.

1.4 Request a New Password

If you forget your password, you can request a new password, by clicking the Request New Password link in the User Log In section on the main page. You will be asked to enter your username or email address and the system will send you a new temporary password to log into the site.

1.5 Dietician/Doctor Access

If you would like your dietician or doctor to be ableto login and view your Diet Records, you can request a "Read Only" account login for the website. Send your request to tlee@mypkudiet.com. You will need to include your dietician/doctor's name and email address in the email request. The login information will be sent directly to the dietician or doctor.

Once the doctor or dietician logs in he or she will select the patient name whose records he or she wants to view. The dietician or doctor can select a date range of diet records to view for the patient. The dietician or doctor will then see the Diet Record report for that time period for that patient.

2. My Favorite Foods List

2.1 Adding Low Protein Foods to My Favorite Foods List

To simplify creating diet records, the system will use low protein food items that are added to the user's My Favorite Foods List for selecting foods to add in a diet record. This eliminates a user from having to scroll through thousands of foods when creating diet records.

The first time you come to the site, a user will want to create an initial list of Favorite Foods before creating any diet records. The user can always add more foods to the list or delete foods from the list at any time.   If a user creates a new low protein food item, that item will automatically be added to that user's My Favorite Foods List.

To add a low protein item to your My Favorite Food list, click on the Low Protein Foods report and then search for the food you want to add to your Favorite Foods List.

The user can find a low protein food by using word search or by scrolling through the list. Once you have found the low protein food item you want to add to your Favorite Foods, click on the item name to bring up the food item detail. At the bottom of the details page, click on the Add to Favorites button.

Home

Low Protein Food List for PKU

Enter Food Name Here: **Brand:**

Broccoli

Section:

<Any>   [Apply]

Food▲	Name	Section	Brand	Measure	Weight	Phe	Exchange	Phe Per Gram
Broccoli raab, cooked	USDA Data	USDA– Vegetables and Vegetable Products		1 bunch cooked	437g	673mg	44.87	1.54mg/g
Broccoli raab, raw	USDA Data	USDA– Vegetables and Vegetable Products		1 serving	100g	128mg	8.53	1.28mg/g
Broccoli, cooked florettes	TJ Lee	Fruits & Vegetables		1/2 cup	40g	33mg	2.20	0.83mg/g
Broccoli, cooked, boiled, drained, with salt	USDA Data	USDA– Vegetables and Vegetable Products		1 stalk, large (	280g	252mg	16.80	0.90mg/g
Broccoli, cooked,	USDA	USDA–		1 stalk,	280g	252mg	16.80	0.90mg/g

Home

Broccoli, cooked florettes

Posted Tue, 09/01/2009 – 14:28 by TJ Lee

Food:
Broccoli, cooked florettes
Section:
Fruits & Vegetables
Category:
Vegetables
Measure:
1/2 cup
Weight:
40g
Phe:
33mg
Exchange:
2.20
Phe Per Gram:
0.83mg/g
Protein:
1.20g
Calories:
11cal
Data Source:
Low Protein Food List for PKU

add to favorites

2.2   Viewing My Favorite Foods List

To view the Low Protein foods that you have added to your My Favorite Foods list, click on the My Favorite Foods in the Reports Menu.

Reports

Low Protein Foods

Diet Records

Blood Phe Level

My Favorite Foods

You will then see your list of My Favorite Foods. These are the foods that you will see in the selection list when creating a diet record.

Favorite Low Protein Food for PKUs for Kathy Friedl

Title	Added	Operations
Peaches, canned, drained slices or halves	2010-06-28 14:15	delete
Low Protein Pasta 25g and 9g Shake N Cheese Sauce	2010-06-28 14:15	delete
Dum Dum Lollipops	2010-06-28 14:15	delete
PKU Egg Mix	2010-06-28 14:15	delete
Low Protein American Cheese Singles	2010-06-28 14:15	delete
LP Flakes Cereal	2010-06-28 14:15	delete
Low Protein Cheese Ravioli	2010-06-28 14:15	delete
Low Protein Pasta Tiny Circles	2010-06-28 14:15	delete
Applesauce Snack Pack	2010-06-28 14:15	delete
Low Protein English Muffins – TC Bread Mix	2010-06-28 14:15	delete
Large Marshmallows	2010-06-28 14:15	delete
Periflex Junior (108g)/Lactaid Whole Milk (104)	2010-06-28 14:15	delete
Apple Butter	2010-06-28 14:15	delete
Mandarin Orange, canned, drained	2010-06-28 14:15	delete
Watermelon, chunks or balls	2010-06-28 14:15	delete
Banana, fresh, peeled, medium	2010-06-28 14:15	delete
Low Protein Ditalini (short ribbed macaroni), dry	2010-06-28 14:15	delete
Low Protein Short Grain Rice, dry	2010-06-28 14:15	delete
Lemon Pudding, Snack Pack, 3.5 oz. cup	2010-06-28 14:15	delete
LP – Fruity Cereal – Apple Banana	2010-06-28 14:15	delete

2.3 Deleting Foods from My Favorite Foods List

To delete a food from your My Favorite Foods list, click on the My Favorite Foods report. You will see your list of Favorite Foods. Click on "delete" for the food item you want to remove from your list. Deleting a food item from your favorites list DOES NOT delete the item from the Low Protein Food list, only from your Favorite Foods list.

3. Low Protein Food List

3.1 View /Search Low Protein Food List

Once you are logged into the site, on the upper left hand side of the home page screen you will see a section called Reports.

Reports

Low Protein Foods
Diet Records
Blood Phe Level
My Favorite Foods

If you click on the Low Protein Foods link you will get the entire list of the food database. There are over 3000 food items listed from the USDA database, plus any personal food data entries that you may have entered. There are several different categories of food items that you can use to narrow the list or you can search for a specific food item at the top of the page. To search for a specific item, type in a food name, brand, or select a category and click the Apply button.

Low Protein Food List for PKU

Enter Food Name Here: Squash

Brand:

Section: USDA-Baby Foods   [Apply]

Food▲	Name	Section	Brand	Measure	Weight	Phe	Exchange	Phe Per Gram
Babyfood, vegetables, squash, junior	USDA Data	USDA-Baby Foods		1 cup	224g	65mg	4.33	0.29mg/g
Babyfood, vegetables, squash, strained	USDA Data	USDA-Baby Foods		1 cup	224g	65mg	4.33	0.29mg/g

The system will list any matching items to your search.

To see more detailed information on a food item, simply click the Food Name on the list and the system will provide you with more specific detailed information on that food item.

You may also search the food list without having to log into the site or going into Low Protein Food List and Report by using the Search located on the left hand side of the home page.

Enter Food Name Here:

Brand:

Section:
<Any>

[Apply]

3.2 Create a New Food Item

To create a new food item, go to the top menu click Create Content and select Low Protein Food for PKU. To enter a new food item you will need to enter the following information (*these are required):

Food*: This is the food name (i.e. Spiral Pasta, Van's Gluten Free Waffles, etc)

Section*: What section the food appears in the Low Protein food list (i.. Free Foods, Fruits and Vegetables)

Category*: What category the food appears in the Low Protein food list (i.e Fruits, Breakfast foods)

Brand: The manufacturer who makes the food (i.e. Aproten, Lo Profin)

Measure*: This is the serving measure of the food (i.e. 1/3 cup, 1 bar)

Weight*: This is the weight of the serving measure (i.e. 1/3 cup pasta = 50 grams)

Phe*: Phe per serving measure

Exchange*: 15 mg phe exchange per measure

Phe per Gram*: Milligrams of phe per gram of food

Protein*: amount of protein per serving measure

Calories*: amount of calories per serving measure

Data Source*: The source of the food data (Low Protein Food list, USDA, Personal)

You can preview the new food list record by clicking the Preview button or click Save to save it immediately.

Any time you create a new Low Protein Food item, that item will automatically be added to your My Favorite Foods list.

3.3 Edit a Food List Item

You can edit any food list item that you create. To edit one of your food list items, click on the food item name either from the Low Protein Food List or from the Diet Records List. You will see the details of the food item you selected. Click the Edit tab then the details page will be in edit mode. You can change any of the detail fields, then click the Save button to save your changes.

Chicken Flavored Pattie/Nugget Mix

View   Edit

Posted Sun, 02/07/2010 – 19:45 by Kathy Friedl

Food:
Chicken Flavored Pattie/Nugget Mix
Section:
Low Protein
Category:
Low Protein
Brand:
Country Sunrise
Measure:
30g
Weight:
30g
Phe:
41mg
Exchange:
0.00
Phe Per Gram:
1.30mg/g

4. Diet Records

4.1 Create a new Diet Record

To create a new Diet Record, click on the Create Content Tab at the top of the page. Select Diet Record for PKU. You will need to enter the following information.

Date*: The system will default to the current date.

Mealtime*: you can select either Breakfast, Lunch, Dinner, Morning Snack, Afternoon Snack, Evening Snack, or Others for the mealtime.

Food*: Select a food that is in your My Favorite Food List

Serving Quantity*: The food serving quantity (i.e. 30 grams, 20 fl oz)

Serving Unit*: The unit measure (i.e. Grams, Fluid Oz, Measure, Exchange, Serving Size)

The system will then calculate the correct amount for the following fields based on the data entered above and the food list item's data in the database:

Phe Total*: Total phe consumed

Protein Total*: Total Protein consumed

Calories Total*: Total Calories consumed

Click Preview to view the details before saving or Click Save to save the record.

Once you have created the Diet Record, you can view the Diet Records by clicking on Diet Records under Reports List. The system will default to showing the current 3 days diet records. The system will display total phe, total protein, and total calories for each day's diet record at the bottom.

Wed, 02/10/2010

Date	Meal Time ▼	Food	Serving Quantity	Serving Unit	Phe Total	Protein Total	Calories Total
Wed, 02/10/2010	Afternoon Snack	LP Flakes Cereal	10.00	Gram	0.50mg	0.00	37
Wed, 02/10/2010	Dinner	Applesauce Snack Pack	95.00	Gram	9.50mg	0.00	98
Wed, 02/10/2010	Breakfast	Low Protein English Muffins – TC Bread Mix	30.00	Gram	7.80mg	0.00	54
Wed, 02/10/2010	Lunch	Low Protein Pasta Tiny Circles	50.00	Gram	15.00mg	0.30	172
Wed, 02/10/2010	Dinner	Cook for Love – Glazed Carrots Recipe	50.00	Gram	17.50mg	0.00	41
Wed, 02/10/2010	Others	Periflex Junior (108g)/Lactaid Whole Milk (104)	20.00	Fluid Oz.	152.64mg	30.46	493
Wed, 02/10/2010	Breakfast	PKU Egg Mix	42.00	Gram	17.64mg	0.00	120
Wed, 02/10/2010	Lunch	Shake N Cheese	6.00	Gram	15.96mg	0.00	20
Total SUM					236.54mg	30.76g	1035cal

To view Diet Records for another date, you can enter the date in the date range fields at the top of the Diet Records page.

From Date:
2010-02-09
Format: 2010-02-13

To Date:
2010-02-12
Format: 2010-02-13

Go

Or you can click on a date on the Calendar at the bottom left side of the page.

4.2 Edit a Diet Record

To edit a Diet Record, simply click on the Serving Quantity field of the Diet Record you would like to edit and the Diet Record detail will show. Click the Edit tab then the details page will be in edit mode. You can change any of the detail fields, then click the Save button to save your changes.

PKU Diet Record–2010–02–09

View   Edit

Posted Tue, 02/09/2010 – 13:43 by Kathy Friedl

Date:
Tue, 02/09/2010
Meal Time:
Lunch
Food:
Banana, fresh, peeled, medium
Serving Quantity:
16.00
Serving Unit:
Gram
Phe Total:
6.08mg
Protein Total:
0.17
Calories Total:
15

4.3 Delete a Diet Record

To delete a Diet Record, simply click on the Serving Quantity field of the Diet Record you would like to delete and the Diet Record detail will show. Click the Edit tab then the details page will be in edit mode. At the bottom of the edit page, you can click on the Delete button to delete the Diet Record.

4.4 Printing Diet Records

To print a diet record or a group of diet records, go the Diet Records Report and select the date or date range of diet record(s) you wish to print. Click on the Printer Friendly link at the top of the Diet Records page.

PKU Daily Diet Records

🖨 Printer-friendly version

A new window will open with a Printer Friendly report format for printing out your diet records.

PKU Daily Diet Records

Tue, 02/09/2010

Date	Meal Time ▾	Food	Serving Quantity	Serving Unit	Phe Total	Protein Total	Calories Total
Tue, 02/09/2010	Lunch	Banana, fresh, peeled, medium	16.00	Gram	6.08mg	0.17	15
Tue, 02/09/2010	Afternoon Snack	Low Protein English Muffins - TC Bread Mix	1.00	Serving Size	8.00mg	0.00	54
Tue, 02/09/2010	Others	Periflex Junior (108g)/Lactaid Whole Milk (104)	20.00	Fluid Oz.	151.84mg	30.46	493
Tue, 02/09/2010	Lunch	PKU Egg Mix	42.00	Gram	17.64mg	0.00	120
Tue, 02/09/2010	Lunch	Mandarin Orange, canned, drained	30.00	Gram	6.00mg	0.19	11
Tue, 02/09/2010	Dinner	LP - Fruity Cereal - Apple Banana	42.00	Gram	29.40mg	0.75	189
Tue, 02/09/2010	Breakfast	Low Protein English Muffins - TC Bread Mix	30.00	Gram	7.80mg	0.00	54
Total SUM					226.76mg	31.57g	936cal

5. Blood Phe Records

5.1 Creating a Blood Phe Level Record

To create a Blood Phe Level Record, go the Create Content tab at the top of the page. Choose Blood Phe Level Record. To create a new blood phe record you will need to enter the following

information. Once you enter the information required, click Save to save the record or Preview to view the record before saving.

Sample Date*: Date blood was drawn

Phe Level*: Blood Phe level

Average Phe Intake: You can track the Average daily phe intake for the blood level sample period if you want to monitor phe intake to levels. To have this calculated select Number of Days Average field below.

Number of Days Average*: If you select either a 3-day or 4-day intake, the system will automatically calculate the Average Phe Intake total above for the selected period.

Notes: You can enter notes around the blood phe level sample (i.e. illnesses, mood, behavior, eating habits, etc)

Home

Create Blood Phe Level Record

* Sample Date:

Mon, 03/29/2010

Format: Mon, 03/29/2010

Contains the phe level blood sample date for PKU patients.

* Phe Level:

Contains the phe level reading in a blood sample for PKU patients.

Avergage Phe Intake:

mg

Contains the average daily phe intake amount in diet for the last 3-4 days.

* Number of Days Average:

3-day Average

Notes:

Save   Preview

Once you have entered the Blood Phe Level Record(s) you can view them by going to Blood Phe Level Reports on the upper left side of the page. The system date range for Blood Phe levels are

60 days. To change the date or date range of Blood Phe Level Record(s) simply enter a new date or date range.

Home

Blood Phe Level Records

From Date:
2009-12-14
Format: 2010-02-13

To Date:
2010-02-12
Format: 2010-02-13

Apply

Sample Date ▼	Phe Level	Avergage Phe Intake	Notes
Sun, 02/07/2010	3.00		Emma seems to be doing well – eating well and drinking her formula well. No phe allowance changes. Next blood level Feb 21th.
Sat, 01/30/2010	10.40		Emma had been sick the previous couple weeks and had stopped eating and drinking formula for several days. She had been getting back to normal diet about 4 days prior to blood draw.

5.2 Edit Blood Phe Level Record

To edit a Blood Phe Level record, simply click on the Sample Date of the Blood Phe Level record you would like to edit and the Blood Phe Level record detail will show. Click the Edit tab then the details page will be in edit mode. You can change any of the detail fields, then click the Save button to save your changes.

5.3 Delete Blood Phe Level Record

To delete a Blood Phe Level record, simply click on the Sample Date of the Blood Phe Level record you would like to delete and the Blood Phe Level record detail will show. Click the Edit tab then the details page will be in edit mode. At the bottom of the edit page, you can click on the Delete button to delete the Diet Record.

6. Diet Record Daily Notes

6.1 Create a Daily Note

To create a daily note for a diet record, go to Create Records and select Diet Record Daily Notes. Enter the date and the text for the daily note. Click Preview to view the details before saving or click Save to save the note. Once the note has been saved, you will see the note appear at the top of the diet record in the Diet Record report view.

Thu, 03/25/2010

Notes: emma was not into drinking formula today.

Date	Meal Time	Food	Serving Quantity	Serving Unit	Phe Total	Protein Total	Calories Total
Thu, 03/25/2010	Others	Fruit N Gel To Go Peaches in Strawberry Gel	0.50	Measure	2.50mg	0.10	45
Thu, 03/25/2010	Dinner	LP – Fruity Cereal – Apple Banana	20.00	Gram	14.00mg	0.36	90
Thu, 03/25/2010	Breakfast	LP – Fruity Cereal – Apple Banana	35.00	Gram	24.50mg	0.63	158
Thu, 03/25/2010	Lunch	Low Protein American Cheese Singles	1.00	Measure	20.00mg	0.40	35
Thu, 03/25/2010	Dinner	Mandarin Orange, canned, drained	110.00	Gram	22.00mg	0.71	41
Thu, 03/25/2010	Others	Periflex Junior Unflavored (108)/Lactaid Whole Milk (94)	16.00	Fluid Oz.	109.88mg	24.10	387
Thu, 03/25/2010	Lunch	Low Protein English Muffins – TC Bread Mix	1.00	Measure	8.00mg	0.00	54
Total SUM					**200.88mg**	**26.3g**	**810cal**

6.2   Edit/Delete a Daily Note

To edit or delete a daily note, click on the note that you want to delete or edit in the Diet Records report. You will be on the detail view of the note. Click on the Edit tab. If you want to edit the note, make the changes in the text box and click Preview or Save button. To delete the note, click the Delete button.