

# Low-fat, Low Sugar Recipes for the Prader-Willi Syndrome Diet *(and anyone else who needs to watch calories)*



**LOW-FAT, LOW SUGAR RECIPES FOR THE  
PRADER-WILLI SYNDROME DIET**  
*(and anyone else who needs to watch calories)*

***Working Together  
To Change Lives!***

A Prader-Willi Syndrome Association | USA Publications

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# TABLE OF CONTENTS

<i>Dedication</i> .....	<i>Inside Back Cover</i>
<i>Author's Acknowledgements</i> .....	<i>iv</i>
<i>Forward</i> .....	<i>v</i>
<i>Introduction</i> .....	<i>vi</i>
<i>Characteristics of Prader-Willi Syndrome</i> .....	<i>vii</i>
<i>Prader-Willi Prayer</i> .....	<i>viii</i>
<i>Letter from Matt</i> .....	<i>ix</i>
<i>Substitution Listing</i> .....	<i>x</i>
<i>Sweetener Substitution Chart</i> .....	<i>xvi</i>
<i>Saturated Fat Content</i> .....	<i>xvi</i>
<i>General Tips</i> .....	<i>xviii</i>

## **Baby and Infant Recipes**

Fortified Milk .....	2
Mangoes .....	2
Ripe Baby Fruit .....	3
Sweet Potatoes .....	4
Squash and Apples .....	5
Puree of Beef and Vegetables .....	6
Peaches .....	7
Broccoli .....	8
Baby's Shepherds Pie .....	9

## **Just Fun Section**

Blowing Bubbles.....	11
Face Paints .....	11
Play Dough.....	12
Fingerpaint .....	12

## **Snack Menu**

Flavored Gelatin Treat.....	14
Black Cherry Gelatin .....	15
Snow Cones.....	16
Popsicles.....	17
Yogurt Popsicles .....	18
Fruit Sherbet .....	19
Dripless Popsicles .....	20
Creamy Jigglers .....	21
Strawberry Delight .....	22
Ice Cream on-a-Stick .....	23
Gummy Chews .....	24
Apple Crisp.....	25
Orange Mandarin Delight.....	26
Orange Rice Pudding.....	27
Oat Bran Muffins .....	28
Cinnamon Crisps.....	29
Ice Cream Squares .....	30

## **Cookies, Breads, Cakes and Muffins**

Chocolate Layer Cake .....	32
Corn Bread .....	33
Meringue Cookies .....	34
Almond Rice Cookies.....	35
Kyra's Muffins .....	36
Popcorn Cookies .....	37
Apricot Oatmeal Muffins.....	38
Pumpkin Muffins.....	39
Blueberry Bran Muffins .....	40
Oatmeal Cookies.....	41

Creamy Corn Muffins .....	42
Orange Banana Cake .....	43
Chocolate Cupcakes.....	44
Cranberry Bread.....	45
<b>Beverages</b>	
Carrot Juice.....	47
Low-Cal Juice .....	48
Cocoa Syrup .....	48
Fruit Shake.....	49
Milk Marvels .....	50
Fruit Yogurt Shake.....	51
Yogurt Shake.....	52
Lemonade .....	53
Dietetic Syrup.....	54
Eggnog.....	55
Fruited Yogurt .....	56
<b>Dressings and Marinades</b>	
Low Calorie Dressing .....	58
Herbed Yogurt Dressing .....	59
Korean Marinade .....	60
Balsamic Marinade .....	61
<b>Soups and Salads</b>	
Hot and Sour Scallop Soup .....	63
The Cabbage Soup Recipe .....	64
Hamburger Soup.....	65
Vegetarian Barley & Bean Soup.....	66
Chicken Pasta Salad .....	67
Baked Potato Salad .....	68
Fall Salad .....	69
Rhubarb Swirl Salad .....	70
Chinese Salad .....	71
Carrot Salad .....	72
Chicken Gelatin Salad .....	73
Chicken Salad .....	74
Quick Pasta Salad.....	75
Italian Mushroom Salad .....	76
Tomato Apple Salad .....	77
Sunshine Salad .....	78
Waldorf Salad .....	79
Macaroni Salad .....	80
Crab and Spinach Salad .....	81
<b>Breakfast Menu</b>	
Breakfast Marvel .....	83
Pancakes .....	84
Omelets .....	85
Cottage Cheese Pancakes .....	86
Rice Pancakes .....	87
<b>Appetizers, Vegetables, Sauces and Dips</b>	
Onion Dip .....	89
White Wine Sauce.....	90
Nibbler .....	91
Stuffed Zucchini .....	92
Fettuccine Green Beans .....	93
Dilled Carrots in Wine .....	94
Mushroom Oriental.....	95
Bruschetta .....	96

## Seafood

Seafood Fat Content .....	98
Kyra's Fish Sticks .....	99
Tuna Fish Curry .....	100
Quick Tuna Casserole .....	101
Salmon Patties .....	102
Noodles Supremo .....	103
Pacific Pasta Sauce with Salmon .....	104

## Side Dishes

Low Fat Spicy Fries .....	106
Mushroom Rice .....	107
Mushroom Oriental .....	108

## Beef, Pork and Poultry

Easy Chili .....	110
Cabbage Rolls .....	111
Beef Stroganoff .....	112
Spanish Rice .....	113
Singapore Beef and Tomatoes .....	114
Cajun Chicken Breasts .....	115
Salsa Chicken .....	116
Chicken Breasts in Orange Sauce .....	117
Chicken a la King .....	118
Baked Chicken Casserole .....	119
Chicken Cacciatore .....	120
Spinach Fettuccine with Chicken .....	121
Creamy Chicken Noodles .....	122
Chicken with White Wine .....	123
Spicy Cajun Chicken Breasts .....	124
Grilled Jerk Chicken .....	125
Ham Kabobs .....	126
Ham Roll-Ups .....	127
Italian Pork Chops .....	128
Turkey Loaf .....	129
Turkey Parmesan .....	130
Turkey Stroganoff .....	131

## Miscellaneous

Hamburger Helper .....	133
Salt Substitute .....	134
Special Cheese Log .....	135
Play Off Pizza .....	136
Mushroom Linguini .....	137
Low-Fat, Low-Sodium Casserole Mix .....	138

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Parents of PWS individuals who have shared their very important stories and emotions.

Geoffrey and Margaret Willott, PWSA of Alberta, Calgary, Canada for their wisdom.

Kyra, Kendra and Derek, my children, for their love.

And Darren, my husband, for all his support.

## Foreword

A comprehensive Prader-Willi syndrome cookbook has been a goal of PWSA | USA for years- and as we have witnessed many times in the past, it took a wise and dedicated parent to accomplish this goal! We cannot thank Donna Unterberger enough for creating this wonderful cookbook with unique and creative low fat-low sugar and low calorie recipes. What is special for our children with PWS, who have to live their lifetime on a diet, are the many fun recipes so that their life is not all a blur of bland salads. In the book, Donna also shares tidbits of information, about managing the syndrome, that she has picked up through the years.

Donna thanked the association for years of support and information. Now it is our turn to thank her back. It is wonderful to see the evolution of parents who grow in their knowledge, strength, and confidence and then come back to help others. Donna's book will not only ease the way for many families dealing with Prader-Willi syndrome, it can be a daily aid to all combating obesity.

*Janalee Heinemann, MSW*

## Introduction

Counting calories in our house is a way of life. Trying to find innovative ways to come up with low sugar and low fat meals is quite a challenge, usually you find one but not the other. This cookbook wouldn't be, unless it was my drive to be creative and find recipes that would appeal to myself as well as my daughter, Kyra. A mother's love is one of the strongest loves; we would do anything for our children. My strength stems from her, as she was born with Prader-Willi Syndrome (PWS).

Prader-Willi Syndrome is very unique. It is an uncommon birth defect that can affect from 1/10,000 to 1/15,000 people. Before Kyra was born she lacked fetal movement and was breech. After several fetal assessments, doctors decided it was time for a caesarean section. As soon as Kyra was born she cried once and then lay motionless, like a limp rag doll. Nurses tried to assist Kyra while I was attempting to breastfeed, but were unsuccessful; she had no energy and slept all the time. Everyone from neurologists, geneticists, social workers and lactation consultants were lined up outside our hospital room. This was a terrifying experience not knowing what was wrong with our new beautiful daughter. Three days after her birth doctors suspected Myopic Dystrophy or Prader-Willi Syndrome. Six weeks later the tests confirmed Prader-Willi Syndrome. My husband is my rock. Our relationship is strong and we are continually learning how to deal with stressors. Each step is a learning experience. Knowing Kyra today we feel we are so lucky it was Prader-Willi Syndrome, if it was to be anything at all.

We have become members of the PWSA of Alberta, Canada, CPWSO (Canadian Prader-Willi Syndrome Organization) and PWSA | USA Association. Yearly, we attend the American associations' conferences. We always come back with very useful and important information. The people in this association are unlike many. We are close and will do anything to help each other out. You can feel the emotions at each seminar, which usually end in tears. We always get through them, and learn to be a little bit stronger each time. New challenges seem to arise and new techniques are learned.

I've developed this recipe book for adults and children with PWS, and for those who are trying to reduce fat and sugar in their diet. Although calorie and nutritional information have been added to my recipes by PWSA | USA, it is up to the cook to decide if the portion needs to be adjusted up or down and then make the appropriate change in the daily allotment of calories. PWS portions vary depending on one's individual weight and restrictions. Calorie count may vary depending on portion size.



## Characteristics of Prader-Willi Syndrome

Most babies with Prader-Willi syndrome are unable to suck and usually need gavage or gastrointestinal tubes (tube feeding). Along with poor feeding is poor weight gain in infancy. Most infants have very distinctive facial characteristics, usually described as doll-like. Narrow face/bifrontal diameter, almond shaped eyes, small-appearing mouth with thin upper lip and down-turned corners of the mouth, small hands and feet.

In the second stage, usually around the age of 2-6 years, feeding is no longer a problem. Hunger now takes over and grows. The children now have an insatiable appetite. Locks on fridges and cupboards are needed for most. Children may tend to steal and be sneaky when it comes to food. The world revolves around food for these children, so they believe. Outbursts and tantrums may occur with children and adults with PWS, and behavioral problems occur as well. Obsessive Compulsive Disorders (OCD is sometimes present, as well as poor motor and oral skills. Infants and adults with PWS have a growth hormone deficiency, as a result usually have a short stature and weak muscle tone. There are now medications to help with the behavior and growth hormone deficiency, but none, to date, that alleviate the appetite.

Birthdays, barbecues, picnics and holidays pose lots of stress on individuals and their families of individuals with PWS. Hopefully this cookbook and its hints can help alleviate some of these stressors.

The hints in this book are from various sources, these are suggestions to help in addition to professional help. Information contained in this book is from experiences of other parents of children and adults with PWS as well as associations such as PWSA of Alberta and PWSA | USA.

***Editor's Note:*** Every effort was made to provide accurate and complete information. Please let us know of changes/corrections. Most of the recipe nutritional and calorie information were calculated per serving. Where total calories, etc. were given, it is stated in the "Notes".

## Prader-Willi Prayer

Please do not give me food  
That I am not allowed, or leave food where I can sneak it.  
It sets me up for failure,  
And I do not handle this well.  
Please be firm with me, it gives me security.  
Love me even if I am not kind to you.  
Try to be honest with me,  
Even if I am not always honest.  
Sometimes I may be a very demanding person;  
Please handle my demands with respect,  
But don't give in unless it is appropriate.  
Praise me for a job well done.  
Food is my main thought;  
Give me an appropriate time to discuss it.  
If you make a mistake, please admit it.  
It's nice to know I'm not alone.  
Tell me I'm beautiful or handsome,  
I don't hear that very often.  
Don't make promises you can't keep.  
Please don't use words like "no" or "can't";  
They are too final. Give me choices instead.  
If I am argumentative,  
Do not argue with me;  
It just prolongs the time to calm me down.  
Try to understand and be my friend.  
When days are good,  
I can be witty, loving and appreciative.  
Let me live one day at a time,  
So the next day will be fresh.  
Thank you for trying and I will do my best.

*By Norma Halverson*

## Letter from Matt

Dear Mom,

I'm very very very real  
Sorry what going on? Rose are Red  
and heart <sup>are</sup> pink and truly I Love  
you very very much, But thing  
not going <sup>well</sup> very for me! My body  
don't seem right at all for me. I wish  
you and everybody make every thing  
feel happy for me.

The bad part is inside my body.  
The good part is outside my body.  
I just wish all bad part going away  
from me. I just don't like bad part,  
It <sup>make</sup> me very sad to me. I have to go throw it, <sup>but</sup> it not  
right for me! The bad thing <sup>about me</sup> is real hard for  
every body to understand! tell <sup>ever</sup> body I am  
very sorry! The End

I just wish can fix, But I can't fix for me.

Love, Matt

## Substitution Listing

### Apple Juice

1/2 cup tomato puree, 2 tbsp sugar & 1/2 cup water

### Baking Powder (1 tsp)

1/4 tsp baking soda & 1/2 tsp cream of tartar

1/4 tsp baking soda, 1/2 tsp cream of tartar & 1/2 tsp cornstarch

### Balsamic Vinegar

1 tbsp sherry or cider vinegar

### Barbeque sauce (1 cup)

7/8 cup tomato sauce, 1/8 cup chili powder, 3 tbsp garlic powder, 1 tbsp paprika

### Breadcrumbs

3/4 cup finely crushed cracker crumbs

3/4 cup wheat germ

1 cup shredded potatoes

1 cup corn flakes

1 cup rolled oats

1 cup flour (coatings)

1 cup seasoned croutons

### Beef Bouillon Cubes (1 cube)

1 tbsp beef extract

1 tsp instant bouillon powder

### Beef Broth (1 cup)

1 tsp beef extract & 1 cup boiling water

1 cup beef stock

1 beef bouillon cube and 1 cup boiling water

Beef soup

Consomme

### Beef Gravy

1 cup potato water, 2 bouillon cubes & 2 tbsp flour

1 cup milk, 2 beef bouillon cubes & 2 tbsp flour

### Beef Soup (1 cup)

1 tsp beef extract & 1/4 cup beef stock & 3/4 cup water

### Biscuit Mix

1 3/4 cups all-purpose flour

2 1/2 tsp baking powder

3/4 tsp salt

Cut in 1/3 cup light margarine

**Bottle Vinegar & Oil Dressing (1 cup)**

3/4 cup olive oil, 2 tbsp lemon juice & 1/4 cup parsley

**Brown Sauce**

2 beef bouillon cubes, 2 tbsp flour, 2 tbsp light margarine, 1 1/2 cups boiling water & 1/8 tsp salt

**Butter**

1 cup soy butter  
1/2 cup = 1/2 cup olive oil (sauteing)  
1 cup = 1/2 cup applesauce (baking)  
3/4 cup light margarine

**Buttermilk (1 cup)**

Sour milk  
Plain yogurt  
Milk with 1 tbsp vinegar or lemon juice (Let stand for 10 minutes to coagulate)

**Catsup (1 cup)**

3/4 cup tomato sauce, 1 1/2 tbsp vinegar, 6 pkg sweetener & 1/4 tsp ground cloves  
3/4 cup tomato sauce, 1 1/2 tsp vinegar & 6 pkg sweetener

**Cheese Sauce (1 cup)**

1/2 cup white wine & 1/2 cup low fat shredded cheese

**Chocolate (1 square)**

1 square = 3 tbsp cocoa powder & 2 tsp light margarine  
1 square = 3 tbsp carob powder & 1 tbsp milk, 2 tsp light margarine  
1 square = 2 tsp carob powder & 1 tbsp milk, 1 tbsp light margarine  
1 square = 3 tbsp cocoa powder, 2 tsp sugar and 1 tbsp water

**Chocolate Fudge**

1/3 cup = 2 tbsp cocoa, 3 tbsp sugar & 1/4 cup milk (melt on low)

**Club Soda**

Seltzer/mineral water

**Cornstarch**

1 tbsp water and chestnut flour  
2 tbsp flour  
4 tsp quick cooking tapioca

**Cream Sauce**

3/4 cup skim milk, 2 tbsp flour, 2 tbsp light margarine & 1/4 tsp salt

**Cream (to thicken soup)**

Potato puree

**Curry Sauce**

1 cup white sauce & 1 tsp curry (see white sauce)

**Curry Powder**

Equal amounts of curry paste

**Egg (1 whole egg)**

1/4 cup liquid egg substitute

2 egg whites

1/4 cup cholesterol-free egg product

3 tbsp egg substitute

1 large egg white & 2 tbsp egg substitute

**Flavored Gelatin**

13 oz. package = 1 envelope plain gelatin & 2 cups juice

**Flour**

All purpose = 1 cup plus 2 tbsp cake flour

Gold Medal Self rising = 1 cup all purpose

1 1/2 tsp baking powder

1/2 tsp salt

**Fish stock**

1 cup = clam juice

**French Onion Dip**

1 cup = 1 cup fat free sour cream, 1 tbsp finely chopped onions, 1 tbsp parsley, 1/2 tsp salt

& 1/2 tsp garlic

**Garlic**

1 med clove = 1/8 tsp garlic powder or 1/4 tsp instant minced garlic

**Garlic Butter**

1/4 cup = 1 clove garlic & 3 tbsp light margarine

**Gingerroot**

3/4 tsp ground ginger

**Herbs**

3/4 to 1 tsp dried herbs

**Hot Pepper Sauce**

3/4 cup = 1 small can tomato sauce & dash red pepper flakes

**Lemon Juice**

1 tbsp bottled lemon juice or white vinegar

**Mayonnaise**

Ultra low fat mayonnaise

Yogurt

**Milk**

Potato water (gravies)

1 cup = 1/2 cup low fat evaporated milk plus 1/2 cup water

1 liter = 1 1/2 cups non fat milk plus 4 1/2 cups cold water

**Milk (low-fat)**

1 cup = 1/2 cup evaporated milk plus 1/2 cup water

Nonfat dry milk prepared as directed on package

**Milk (whole milk)**

1 cup skim milk plus 2 tbsp butter or light margarine

1/2 cup evaporated milk plus 1/2 water (used for cooking)

**Mushrooms**

1 can (4 oz) mushroom stems and pieces, drained.

**Mustard (1 tbsp)**

1 tbsp dry mustard, 1 tsp vinegar & 2 tsp water

1 tsp dry mustard, 1 tsp wine & 2 tsp water

**Oil**

Applesauce (cakes & cookies)

Orange Juice (banana bread)

1 cup of oil = 1/2 cup light margarine or butter or 1 cup applesauce

Oil or butter for saute = homemade chicken broth

**Olive Oil**

1/4 cup sliced green olives & marinated in 3/4 cup corn oil

**Onion**

1 tbsp instant minced onion

**Pasta**

1 cup = 1 cup rice flour, 1 egg, 1/4 cup water & 1/2 tsp salt (sliced, dried & boiled)

Use oat flour, buckwheat flour, corn flour, and amaranth flour.

**Poultry Seasoning**

1/4 tsp ground thyme plus 3/4 tsp ground sage

**Pumpkin or Apple Pie Spice**

1/2 tsp ground cinnamon, 1/4 tsp ground ginger, 1/8 tsp ground allspice and 1/8 tsp ground nutmeg



**Soup Thickeners**

Zucchini, squash, yams, eggplant, dried ground carrots

**Sour Cream**

1 cup = 3/4 cup milk & 3 tbsp ultra low fat mayonnaise

Plain low fat yogurt

Buttermilk

1 cup = 1/2 cup Soya milk, 1/4 cup vinegar & 1/3 cup cornstarch

1 cup = 7/8 cup low fat evaporated milk & 1 tbsp vinegar (let stand 5 minutes)

Fat free dairy sour cream

Fat free sour cream

**Soy Sauce (1/2 cup)**

6 tbsp Worcestershire sauce & 2 tbsp water

**Tartar Sauce (1 cup)**

2 tbsp pickle relish & 3/4 cup ultra low fat mayonnaise, 2 tbsp minced pickles & 1 tbsp lemon juice

**Tomato Juice**

1/2 cup tomato sauce & 1 cup water

**Tomato Paste**

1/2 cup = 1 cup tomato sauce boiled down

**Tomato Sauce**

1 cup = 1/2 cup tomato paste & 1/2 cup water

3/4 cup tomato paste plus 1 cup water

**Tomatoes (Canned)**

1 1/3 cup of cut-up fresh tomatoes, simmer 10 minutes.

**Vegetable Oil**

Coating of light vegetable oil

Olive oil

Applesauce (baking)

Orange juice (banana bread)

**Whipping Cream (whipped)**

Frozen (thawed) whipped topping

Prepared whipped topping mix

Ultra low fat whipped topping

**White Flour**

Amaranth flour, arrowroot, barley, corn, millet, nut flour, tapioca flour



**White Sauce** (1 cup)

3/4 cup skim milk, 2 tbsp flour, 2 tbsp light margarine, 1/8 tsp salt & pepper

**Whole Milk**

1 cup = 1/2 cup skim evaporated milk & 1/2 cup water

1 cup = 1/4 cup skim milk powder, 1 cup water (& 2 tsp butter)

1 cup = 1 cup buttermilk & 1/2 tsp baking soda

1 cup = 1 cup Soya milk powder & 1 cup water

1 cup = 1/4 cup Soya milk powder, 1/2 tsp vanilla & 1 cup water

1 cup = 1 cup Soya milk (mix 1 cup sieved soybeans, 1 tbsp sugar, 1/8 tsp salt, 1/2 cup water & 1/2 tsp water)

1 cup = 1 cup oat milk (puree 1/3 cup rolled oats, 1 tsp honey & 1 cup water)

Fruit juice (breads, cakes)

Fat free milk

Evaporated skim milk

**Whole Wheat Flour** (1 cup)

2/3 cup white flour & 1/3 cup bran or wheat germ

**Wine**

1 cup apple cider or beef broth

1/2 cup wine = 7 tbsp stock and 1 tbsp wine vinegar,  
or 7 tbsp apple juice and 1 tbsp vinegar and 1 tbsp wine  
or cider vinegar.

Cranberry or grape juice

Apple juice

**Worcestershire Sauce**

1 tbsp soy sauce, 3-4 drops of hot pepper sauce, 1 dash of sugar & 3-4 drops lemon juice

1 tbsp soy sauce, dash each of hot pepper sauce and lemon juice, and pinch of sugar

**Yogurt**

1 cup sour skim milk

1 cup buttermilk

1 cup low fat sour cream

1/2 cup ultra low fat mayonnaise (dips)

1 cup = 1/3 cup soya milk powder, 1 cup heated water & 1 tsp yogurt

(Keep same heat 3 hours)

## Sweetener Substitution Chart\*

	Packets	Bulk	Liquid
1/4 cup sugar	6 packets	2 tsp	1 1/2 tsp
1/3 cup sugar	8 packets	2 1/2 tsp	2 tsp
1/2 cup sugar	12 packets	4 tsp	1 tbsp
1 cup sugar	24 packets	8 tsp	2 tbsp

*\*Note: Check directions on sweetener package. Chart above is applicable unless sweeteners instructions specify it can be substituted cup for cup.*

*\*\*Some sweeteners when baking can't be heated without breaking down. Check with manufacturer's instructions.*

**Notes: Splenda should be used when sugar needs to be added to a recipe for cooking or baking. Other sweeteners may be used to your personal preference. Our calories were calculated using Splenda or Equal.**

## Saturated Fat Content

Saturated Fat Content of Oils	
	Sat. Fat %
Canola	7
Almond	8
Safflower	9
Sunflower	11
Corn	13
Olive	14
Sesame	14
Soybean	15
Peanut	20
Vegetable Shortening	27
Palm	52
Cocoa butter	62
Palm Kernal	87
Coconut	92

*\*Note: Key to a good healthy lifestyle is low saturated fat. These are the most commonly used oils. Check products carefully when also checking for calorie count.*

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## General Tips

- Some protein foods are high in calories but are necessary for proper development. Check with a nutritionist to determine adequate amount for age/weight of child/adult with PWS.
- Grate cheese with other foods. For example, a mixed salad with one ounce of grated cheese looks more than one ounce of cubed cheese.
- Prepared meats should seldom be used due to high fat content.
- Fish is an excellent source of protein and contains very little fat. However, since fried or battered foods are a No! No, fish can be poached in a small amount of tomato juice or part of the day's allowance of milk, or even water with a few spoonfuls of lemon or soy sauce.
- A milk shake can be made by a little sugar-free fruit drink, and one pack of gelatin dissolved in heated water. When cooled, whisk in one tablespoon of low fat ice cream. A person with PWS could easily be persuaded to give up half of his dinner fruit for this milkshake later on.
- Do not add butter when serving vegetables.
- For the child who refuses milk, remember that it can be "eaten" in the form of pudding, custards, cheese, yogurt or creamy soups.
- Angel Food Cake is a good low fat choice for birthday cakes, topped with ultra low fat whipped topping.
- Instead of high priced baby food, try Cream of Wheat with milk especially if your child has a problem consuming the recommended amount of milk.
- Reduce amount of oil or butter in a recipe by replacing with water or fruit juice.
- All recipes do not require additional salt. Studies state that excess salt contributes to hypertension. Since taste for salty food is acquired you can help your child to avoid the risks of salt minimizing it in his or her diet.
- Replace a can of cream of mushroom soup with a combination of evaporated skim milk, cornstarch and instant onion-mushroom soup.
- For memory retention try tuna, lecithin or ginseng.
- Some good dessert choices are angel food cake, frozen yogurts, sherberts, sorbets, and ice milk.
- Check out low fat and diet products to find out which one has lower calories.
- Crackers are lower in fat than cookies. Many crackers are now available in reduced salt or low fat.
- According to age, daily amounts of milk are required otherwise supplements are needed. Check with your family physician for individual needs.
- Green vegetable (except peas) is lower in calories than yellow vegetables.
- Keeping cut up carrots and celery in the fridge is a healthy snack for individuals with PWS as well as the rest of us.
- Four steps to Stress Management: Stop, breathe, reflect and choose.
- Read labels: Light, low calorie, and low fat can mean major caloric differences.
- Many soy products on the market, can substitute red meat with a fraction on calories and saturated fats.

# Baby and Infant Recipes



## Fortified Milk

Adding some nonfat dry milk to regular milk can increase the protein value of milk. But do so only in moderation, especially if your child already has a low fluid intake.

- Fill a glass only about 1/3 full to limit waste when the inevitable spills occur. Provide refills when requested.
- Have your child practice drinking water from a cup while he or she is taking a bath.
- Cut straws down to size for the child and the cup or glass being used.

*Fats are high in calories and people with PWS require less calories.*

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Mangoes

2 mangoes  
1/2 cup water

Freeze in ice cube trays. It can be used in low calorie juice with soda water, popsicles, or baby fruit.

*You can make a difference in your adult or child with PWS' life and future.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 mangoes	269.1	1.1g	0.0mg	8.3mg	70.4g
<b>Total</b>	<b>269.1</b>	<b>1.1g</b>	<b>0.0mg</b>	<b>8.3mg</b>	<b>70.4g</b>

Notes: Total nutritional values are for full recipe, divide calories by number of portions

\_\_\_\_\_  
\_\_\_\_\_

## Ripe baby fruit

3 pieces of ripe fruit  
1/2 cup water

Peel and cut into 1 inch chunks removing pits, stems or cores. Cook on high 4 to 5 minutes until soft. Place fruit and liquid food processor. Puree until smooth, store in covered jar in fridge up to 3 days or freeze in ice cube trays.

**CAUTION:** When using microwave to reheat or defrost baby food think in terms of seconds, not minutes. Never use high to reheat.

*Hypotonia creates feeding problems, delayed speech, and poor oral skills.  
Sign language and picture communication can reduce frustration  
in infant with PWS and aid in early communication.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1/4 cup peach	4.6	0.0g	0.0mg	0.0mg	1.2g
1/2 cup water	0.0	0.0g	0.0mg	3.6mg	0.0g
<b>Total</b>	<b>4.6</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>3.6mg</b>	<b>1.2g</b>

Notes: Total calories for 1/4 cup of fruit \_\_\_\_\_

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## Sweet Potatoes

1 1/2 lbs sweet potato  
1/2 cup water

Peel and slice sweet potatoes. Place sweet potatoes and water in a saucepan. Cover. Bring to boil, reduce heat and simmer 20-30 minutes until tender. Pour into food processor or blender and whip until smooth. Spoon into ice cube trays and freeze. Once frozen remove from ice cube trays and store in freezer bags.

*Be consistent with parenting your child or adult with PWS, even in public places.  
Remember you live with your child, not onlookers. Be consistent so as not to confuse them.*

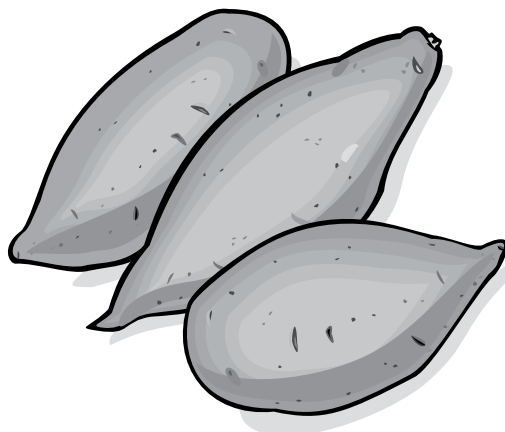
Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 lbs sweet potato	714.4	2.0g	0.0mg	88.5mg	162.5g
1/2 cup water	0.0	0.0g	0.0mg	3.6mg	0.0g
<b>Total</b>	<b>714.4</b>	<b>2.0g</b>	<b>0.0mg</b>	<b>92.0mg</b>	<b>162.5g</b>

Notes: Total number of calories for 1 1/2 lbs of sweet potato \_\_\_\_\_

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## Squash and Apples

1 1/2 cups squash  
3 apples  
1/2 cup water

Place squash, apples and water in a sauce pan. Cover. Bring to boil, cover and reduce heat and simmer 20-25 minutes. Pour into food processor or blender and whip until smooth. Spoon into ice cube trays and freeze. Once frozen remove from ice cube trays and place in freezer bags and back in the freezer. Remove 1 or 2 cubes at a time and warm. Stir to ensure the food is evenly heated.

*A thick toothbrush handle may aid an individual with PWS' dexterity to enable them to maintain a good hygiene. Be inventive use a bicycle handle grip, or look around at some electric toothbrushes.*

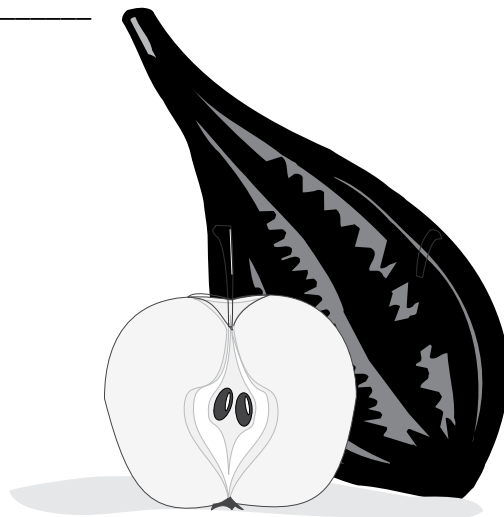
Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 cups squash	140.4	0.3g	0.0mg	7.2mg	36.2g
3 apples	244.3	1.5g	0.0mg	0.0mg	63.1g
1/2 cup water	0.0	0.0mg	0.0mg	3.6mg	0.0g
<b>Total</b>	<b>384.7</b>	<b>1.7g</b>	<b>0.0mg</b>	<b>10.8mg</b>	<b>99.3g</b>

Notes: Total number of calories, divide by number of portions \_\_\_\_\_

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## Puree of Beef and Vegetables

1 lb of cubed round steak  
2 cups water  
1 rib of chopped celery  
3 carrots  
2 potatoes  
2 tbsp chopped onion

In a large saucepan place cubed steak and water. Bring to a boil, cover and reduce heat and simmer 45 minutes. Add vegetables and continue simmering 30 minutes. Place batches in food processor and whip until smooth. Spoon into ice cube trays and freeze. Once frozen remove from ice cube trays and store in freezer bags.

*Take into consideration when teaching an individual with PWS,  
they learn better visually than orally.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 lb cubed round steak	68.0	20.2g	34.0mg	18.1mg	0.0g
2 cups water	0.0	0.0g	0.0mg	1.2mg	0.0g
1 rib of choppec celery	0.6	0.0g	0.0mg	3.3mg	0.1g
3 carrots	8.7	0.0g	0.0mg	7.1mg	2.1g
2 potatoes	20.5	0.0g	0.0mg	1.3mg	4.8g
2 tbsp chopped onion	0.6	0.0g	0.0mg	0.1mg	0.1g
<b>Total</b>	<b>98.4</b>	<b>2.3g</b>	<b>34.0mg</b>	<b>31.0mg</b>	<b>7.2g</b>

Notes: 12 cubes \_\_\_\_\_

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## Peaches

4 cups peaches  
1/2 cup water

Peel and slice peaches. Place peaches and water in a saucepan. Cover. Bring to boil, reduce heat and simmer 20-30 minutes until tender. Pour into food processor or blender and whip until smooth. Spoon into ice cube trays and freeze. Once frozen remove from ice cube trays and store in freezer bags. When using the blender put small amounts of food in at a time to ensure complete blending.

*When using sarcasm with individuals with PWS, take into consideration it may not be understood and may be regarded as a put-down.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
4 cups peaches	292.4	0.6g	0.0mg	0.0mg	75.5g
1/2 cup water	0.0	0.0g	0.0mg	3.6mg	0.0g
<b>Total</b>	<b>292.4</b>	<b>0.6g</b>	<b>0.0mg</b>	<b>3.6mg</b>	<b>75.5g</b>

Notes: Total number of calories listed for 4 peaches, divide by number of portions

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## Broccoli

1 1/2 lbs broccoli  
1/2 cup water

Peel stems, cut up stems and flowers. Place in water in a saucepan. Simmer 20-30 minutes. Pour into food processor or blender and whip until smooth. Spoon into ice cube trays and freeze. Once frozen remove from ice cube trays and store in freezer bags. When using the blender put small amounts of food in at a time to ensure complete blending.

*Sometimes a structured environment can defuse some behavioral problems with individuals with PWS.*

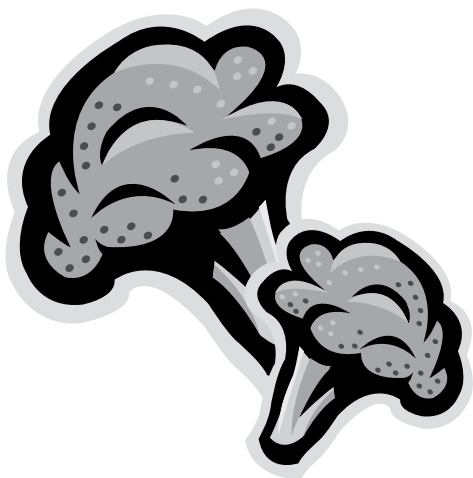
Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 lbs broccoli	178.9	2.2g	0.0mg	172.5mg	33.5g
1/2 cup water	0.0	0.0g	0.0mg	3.6mg	0.0g
<b>Total</b>	<b>178.9</b>	<b>2.2g</b>	<b>0.0mg</b>	<b>176.1mg</b>	<b>33.5g</b>

Notes: Total calories in 1 1/2 lbs of broccoli, divide calories by number of portions

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## Baby's Shepherd's Pie

1 cup milk  
1/2 cup water  
1/4 cup onion  
1 sm baking potato  
1/2 cup grated carrots  
leftover roast, ground  
1/2 cup vegetable or beef broth  
1/4 cup infant rice cereal

Simmer milk, water and onion. Add potato, cover and simmer 10 minutes. Add carrots and cook 10 min. Do not over-grind meat. Add meat, broth and rice cereal to rest of mixture. Pour into food processor or blender and whip until smooth. Spoon into ice cube trays and freeze. Once frozen remove from ice cube trays and store in freezer bags.

*Hypotonic babies with PWS have extreme feeding problems; sometimes tapping on the bottom of their bottle may help stimulate a suck.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup milk	121.2	4.7g	18.3mg	121.8mg	11.7g
1/2 cup water	0.0	0.0g	0.0mg	3.6mg	0.0g
1/4 cup onion	15.2	0.1g	0.0mg	1.2mg	3.5g
1 sm baking potato	123.0	0.0g	0.0mg	8.0mg	29.0g
1/2 cup carrots, grated	23.7	0.1g	0.0mg	19.3mg	5.6g
2 cup roast, cooked/cubed	319.6	12.5g	132.6mg	112.2mg	0.0g
1/2 cup beef broth	9.8	0.4g	0.0mg	680.8mg	0.9g
1/4 cup rice cereal, infant	39.1	0.5g	0.0mg	3.2mg	7.8g
<b>Total</b>	<b>651.5</b>	<b>18.2g</b>	<b>150.9mg</b>	<b>949.9mg</b>	<b>58.4g</b>

Notes: Total calories are shown, need to be divided by number of portions

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## Just Fun Section

Preserving Children...

Take:

One grassy field, 1/2 dozen small children,  
3 small dogs, a pinch of brook and some  
pebbles. Sprinkle the field with flowers.  
Over all, spread a blue sky, and bake in a  
hot sun. When brown, remove and set away  
to cool in a bathtub.

## Blowing Bubbles

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1/2 cup Dawn liquid dish soap  
3 tbsp glycerin (obtainable at drug stores)  
1/2 gallon water

Gently mix, trying to avoid making bubbles on the surface. The less bubbles on the surface of the mixture, the stronger the bubbles will be. Different sized circular objects (even 6-pack plastic rings) make for great bubble fun!

*Children love to eat popcorn (although it is not recommended for children under 3 years old). Hot air popcorn is the lowest calorie snack. Nuts are very high in calories and may not be suitable for individual with PWS.*

Notes: \_\_\_\_\_  
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## Face Paints

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1 tsp cornstarch  
1/2 tsp water  
1/2 tsp cold cream  
food coloring

Mix together in an old muffin pan & paint.

*Individuals with PWS tend to dress inappropriately to weather conditions due to body temperature abnormalities. For example, wearing a sweater during a hot day.*

Notes: \_\_\_\_\_  
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## Play Dough

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1/2 cup salt  
2 tbsp oil  
2 cups boiling water  
1 pkg drink crystals  
2 cups flour  
1 tbsp alum

In a medium bowl, combine salt and oil. Add boiling water and drink crystals. Stir until salt is dissolved. Add flour and alum. Knead until smooth, adding more flour if necessary. Store in refrigerator in airtight container.

*It is common for individuals with PWS to have irregular sleep patterns resulting in sleep apnea.*

Notes: \_\_\_\_\_  
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## Fingerpaint

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2 tbsp sugar or sweetener equivalent (see chart)  
1/4 cup cornstarch  
2 cups cold water  
food coloring

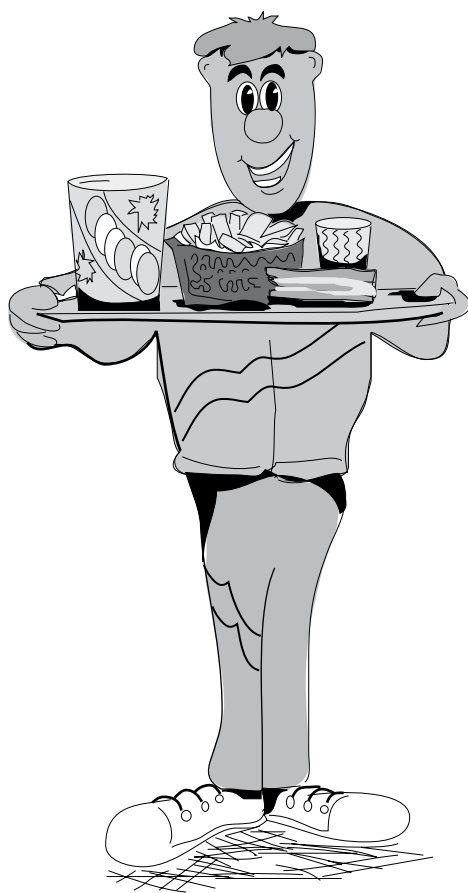
In a small saucepan, mix together sugar and cornstarch. Add water, stir until smooth. Cook, stirring constantly over medium heat until mixture comes to a boil. Cool. Divide mixture into four containers. Add several drops of food coloring to each container until desired color. Store at room temperature.

*Biotin is a product that helps aid individuals with PWS with dry mouth.  
Several products are available such as gum, mouthwash, toothbrush and toothpaste.*

Notes: \_\_\_\_\_  
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# Snack Menu



## Flavored Gelatin Treat

- 1 sm box sugar-free instant pudding
- 1 cup skim milk
- 1 lg box sugar-free raspberry gelatin (or your favorite flavor)

Make gelatin according to the package directions. Pour gelatin into dessert dishes (as many servings as you want - no carbs). Let set until firm (overnight if you can wait). In another bowl add instant pudding, skim milk. Mix on low speed for 2 minutes then high for 2 more. Pour into small bowl, cover and refrigerate until set. Top each dessert dish with a couple tablespoons of the pudding. You can also add a dollop of ultra low fat whipped topping!

\*\* Strawberry/banana pudding and raspberry/vanilla pudding are good combinations.

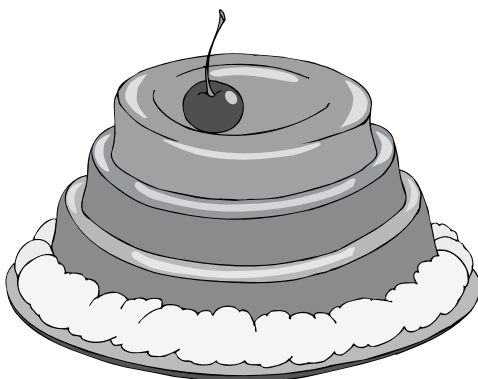
*Tell friends and family members that "just one more won't hurt," will do just that.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 box sugar-free instant pudding	0.8	0.0g	0.0mg	10.4mg	0.2g
1 cup skim milk	11.3	0.1g	0.6mg	16.2mg	1.5g
2 sm boxes sugar-free raspberry gelatin	8.2	0.0g	0.0mg	56.3mg	0.8g
<b>Total</b>	<b>20.3</b>	<b>0.1g</b>	<b>0.6mg</b>	<b>82.9mg</b>	<b>2.6g</b>

Notes: Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Black Cherry Gelatin

1 can Bing black cherries  
1 lg pkg sugar-free black cherry gelatin  
13 oz diet cola  
ultra low fat whipped topping

Drain fruit. Add water to juice to make 2 cups. Heat to a boil. Add gelatin and stir until dissolved. Put pan in sink of cold water. Add cola and fruit mix. Pour in gelatin mold and refrigerate. Top with whipped topping once gelatin has hardened.

*Take advantage of family and friends if offers to sit or baby-sit an individual with PWS for a day or evening. Your health is important.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 can Bing black cherries	14.3	0.0g	0.0mg	0.3mg	3.6g
1 lg pkg black cherry gelatin	8.2	0.0g	0.0mg	56.3mg	0.8g
13 oz diet cola	0.5	0.0g	0.0mg	2.9mg	0.0g
2 tbsp whipped topping	3.2	0.3g	0.0mg	0.3mg	0.2g
<b>Total</b>	<b>26.1</b>	<b>0.3g</b>	<b>0.0mg</b>	<b>59.7mg</b>	<b>4.7g</b>

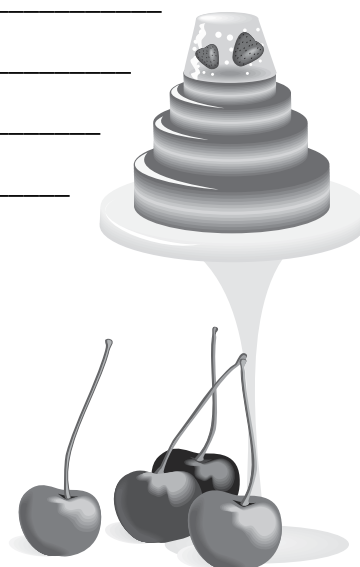
Notes: 8 Servings. Calories and nutritional values shown are per serving.

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## Snow Cones

1 can diet cola  
1/2 cup water  
1 cup crushed ice

Boil down cola to half volume. Add water and ice in blender. Run until crystals. Drain.

*Exercise will not only help individuals with PWS with weight control but also muscle tone.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 can diet soda	4.7	0.0g	0.0mg	28.4mg	0.5g
1/2 cup water	0.0	0.0g	0.0mg	3.6mg	0.0g
1 cup crushed ice	0.0	0.0g	0.0mg	7.1mg	0.0g
<b>Total</b>	<b>4.7</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>39.1mg</b>	<b>0.5g</b>

Notes: Total calories, divide by number of portions. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Popsicles

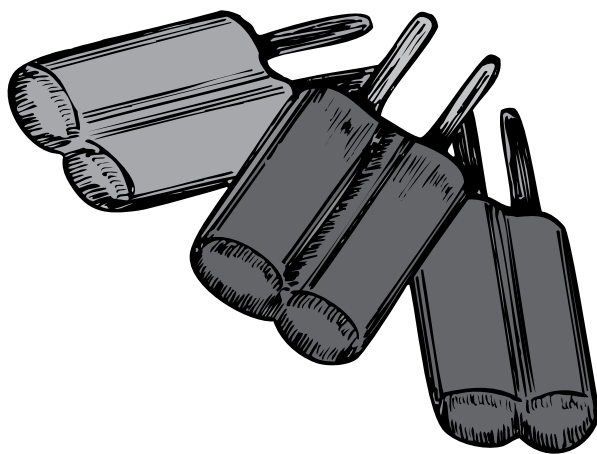
2 pkgs unsweetened drink crystals  
6 pkgs sweetener or to taste  
1 liter water

Mix and freeze.

*Horseback riding can help an individual with balance and muscle tone,  
as well as being a good all around sport*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 pkgs drink crystals	0.6	0.0g	0.0mg	7.7mg	0.0g
6 pkgs sweetener	2.7	0.0g	0.0mg	0.0mg	0.6g
4 cups water	0.0	0.0g	0.0mg	3.6mg	0.0g
<b>Total</b>	<b>3.3</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>11.3mg</b>	<b>0.7g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving.



## Yogurt Popsicles

1 carton plain yogurt, low fat  
1 pkg flavored sugar-free gelatin  
4 pkgs sweetener

Mix well and freeze in molds.

*Special Olympics teach individuals with PWS to set their own pace  
and give them a sense of accomplishment.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 carton plain yogurt, low fat	38.8	0.9g	3.7mg	43.0mg	4.3g
1 pkg flavored sweetener	5.9	0.1g	0.0mg	9.0mg	1.3g
4 pkgs sweetener	3.5	0.0g	0.0mg	0.0mg	0.9g
<b>Total</b>	<b>48.2</b>	<b>1.0g</b>	<b>3.7mg</b>	<b>52.1mg</b>	<b>6.4g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Fruit Sherbet

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2 cups fruit  
14 ice cubes

Puree and freeze in 8 X 8 pan.

*Using a smaller plate and spreading the food out can help disguise the amount of food on an individual with PWS' plate.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups fruit	18.3	0.0g	0.0mg	0.0mg	4.7g
14 ice cubes	0.0	0.0g	0.0mg	8.9mg	0.0g
<b>Total</b>	<b>18.3</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>8.9mg</b>	<b>4.7g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Dripless Popsicles

1 pkg sugar-free fruit flavored gelatin  
1 pkg unsweetened drink crystals  
2/3 cup hot water  
2 cups cold water  
sweetener to taste

In a large pouring pitcher mix together: gelatin, drink crystals, sweetener and hot water, until dissolved. Then add cold water. Pour into ice cups and freeze. Will not drip!

*Healthy eating for individuals with PWS should be based on  
more fiber, less sugar, less fat and less salt.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 pkg gelatin, fruit flavor sugar-free	4.3	0.0g	0.0mg	27.1mg	0.4g
1 pkg drink crystals, unsweetened	0.1	0.0g	0.0mg	1.9mg	0.0g
2/3 cup hot water	0.0	0.0g	0.0mg	0.6mg	0.0g
2 cups cold water	0.0	0.0g	0.0mg	1.8mg	0.0g
sweetener to taste	1.6	0.0g	0.0mg	0.0mg	0.4g
<b>Total</b>	<b>6.0</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>34.1mg</b>	<b>0.8g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Creamy Jigglers

2 1/2 cups boiling water  
2 pks (8 oz) or 4 pks (4 serving size sugar-free gelatin dessert any flavor)  
1 cup skim cold milk  
1 pk (4 serving size) sugar-free vanilla instant pudding

Add water into gelatin in large bowl and stir at least 3 minutes until completely dissolved. Cool 30 minutes at room temperature. Pour milk into medium bowl. Add pudding mix. Beat with wire whisk 1 minute. Quickly pour into gelatin. Stir with wire whisk until well blended. Pour into 13 x 9 inch pan. Refrigerate 3 hours or until firm. Dip bottom of pan in warm water about 15 seconds. Cut into decorative shapes with cookie cutters all the way through gelatin or cut into 1 inch squares, lift from pan.

*An apple is a good snack and may help individuals with PWS' dental problems.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 1/2 cups water, boiling	0.0	0.0g	0.0mg	0.7mg	0.0g
4 pks gelatin, sugar-free	5.8	0.0g	0.0mg	36.1mg	0.6g
1 cup skim milk, cold	4.2	0.0g	0.2mg	6.0mg	0.6g
1 pk vanilla instant pudding, sugar-free	5.7	0.0g	0.0mg	52.9mg	1.4g
<b>Total</b>	<b>15.6</b>	<b>0.0g</b>	<b>0.2mg</b>	<b>95.8mg</b>	<b>2.5g</b>

Notes: 24 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Strawberry Delight

2 pkg frozen strawberries  
1 pkg strawberry sugar-free gelatin  
1 pkg vanilla sugar-free instant pudding  
3 bananas, round sliced  
1 angel food cake  
ultra low fat whipped topping

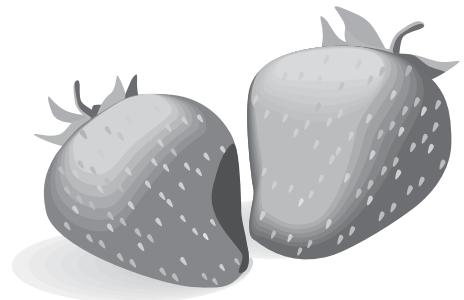
Use oblong glass dish. Combine strawberries and gelatin. Add to this angel food cake (torn in pieces). Pour in dish and add a layer of vanilla pudding on top, mixed as directed on package. Then add sliced bananas on top of pudding mix. Chill until used. Top with the whipped topping.

*Milestones with PWS are delayed such as head control, crawling, walking, speech and toilet training. Remember, each individual with PWS is different and each milestone may be reached in a different timeframe.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 pkgs strawberries, frozen	8.6	0.0g	0.0mg	0.5mg	2.2g
1 pkg gelatin, strawberry sugar-free	40.9	0.0g	0.1mg	280.2mg	0.6g
1 pkg vanilla pudding, instant sugar-free	1.9	0.0g	0.0mg	17.6mg	0.5g
3 bananas	34.5	0.2g	0.0mg	0.4mg	8.8g
12 slices angel food cake	48.8	0.2g	0.0mg	141.6mg	10.9g
1 tbsp whipped topping, low fat	0.7	0.1g	0.0mg	0.1mg	0.1g
<b>Total</b>	<b>135.3</b>	<b>0.5g</b>	<b>0.1mg</b>	<b>440.3mg</b>	<b>23.1g</b>

Notes: Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Ice Cream on-a-stick

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orange juice  
low fat yogurt

Add juice until runny. Pour into paper cups. When partially frozen insert stick. Freeze hard.

*A complete diet is essential for individuals with PWS, although vitamin supplements are needed as well.  
Consult a dietician that is familiar with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup yogurt, low fat	38.8	0.9g	3.7mg	43.0mg	4.3g
1 cup orange juice	27.9	0.1g	0.0mg	0.6mg	6.4g
<b>Total</b>	<b>66.7</b>	<b>1.1g</b>	<b>3.7mg</b>	<b>43.6mg</b>	<b>10.8g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Gummy Chews

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3 cups prepared diet fruit drink  
5 pks unflavored gelatin

Bring 1 cup fruit drink to boil, stir in gelatin mix. Add remaining juice and stir until remaining gelatin has dissolved. Pour into 8 X 8 pan. Chill until set. Use cookie cutters. Unsweetened drink crystals mixed with sweetener can be used as a drink or in this recipe.

*High aptitudes with jigsaw puzzles are frequently reported, reflecting strong visual-perceptual skills with adults and children with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 cups diet fruit drink	5.2	0.0g	0.0mg	7.6mg	1.5g
5 pks unflavored gelatin	29.3	0.0g	0.0mg	17.2mg	0.0g
<b>Total</b>	<b>34.5</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>24.7mg</b>	<b>1.5g</b>

Notes: 16 Servings; Calories were calculated using 3 pkgs of sugar-free Cherry Kool-aid.  
Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Apple Crisp

3 apples  
 2 pkgs sweetener  
 dash of cinnamon or nutmeg  
 1/4 cup quick cooking rolled oats  
 2 tbsp brown sugar or sweetener equivalent (see chart)  
 1/3 cup flour  
 2 tbsp light margarine

Preheat oven to 350°. Mix and bake for 45 minutes. Use a bread loaf pan.

*Try and provide non-food related items for rewards or treats for individuals with Prader-Willi Syndrome.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 apples	24.3	0.1g	0.0mg	0.0mg	6.3g
2 pkgs sweetener	0.5	0.0g	0.0mg	0.0mg	0.1g
dash cinnamon or nutmeg	0.2	0.0g	0.0mg	0.0mg	0.1g
1/4 cup rolled oats, quick	3.2	0.1g	0.0mg	8.8mg	0.6g
2 tbsp brown sugar or sweetener	1.5	0.0g	0.0mg	0.0mg	0.4g
2 tbsp margarine, light	12.3	1.4g	0.0mg	34.1mg	0.0g
1/3 cup flour	19.0	0.1g	0.0mg	0.1mg	4.0g
<b>Total</b>	<b>61.0</b>	<b>1.6g</b>	<b>0.0mg</b>	<b>43.0mg</b>	<b>11.4g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Orange Mandarin Delight

1 lg box sugar-free orange gelatin  
1- 6 oz can mandarin oranges, drain, save juice  
1 cup ultra low fat whipped topping

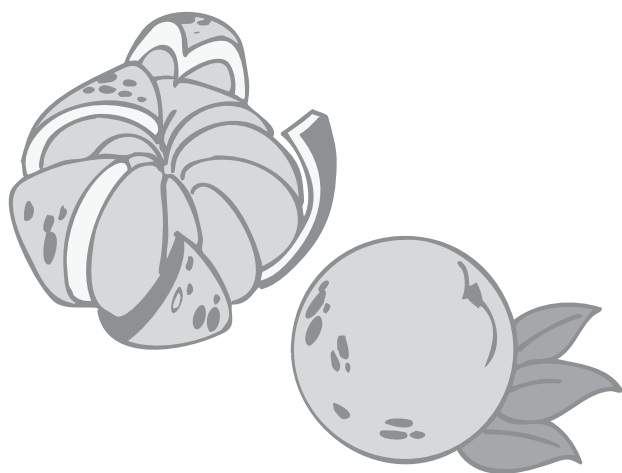
Prepare gelatin using basic directions on box. Use mandarin juice for some of the water. Put in bowl deep enough to use electric mixer. Chill until partially jelled. Beat with electric mixer until light and fluffy. Add mandarin oranges and whipped topping. Chill and serve.

*Individuals with PWS thrive on routine; change of routine can cause frustration and difficult behavior. Preparation for changes may be needed.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 boxes orange gelatin, sugar-free	8.6	0.0g	0.0mg	54.1mg	0.8g
1 6 oz can mandarin oranges	19.2	0.0g	0.0mg	1.9mg	5.1g
1 cup whipped topping, low fat	29.8	2.4g	0.0mg	2.4mg	2.2g
<b>Total</b>	<b>57.7</b>	<b>2.4g</b>	<b>0.0mg</b>	<b>58.4mg</b>	<b>8.1g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Orange Rice Pudding

1 pkg sugar-free cook and serve vanilla pudding mix  
2/3 cup non fat dry skim milk powder  
1 1/2 cups water  
1/2 cup unsweetened orange juice  
1 cup mandarin slices, drained  
1 cup cold rice  
1/4 cup ultra low fat whipped topping

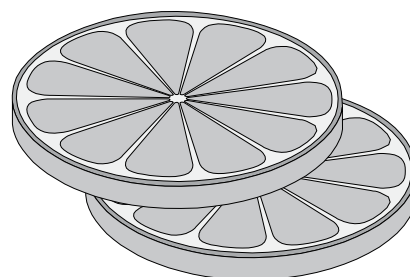
In medium saucepan combine pudding, dry skim milk powder, water and juice. Cook until thickened. Stir in oranges and rice. Chill 1 hour, top with ultra low fat whipped topping.

*Only serve food from the kitchen, not the table when dealing with adults or children with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 pkg vanilla pudding, sugar-free	10.5	0.0g	0.0mg	56.6mg	2.5g
2/3 cups non fat dry skim milk powder	20.3	0.0g	1.0mg	31.1mg	3.0g
1 1/2 cup water	0.0	0.0g	0.0mg	1.3mg	0.0g
1/2 cup orange juice, unsweet	28.2	0.0g	0.0mg	0.5mg	6.8g
1 cup mandarin oranges	19.2	0.0g	0.0mg	1.9mg	5.1g
1 cup cold rice	24.9	0.1g	0.0mg	0.7mg	5.4g
1/4 cup whipped topping, ultra low fat	17.4	1.4g	0.0mg	1.4mg	1.3g
<b>Total</b>	<b>120.5</b>	<b>1.6g</b>	<b>1.0mg</b>	<b>93.5mg</b>	<b>24.0g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Oat Bran Muffins

2 cups low fat yogurt  
2 tbsp orange juice  
3 egg whites  
1 1/2 cups sugar or sweetener equivalent (see chart)  
2 1/2 cups rolled oats  
1 cup oat bran  
1 1/2 cups flour  
2 1/2 tbsp baking soda  
1 tsp cinnamon

Wet Mix - yogurt, orange juice, egg whites, sugar or sweetener.

Dry mix - rolled oats, oat bran, flour, baking soda and cinnamon.

Preheat oven to 375°. Spray pan with light cooking oil.

Combine wet mix to dry mix until just combined. Spoon into pans and bake for 20-25 minutes.

*Take into consideration individuals with PWS when it comes to holidays, birthdays and special events.  
Bring snacks or tell host or hostess of special needs.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups yogurt, low fat	12.9	0.3g	1.2mg	14.3mg	1.4g
2 tbsp orange juice	0.6	0.0g	0.0mg	0.0mg	0.1g
3 egg whites	2.1	0.0g	0.0mg	6.8mg	0.0g
1 1/2 cups sugar or sweetener equivalent	5.3	0.0g	0.0mg	0.1mg	1.3g
2 1/2 cups rolled oats	63.2	1.1g	0.0mg	0.3mg	10.8g
1 cup oat bran	9.8	0.3g	0.0mg	0.1mg	2.4g
1 1/2 cups flour	28.4	0.1g	0.0mg	0.2mg	6.0g
2 1/2 tbsp baking soda	0.0	0.0g	0.0mg	393.3mg	0.0g
1 tsp cinnamon	0.3	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>122.6</b>	<b>1.8g</b>	<b>1.2mg</b>	<b>415.2mg</b>	<b>22.2g</b>

Notes: 24 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Cinnamon Crisps

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1/2 tsp cinnamon  
2 tbsp sweetener  
6 flour tortillas

Spray cookie sheet with butter flavored vegetable oil. Spray cut tortillas (4). Sprinkle cinnamon and sugar over top.

*Keep all medicines, vitamins, toothpaste, mouthwash and cough drops in a locked cabinet when dealing with adults and children with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
6 flour tortillas	104.0	2.3g	0.0mg	153.0mg	17.8g
2 tbsp sweetener	12.5	0.0g	0.0mg	0.1mg	3.0g
1/2 tsp cinnamon	0.5	0.0g	0.0mg	0.1mg	0.2g
<b>Total</b>	<b>117.0</b>	<b>2.3g</b>	<b>0.0mg</b>	<b>153.2mg</b>	<b>21.0g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Ice Cream Squares

6 low fat graham wafers  
3 egg whites  
2 cups ultra low fat whipped topping  
4 tsp vanilla extract

Beat 3 egg whites until stiff. Add whipped topping to vanilla and fold in egg whites. Fold in crumbled graham crackers to mix. Pour into 8 x 8 pan. Freeze and cut into squares.

*Being a parent of an individual with PWS means, "How do you lock up the apple tree?"*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3- 2 part graham crackers, crumbled	59.4	1.4g	0.0mg	92.3mg	10.7g
3 egg whites	8.4	0.0g	0.0mg	27.4mg	0.2g
2 cups whipped topping, ultra low fat	79.6	6.3g	0.0mg	6.3mg	5.8g
4 tsp vanilla extract	8.3	0.0g	0.0mg	0.3mg	0.4g
<b>Total</b>	<b>155.7</b>	<b>7.7g</b>	<b>0.0mg</b>	<b>126.2mg</b>	<b>17.0g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Cookies, Breads, Cakes & Muffins

## Sunshine Cake

Fill a measure full of sunshine,  
Some crumbs of comfort too,  
Then mix them well with loving  
Thoughts and words, both kind and true.  
Let them quickly rise with action  
To deeds of golden hue  
And you'll have a cake worth eating  
When bake time is through.  
Yes, you'll have a life worth living  
And a cure for every ache,  
If you... and a friend will feast on Sunshine Cake.

## Chocolate Layer Cake

1 cup plus 2 tbsp flour  
 1/3 cup cocoa  
 1 tsp baking powder  
 1 tsp baking soda  
 1/4 tsp salt  
 1/3 cup plus 2 tsp sugar or sweetener equivalent (see chart)  
 2 tbsp plus 2 tsp light margarine  
 2 egg whites  
 1 tsp vanilla  
 1 cup skim milk  
 1/2 cup reduced calorie apricot jam  
 1 tbsp icing sugar (optional)

Preheat oven to 350°. Spray of light vegetable oil in pan. Combine flour, cocoa, baking powder, baking soda and salt. Cream sugar and margarine; add egg whites and vanilla. Gradually beat in flour mixture alternating with skim milk, until batter is smooth. Bundt pan works best. Bake for 20 minutes. Do not overbake.

Topping: In a saucepan heat jam over low heat until melted, drizzle on top of cake. Sprinkle with icing sugar. Bake for 45 minutes. 12 Servings.

**\*\*Sometimes birthdays and holidays are inevitable. This is a nice recipe that can alleviate a few problems.**

*Children and adults with PWS cannot control their own appetites;  
limits must be placed from parents or caregivers.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup flour	37.9	0.1g	0.0mg	0.2mg	7.9g
2 tbsp flour	4.6	0.0g	0.0mg	16.5mg	1.0g
1 tsp baking powder	0.8	0.0g	0.0mg	0.1mg	0.2g
1 tsp salt	0.0	0.0g	0.0mg	193.8mg	0.0g
1/3 cup sugar sweetener	3.0	0.0g	0.0mg	0.0mg	0.8g
2 tbsp light margarine	8.3	0.9g	0.0mg	23.0mg	0.0g
2 tsp light margarine	2.8	0.3g	0.0mg	7.7mg	0.0g
2 egg whites	2.8	0.0g	0.0mg	9.1mg	0.1g
1 tsp vanilla	1.0	0.0g	0.0mg	0.0mg	0.0g
1 cup skim milk	7.1	0.0g	0.4mg	10.6mg	1.0g
1/2 cup reduced calorie apricot jam	13.8	0.0g		1.2mg	3.4g
1 tbsp powdered sugar	2.6	0.0g	0.0mg	0.0mg	0.7g
1/3 cup cocoa	0.3	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>85.1</b>	<b>1.4g</b>	<b>0.4mg</b>	<b>262.3mg</b>	<b>15.1g</b>

## Corn Bread

1 1/2 cups yellow cornmeal  
 1/2 cup flour  
 1 tbsp baking powder  
 2 egg whites, or equivalent egg substitute  
 1 cup nonfat milk  
 1- 16 oz can cream style corn  
 1/4 cup chopped onion  
 2 tbsp red bell peppers, chopped  
 1- 4 oz green pepper, chopped  
 1 tsp jalapeno, chopped

Preheat oven to 425°. Mix all wet ingredients in small bowl. Mix all dry ingredients in medium bowl. Add wet ingredients to dry ingredients and stir to just blend together. Bake for 35-40 minutes in an 8-inch square pan or 15-20 minutes in muffin pans.

*Try and include an individual with PWS with chores that are strenuous to burn calories.  
 Errands that require getting items from upstairs or downstairs can help with cardiovascular.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 cups cornmeal	27.6	0.3g	0.0mg	2.7mg	5.9g
1/2 cup flour	9.5	0.0g	0.0mg	0.1mg	2.0g
1 tbsp baking powder	0.3	0.0g	0.0mg	60.9mg	0.2g
2 egg whites	1.4	0.0g	0.0mg	4.6mg	0.0g
1 cup nonfat milk	3.8	0.0g	0.2mg	5.4mg	0.5g
1 16oz cream style corn	15.4	0.1g	0.0mg	60.8mg	3.9g
1/4 cup chopped onion	0.5	0.0g	0.0mg	0.0mg	0.1g
2 tbsp red bell peppers	2.1	0.0g	0.0mg	0.2mg	0.5g
4oz green pepper	1.7	0.0g	0.0mg	0.1mg	0.4g
1 tsp jalapeno	0.2	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>62.3</b>	<b>0.4g</b>	<b>0.2mg</b>	<b>134.8mg</b>	<b>13.5g</b>

Notes: 24 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Meringue Cookies

3 egg whites  
 1/4 tsp cream of tartar  
 1/2 cup sugar or sweetener equivalent (see chart)  
 3 tbsp cocoa

Beat egg whites with cream of tartar in a large mixing bowl until foamy. Add 1/2 cup of sugar, 1 tablespoon at a time. Beat at highest speed until stiff and glossy. Remove 3/4 cup of the mixture to a small mixing bowl and set aside. Stir cocoa into the meringue in the large mixing bowl; combine thoroughly. Drop by level measuring tablespoon, about 1 1/2 inches apart, onto aluminum foil lined baking sheets. Make a small indentation in center of each with top of teaspoon. Take the small mixing bowl of reserved meringue and spoon 1/2 teaspoon into each indentation. Preheat oven to 275°. Bake for 20-25 minutes. Turn off oven; leave meringues in oven with door closed for 1 hour. Remove from oven. Cool completely.

*Dental visits should start around 1 1/2 years.  
 Four visits per year are needed to maintain good dental hygiene.*

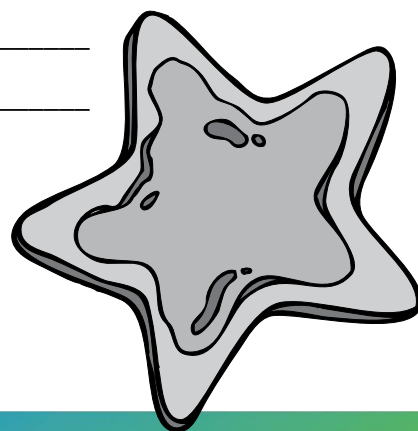
Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 egg whites	1.4	0.0g	0.0mg	4.6mg	0.0g
1/4 tsp cream of tartar	0.1	0.0g	0.0mg	0.0mg	0.0g
1/2 cup sugar substitute	1.3	0.0g	0.0mg	0.0mg	0.3g
3 tbsp cocoa	1.0	0.1g	0.0mg	0.1mg	0.2g
<b>Total</b>	<b>3.8</b>	<b>0.1g</b>	<b>0.0mg</b>	<b>4.7mg</b>	<b>0.5g</b>

Notes: 36 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Almond Rice Cookies

2/3 cup cooked long grain rice, cooled  
2 tbsp ground almonds  
1/4 cup sweetener  
1 egg white, lightly beaten  
2 tbsp clear honey  
1 tsp vanilla  
3 drops almond extract  
1 tbsp flour  
raisins (optional)

Preheat oven to 325°. Mix the cooked and cooled rice, ground almonds, and sweetener together. Thoroughly beat in the egg white, honey, and almond essence. Blend all ingredients and drop onto lined cookie sheet with waxed paper. Place teaspoons of the mixture well apart on the paper. Bake for 15-20 minutes, until the cookies are light golden brown. Leave them to cool slightly on the cookie sheet and lift them off the waxed paper. When cool, store in an airtight tin.

\*Note: A nice recipe for leftover cold rice.

*Be kind, try and keep preparation of meals without your individual with PWS around.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2/3 cup cooked rice	11.4	0.0g	0.0mg	0.1mg	2.5g
2 tbsp ground almonds	5.7	0.5g	0.0mg	0.0mg	0.2g
1/4 cup sweetener	2.0	0.0g	0.0mg	0.0mg	0.5g
1 egg white	1.4	0.0g	0.0mg	4.6mg	0.0g
2 tbsp honey	10.6	0.0g	0.0mg	0.1mg	2.9g
1 tsp vanilla	1.0	0.0g	0.0mg	0.0mg	0.0g
3 drops almond extract	0.0	0.0g		0.0mg	
1 tbsp flour	2.4	0.0g	0.0mg	0.0mg	0.5g
1/2 cup raisins	20.6	0.0g	0.0mg	0.8mg	5.4g
<b>Total</b>	<b>55.3</b>	<b>0.5g</b>	<b>0.0mg</b>	<b>5.7mg</b>	<b>12.1g</b>

Notes: 12 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Kyra's Muffins

3 lg ripe bananas  
1/2 cup sugar or sweetener equivalent (see chart)  
1/2 cup applesauce  
2 lg eggs or 4 egg whites  
3 tbsp plain yogurt or low fat sour cream  
1 tsp baking soda  
1 3/4 cups whole wheat flour  
1/4 cup wheat germ

Preheat oven to 375°. Mash bananas, add sugar, eggs and applesauce and mix well. Stir in baking soda into yogurt or sour cream, which will foam and make muffins rise. Add flour and wheat germ and stir until just mixed. Spoon into muffin tins and bake for 10- 15 minutes.

\*\*I use mini muffin tins.

*Cleaning of tables immediately after meals and complete disposal of unused foods is essential when dealing with adults and children with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 bananas	15.6	0.1g	0.0mg	0.2mg	4.0g
1/2 cup sugar sweetener	2.0	0.5g	0.0mg	0.0mg	0.5g
1/2 cup applesauce	2.2	0.0g	0.0mg	0.1mg	0.6g
4 egg whites	2.8	0.0g	0.0mg	9.1mg	0.1g
3 tbsp low fat yogurt	1.5	0.0g	0.1mg	1.7mg	0.2g
1 tsp baking soda	0.0	0.0g	0.0mg	52.4mg	0.0g
1 3/4 cups wheat germ	30.2	0.8g	0.0mg	1.0mg	4.3g
<b>Total</b>	<b>54.3</b>	<b>0.9g</b>	<b>0.1mg</b>	<b>64.5mg</b>	<b>9.6g</b>

Notes: 24 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Popcorn Cookies

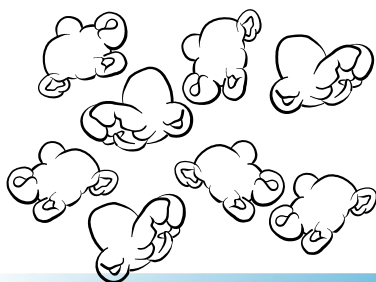
3 cup air-popped popcorn  
2 egg whites  
1/4 cup sugar or sweetener equivalent (see chart)  
1/4 tsp cinnamon  
1/4 tsp salt  
1 tsp vanilla

Preheat oven to 325°. Grind the popcorn in a blender at low speed until a fine powder. In a medium bowl, beat the egg whites on high speed until soft peaks form; add the sugar; beat until egg whites are stiff, then beat in cinnamon, salt and vanilla. Gently fold in the ground popcorn. Place rounded tablespoonfuls onto a spray of light vegetable oil on baking sheet. Bake for 10-12 minutes or until cookies are lightly browned.

*Strabismus is a common eye problem for individuals with PWS,  
which usually requires early intervention, possible surgery.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 cups popcorn	7.6	0.1g	0.0mg	0.1mg	1.6g
2 egg whites	2.8	0.0g	0.0mg	9.1mg	0.1g
12 tsp sweetener	2.0	0.0g	0.0mg	0.0mg	0.5g
1/4 tsp cinnamon	0.1	0.0g	0.0mg	0.0mg	0.0g
1/4 tsp salt	0.0	0.0g	0.0mg	48.4mg	0.0g
1 tsp vanilla	1.0	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>13.6</b>	<b>0.1g</b>	<b>0.0mg</b>	<b>57.7mg</b>	<b>2.2g</b>

Notes: Servings 12 cookies. Calories and nutritional values shown are per serving.



## Apricot Oatmeal Muffins

1 cup rolled oats  
1 cup flour  
1 tbsp baking powder  
1 tsp cinnamon  
2 egg whites  
1 cup skim milk  
1/2 cup applesauce unsweetened  
1/2 cup dried apricots or low cal apricot jam  
1 tbsp Molasses or corn syrup

Preheat oven to 400°. Place 2/3 cup oats, flour, baking powder and cinnamon in food processor. Process 1 minute. In a bowl beat egg whites until frothy, add skim milk, applesauce, apricots, corn syrup or molasses. Fold in 1/3 cup oats and flour/oats mixture and stir until just moistened. Spoon and bake for 15-18 minutes.

*Try and be discreet about eating in front of your individual with PWS.  
Eat your treats when they are preoccupied and out-of-site.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup oats	25.9	0.4g	0.0mg	0.3mg	4.5g
1 cup flour	37.9	0.1g	0.0mg	0.2mg	7.9g
1 tbsp baking powder	0.2	0.0g	0.0mg	40.6mg	0.1g
1 tsp cinnamon	0.5	0.0g	0.0mg	0.1mg	0.2g
2 egg whites	2.8	0.0g	0.0mg	9.1mg	0.1g
1 cup skim milk	7.5	0.1g	0.4mg	10.8mg	1.0g
1/2 cup applesauce	4.4	0.0g	0.0mg	0.2mg	1.1g
1/2 cup dried apricots	15.9	0.0g	0.0mg	0.6mg	4.1g
1 tbsp corn syrup	4.7	0.0g	0.0mg	2.0mg	1.3g
<b>Total</b>	<b>99.8</b>	<b>0.6g</b>	<b>0.4mg</b>	<b>64.0mg</b>	<b>20.3g</b>

Notes: 24 mini muffins. Calories and nutritional values shown are per serving.

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## Pumpkin Muffins

2/3 cup non fat dry milk  
 6 tbsp flour  
 1 tsp baking soda  
 12 tsp sugar or sweetener equivalent (Splenda)  
 2 tsp pumpkin pie spice  
 1 tsp cinnamon  
 4 egg whites  
 1 cup canned pumpkin  
 1 tsp vanilla  
 1/2 cup grated carrots or zucchini  
 4 tbsp raisins

Preheat oven to 350°. Combine sifted dry ingredients in separate bowl. Combine wet ingredients. Add dry ingredients to wet ingredients slowly. Bake 20 minutes.

*Access to money needs to be controlled, since money easily becomes food with individuals with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2/3 cup non fat dry milk	24.2	0.1g	1.3mg	35.7mg	3.5g
6 tbsp flour	19.0	0.1g	0.0mg	0.1mg	4.0g
1 tsp baking soda	0.0	0.0g	0.0mg	104.9mg	0.0g
12 tsp sweetener	2.0	0.0g	0.0mg	0.0mg	0.5g
2 tsp pumpkin pie spice	1.0	0.0g	0.0mg	0.1mg	0.2g
1 tsp cinnamon	0.5	0.0g	0.0mg	0.1mg	0.2g
4 egg whites	5.6	0.0g	0.0mg	18.3mg	0.1g
1 cup pumpkin	6.9	0.1g	0.0mg	49.2mg	1.6g
1 tsp vanilla	1.0	0.0g	0.0mg	0.0mg	0.0g
1/2 cup carrots or zucchini	2.0	0.0g	0.0mg	1.6mg	0.5g
4 tbsp raisins	10.3	0.0g	0.0mg	0.4mg	2.7g
<b>Total</b>	<b>72.4</b>	<b>0.2g</b>	<b>1.3mg</b>	<b>210.4mg</b>	<b>13.3g</b>

Notes: Servings 18 mini muffins. Calories and nutritional values shown are per serving.

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## Blueberry Bran Muffins

1 cup shredded bran cereal  
3/4 cup low fat buttermilk  
1 1/4 cups all-purpose flour  
1 1/2 tsp baking powder  
1 1/2 tsp baking soda  
1 1/4 tsp salt  
1/2 tsp ground cinnamon  
1/2 tsp allspice  
1/2 cup sugar or sweetener equivalent (used in baking)  
2 egg whites  
3/4 cup natural sugar-free applesauce  
1 frozen blueberries; (12 oz)

Preheat oven to 375°. In a small bowl, combine bran cereal and buttermilk; allow to soak until cereal is soft. In a large bowl, combine flour, baking powder, baking soda, salt, cinnamon, allspice and sugar; whisk until mixed thoroughly. Stir together egg whites and applesauce; mix well. Stir blueberries into flour mixture. Add bran mixture and egg whites to flour, stirring to combine. Spoon batter into prepared muffin tin, filling completely. (The muffins will lose volume as the blueberries thaw during baking.) Bake for 25-30 minutes. Remove from pan and let cool on a rack.

*Keep a toothbrush handy at all times as soft tooth enamel and thick sticky saliva can cause dental problems. For children with PWS under 2, use fluoride free toothpaste, especially when fluoride is located in water supply, otherwise white spots may form on teeth.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup bran cereal	4.9	0.0g	0.0mg	11.8mg	1.2g
3/4 cup low fat buttermilk	3.1	0.1g	0.3mg	8.0mg	0.4g
1 1/4 cups flour	23.7	0.1g	0.0mg	0.1mg	5.0g
1 1/2 tsp baking powder	0.2	0.0g	0.0mg	30.5mg	0.1g
1 1/2 tsp baking soda	0.0	0.0g	0.0mg	0.0mg	0.0g
1 1/4 tsp salt	0.0	0.0g	0.0mg	12.1mg	0.0g
1/2 tsp cinnamon	0.1	0.0g	0.0mg	10.0mg	0.0g
1/2 tsp allspice	0.1	0.0g	0.0mg	40.0mg	0.0g
1/2 cup sweetener	2.0	0.0g	0.0mg	0.0mg	0.5g
2 egg whites	1.4	0.0g	0.0mg	4.6mg	0.0g
3/4 cup sugar-free applesauce	3.3	0.0g	0.0mg	0.2mg	0.9g
12 oz frozen blueberries	7.2	0.1g	0.0mg	0.1mg	1.7g
<b>Total</b>	<b>46.0</b>	<b>0.3g</b>	<b>0.3mg</b>	<b>67.4mg</b>	<b>9.8g</b>

Notes: Servings 24 mini muffins. Calories and nutritional values shown are per serving.

## Oatmeal Cookies

1/2 cup margarine, light  
 1/3 cup brown sugar or sweetener equivalent (see chart)  
 2 tbsp sugar or sweetener equivalent (for baking)  
 1 egg white  
 3/4 tsp vanilla  
 3 tbsp water  
 2 cups rolled oats  
 1/3 cup white flour  
 1/3 cup whole-wheat flour  
 1/4 tsp salt  
 1/2 tsp baking soda  
 1 tsp ground cinnamon

Preheat oven to 350°. Spray light vegetable margarine on cookie sheet. Cream oil with sugars; add egg white, vanilla and water, mixing well; add oats, flours, salt, baking soda and cinnamon, mixing only until blended; DO NOT OVERMIX or you will lose the texture of the oats; drop batter by teaspoonfuls onto cookie sheet and bake for 10-15 minutes.

*A child with PWS often needs only 13 calories per cm to maintain their body weight.  
 A strict diet is essential.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1/2 cup margarine, low-fat	22.2	2.5g	0.0mg	61.8mg	0.0g
1/3 cup brown sugar	15.3	0.0g	0.0mg	1.6mg	4.0g
2 tbsp sweetener	0.7	0.0g	0.0mg	0.0mg	0.2g
1 egg white	0.9	0.0g	0.0mg	3.0mg	0.0g
3/4 tsp vanilla	0.5	0.0g	0.0mg	0.0mg	0.0g
3 tbsp water	0.0	0.0g	0.0mg	0.1mg	0.0g
2 cups rolled oats	67.4	1.2g	0.0mg	0.3mg	11.5g
1/3 cup white flour	8.4	0.0g	0.0mg	0.0mg	1.8g
1/3 cup whole wheat flour	8.4	0.0g	0.0mg	0.0mg	1.8g
1/4 tsp salt	0.0	0.0g	0.0mg	3.2mg	0.0g
1/2 tsp baking soda	0.0	0.0g	0.0mg	35.0mg	0.0g
1 tsp cinnamon	0.3	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>124.3</b>	<b>3.7g</b>	<b>0.0mg</b>	<b>105.2mg</b>	<b>19.3g</b>

Notes: Servings 18 cookies. Calories and nutritional values shown are per serving.

## Creamy Corn Muffins

1 cup flour  
 1 cup cornmeal  
 1 1/2 tsp baking powder  
 1/4 tsp salt  
 1/4 tsp baking soda  
 2 tbsp sugar or sweetener equivalent (see chart)  
 1 tbsp light margarine  
 1/4 cup egg substitute or 1 egg or 2 egg whites  
 1- 15 oz can cream corn  
 1/2 cup low fat buttermilk or nonfat milk

Preheat oven to 375°. Place flour, cornmeal, baking powder, salt and baking soda in a bowl. Add sugar, margarine, eggs, cream corn and buttermilk. Stir just until mixed. Spoon into muffin tins and bake for 10-15 minutes.

*Many disagree with this concept, but sometimes eating in front of the TV can reduce obsession on portion size and behavioral issues.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup flour	19.0	0.1g	0.0mg	0.1mg	4.0g
1 cup cornmeal	18.4	0.2g	0.0mg	1.8mg	3.9g
1 1/2 tsp baking powder	0.2	0.0g	0.0mg	30.5mg	0.1g
1/4 tsp salt	0.0	0.0g	0.0mg	24.2mg	0.0g
1/4 tsp baking soda	0.0	0.0g	0.0mg	13.1mg	0.0g
2 tbsp sweetener	1.5	0.0g	0.0mg	0.0mg	0.4g
1 tbsp margarine light	2.0	0.2g	0.0mg	5.7mg	0.0g
2 egg whites	1.4	0.0g	0.0mg	4.6mg	0.0g
1- 15 oz can creamed corn	14.5	0.1g	0.0mg	57.2mg	3.6g
1/2 cup buttermilk, low fat	2.1	0.0g	0.2mg	5.4mg	0.2g
<b>Total</b>	<b>59.0</b>	<b>0.6g</b>	<b>0.2mg</b>	<b>142.5mg</b>	<b>12.3g</b>

Notes: 24 Servings. Calories and nutritional values shown are per serving.

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## Orange Banana Cake

1 1/2 cups flour plus 2 tbsp  
1 tsp baking powder  
1 tsp baking soda  
1/3 cup orange juice  
3 bananas  
1/2 cup sugar (Splenda)  
2 egg whites

Preheat oven to 350°. Sift dry ingredients; add bananas, orange juice, sugar, egg whites and extracts. Do not overmix. Bake until loaf springs back.

*Use smaller plates, smaller cups, spread food out and add non-fattening foods like carrots, dill pickles or diet gelatin with individuals with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 cups flour	68.3	0.2g	0.0mg	0.4mg	14.3g
2 tbsp flour	5.7	0.0g	0.0mg	0.0mg	1.2g
1 tsp baking powder	0.2	0.0g	0.0mg	48.8mg	0.1g
1 tsp baking soda	0.0	0.0g	0.0mg	125.9mg	0.0g
1/3 cup orange juice	3.7	0.0g	0.0mg	0.1mg	0.9g
3 bananas	32.6	0.2g	0.0mg	0.4mg	8.3g
1/2 cup sweetener	4.8	0.0g	0.0mg	0.0mg	1.2g
2 egg whites	3.3	0.0g	0.0mg	11.0mg	0.1g
<b>Total</b>	<b>118.6</b>	<b>0.4g</b>	<b>0.0mg</b>	<b>186.4mg</b>	<b>26.0g</b>

Notes: 10 Servings. Calories and nutritional values shown are per serving.



## Chocolate Cupcakes

1 1/4 cups flour  
2/3 cup sweetener (that can be used for baking)  
1/3 cup cocoa powder  
1 tsp baking soda  
1 egg  
2 egg whites  
1 cup buttermilk  
1/4 cup applesauce

Mix together flour, sweetener, cocoa powder and baking soda. Add egg, egg whites, buttermilk, and applesauce. (I use mini muffin tins.) Spray of light vegetable oil in tins and pour batter into cups. Preheat oven 350° until top springs back approx. 12-15 minutes.

*Try and give individual with PWS' choices in meal planning if possible.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/4 cups flour	47.4	0.1g	0.0mg	0.3mg	9.9g
2/3 cup sweetener	5.3	0.0g	0.0mg	0.0mg	1.3g
1/3 cup cocoa	5.5	0.3g	0.0mg	0.5mg	1.3g
1 tsp baking soda	0.0	0.0g	0.0mg	104.9mg	0.0g
1 egg	6.4	0.4g	18.3mg	5.4mg	0.1g
2 egg whites	2.8	0.0g	0.0mg	9.1mg	0.1g
1 cup buttermilk	8.2	0.2g	0.7mg	21.4mg	1.0g
1/4 cup applesauce	2.2	0.0g	0.0mg	0.1mg	0.6g
<b>Total</b>	<b>77.8</b>	<b>1.1g</b>	<b>19.0mg</b>	<b>141.7mg</b>	<b>14.2g</b>

Notes: 12 Servings. Calories and nutritional values shown are per serving.

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## Cranberry Bread

2 cups flour  
1/2 cup sweetener (that can be baked) (see chart)  
2 tsp baking powder  
1 tsp salt  
1/2 tsp baking soda  
1/4 cup applesauce  
4 egg whites  
3/4 cup orange juice  
1 tbsp orange rind  
1 cup frozen cranberries  
1 tbsp flour

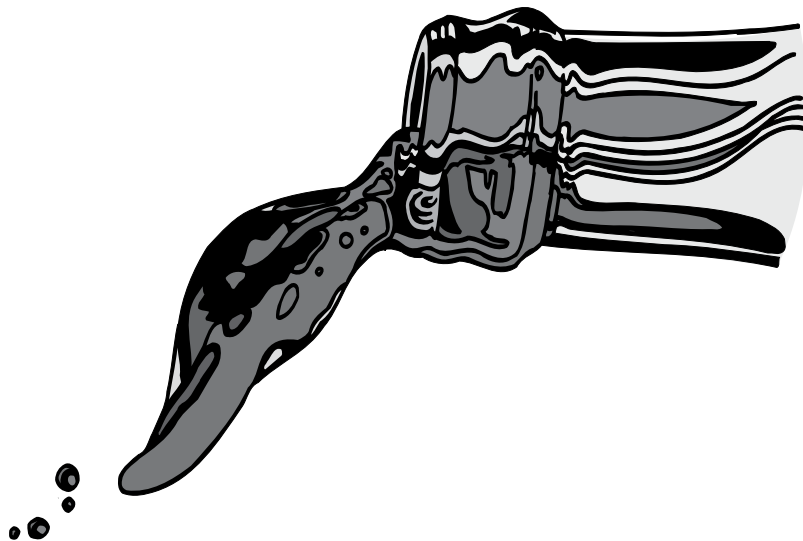
Preheat oven to 325°. Combine flour, sugar, baking powder, salt and baking soda. Fold in applesauce, egg whites, orange juice and orange rind. Dust cranberries with 1 tbsp flour and add gradually frozen cranberries until all blended. Bake bread for about an hour. (approx.)

*Unfortunately, to date, no diet medication works as an appetite suppressant in PWS.  
Environmental controls are usually needed such as locks on fridges and cupboards.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups flour	91.0	0.2g	0.0mg	0.5mg	19.1g
1/2 cup sweetener	4.8	0.0g	0.0mg	0.0mg	1.2g
2 tsp baking powder	0.5	0.0g	0.0mg	97.5mg	0.3g
1 tsp salt	0.0	0.0g	0.0mg	232.5mg	0.0g
1/2 tsp baking soda	0.0	0.0g	0.0mg	62.9mg	0.0g
1/4 cup applesauce	2.6	0.0g	0.0mg	0.1mg	0.7g
4 egg whites	6.7	0.0g	0.0mg	21.9mg	0.1g
3/4 cup orange juice	8.4	0.0g	0.0mg	0.2mg	1.9g
1 tbsp orange rind	0.6	0.0g	0.0mg	0.0mg	0.2g
1 cup frozen cranberries	5.4	0.0g	0.0mg	0.1mg	1.4g
1 tbsp flour	2.9	0.0g	0.0mg	0.0mg	0.6g
<b>Total</b>	<b>122.8</b>	<b>0.2g</b>	<b>0.0mg</b>	<b>415.9mg</b>	<b>25.4g</b>

Notes: 10 Servings. Calories and nutritional values shown are per serving.

# Beverages



## Carrot Juice

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1 lb carrots  
1 quart water  
1/2 cup non fat dry milk

Wash carrots and chop into small pieces. Place all the ingredients in a tightly covered pot and bring to boil. Simmer for 1 hour. Cool and strain. Store juice in the refrigerator for up to seven days.

**\*\*Note:** Apple and citrus juices are packed full of fructose that is not needed for child development and is added calories. This refreshing drink is a low calorie drink that can be consumed anytime.

*Make sure all family members or baby-sitters are aware that no extra food is given to individuals with PWS. To reduce stress and misinterpretation write down menus for meals and snack. Set the rules each time!*

<b>Recipe Ingredient</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carb.</b>
3 cups carrots, grated	17.7	0.1g	0.0mg	14.4mg	4.2g
1 qt water	0.0	0.0g	0.0mg	3.6mg	0.0g
1/2 cup non fat dry milk	27.2	0.1g	1.5mg	40.1mg	3.9g
<b>Total</b>	<b>44.9</b>	<b>0.2g</b>	<b>1.5mg</b>	<b>58.1mg</b>	<b>8.1g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Low-Cal Juice

soda water  
unsweetened orange juice

Combine. Serve with ice or blend with ice for shake.

*Establish with child or adult with PWS, mealtime is only at designated supervised areas*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup soda water	0.0	0.0g	0.0mg	24.9mg	0.0g
1 cup orange juice	55.8	0.2g	0.0mg	1.2mg	12.9g
<b>Total</b>	<b>55.8</b>	<b>0.2g</b>	<b>0.0mg</b>	<b>26.1mg</b>	<b>12.9g</b>

Notes: 2 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

## Cocoa Syrup

6 tbsp cocoa powder  
2 tbsp liquid artificial sweetener  
1 cup water

Cook and stir constantly to boil. Store in refrigerator.

*Consistency creates less grief; all family members must agree what and what not to feed an individual with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
6 tbsp cocoa powder	9.3	0.6g	0.0mg	0.9mg	2.2g
2 tbsp liquid sweetener	9.3	0.0g	0.0mg	0.1mg	2.3g
1 cup water	0.0	0.0g	0.0mg	0.9mg	0.0g
<b>Total</b>	<b>18.6</b>	<b>0.6g</b>	<b>0.0mg</b>	<b>1.9mg</b>	<b>4.5g</b>

Notes: Calories and nutritional values shown are per serving. \_\_\_\_\_

## Fruit Shake

1 cup skim milk  
1 tray ice cubes  
1/2 cup fresh fruit

Blend and serve immediately.

*Reward system for individuals with PWS seems to help with behavior. Typically, food is not recommended as a reward. Try to use a physical activity for reward like bike riding, horseback riding, play gym or swimming.*

<b>Recipe Ingredient</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carb.</b>
1 cup skim milk	21.4	0.1g	1.1mg	31.5mg	3.0g
1 tray ice cubes	0.0	0.0g	0.0mg	1.8mg	0.0g
1/2 cup strawberries	5.7	0.1g	0.0mg	0.2mg	1.3g
<b>Total</b>	<b>27.1</b>	<b>0.2g</b>	<b>1.1mg</b>	<b>33.5mg</b>	<b>4.3g</b>

Notes: 1 Serving. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Milk Marvels

Add one of the following to 1 cup cold skim milk to add nutrition and interest. Mix well in a blender.

1/2 banana, mashed or frozen  
sherbet  
1/2 cup frozen strawberries plus the syrup  
1/2 cup of any fresh or bruised berries  
1 tbsp lemon or orange juice with sweetener to taste  
canned peaches or pears  
2 tbsp fruit syrup  
1 scoop low calorie vanilla ice cream.

This can be used with skim milk for adults with PWS, or with whole milk for infants who are still not getting the adequate milk consumption. Low calorie ice cream options are used for children who may have additional calories in their diet.

*Once food is prepared someone always needs to remain with child or adult with PWS at the table to closely supervise.*

<b>Recipe Ingredient</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carb.</b>
1 cup skim milk	42.8	0.2g	2.2mg	63.1mg	5.9g
1/2 banana	27.1	0.1g	0.0mg	0.3mg	6.9g
<b>Total</b>	<b>69.9</b>	<b>0.3g</b>	<b>2.2mg</b>	<b>63.4mg</b>	<b>12.9g</b>

Notes: 1 Serving. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Fruit Yogurt Shake

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1 cup low fat yogurt  
sweetener to taste  
1/4 tsp vanilla  
3/4 cup unsweetened strawberry, blueberry or raspberries

Combine in blender and serve.

*Many people with PWS have a small stature and may need the aid of a growth hormone therapy.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup low fat yogurt	77.5	1.9g	7.5mg	86.0mg	8.6g
1/2 packet sweetener	0.9	0.0g	0.0mg	0.0mg	0.2g
1/4 tsp vanilla	1.6	0.0g	0.0mg	0.0mg	0.1g
3/4 cup strawberries	17.1	0.2g	0.0mg	0.6mg	4.0g
<b>Total</b>	<b>97.1</b>	<b>2.1g</b>	<b>7.5mg</b>	<b>86.6mg</b>	<b>12.9g</b>

Notes: 2 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Yogurt Shake

1/2 cup low fat yogurt  
1/2 cup skim milk  
fruit  
1/2 cup cracked ice  
few drops almond extract  
sweetener

Combine in blender. Whirl 10 seconds.

*When helping a child with PWS to potty train, try before mealtimes.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1/2 cup low fat yogurt	77.5	1.9g	7.5mg	86.0mg	8.6g
1/4 cup skim milk	22.6	0.2g	1.2mg	32.5mg	3.1g
1/2 cup water (cracked ice)	0.0	0.0g	0.0mg	3.7mg	0.0g
1/4 cup raspberries	15.1	0.2g	0.0mg	0.0mg	3.6g
1 drop almond extract	6.3	0.0g	0.0mg	0.0mg	0.0g
1/2 tsp sweetener	6.2	0.0g	0.0mg	0.1mg	1.5g
<b>Total</b>	<b>127.7</b>	<b>2.3g</b>	<b>8.7mg</b>	<b>122.2mg</b>	<b>16.8g</b>

Notes: 1 Serving. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Lemonade

2 pkts sweetener  
2 tbsp bottled lemon juice or fresh  
1 cup water  
1 lemon slice

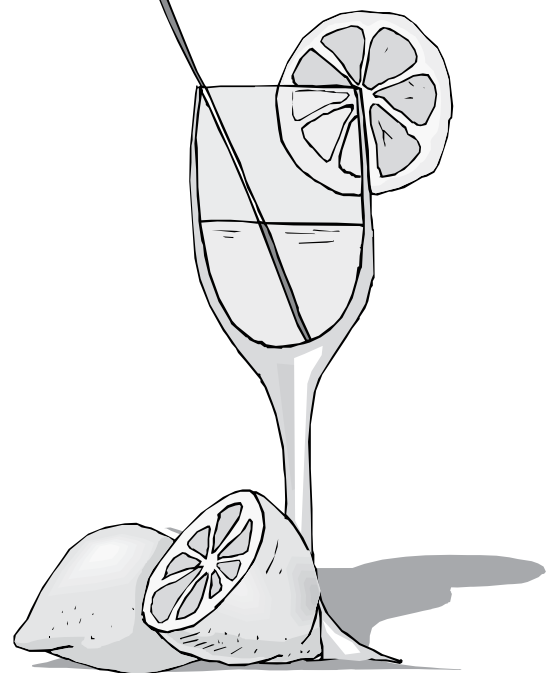
Mix together and serve over ice, hang lemon slice over side of glass.

*It is good to consider getting the Chicken Pox vaccine before scratching and skin picking phase starts, which is common among children and adults with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 pkts sweetener	7.1	0.0g	0.0mg	0.1mg	1.7g
2 tbsp lemon juice	7.6	0.0g	0.0mg	0.3mg	2.6g
1 cup water	0.0	0.0g	0.0mg	7.1mg	0.0g
<b>Total</b>	<b>14.7</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>7.5mg</b>	<b>4.4g</b>

Notes: 1 Serving . Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Dietetic Syrup

1 can diet cream soda pop  
1 tbsp cornstarch  
1/4 tsp vanilla  
1/4 tsp maple flavoring  
food coloring

Mix cornstarch with soda, cook, stir constantly until boils, thickens slightly. Cool. Add vanilla, mapleine, 2 drops yellow and 1 drop red food coloring.

*Sometimes reduction of food can be a strong incentive for unacceptable behavior.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 can diet cream soda pop	31.5	0.0g	0.0mg	7.4mg	1.7g
1 tbsp cornstarch	3.8	0.0g	0.0mg	0.1mg	2.6g
1/4 tsp vanilla	0.4	0.0g	0.0mg	0.0mg	0.0g
1/4 tsp maple flavoring	0.3	0.0g	0.0mg	0.0mg	0.0g
food coloring	?	?	?	?	?
<b>Total</b>	<b>36.0</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>7.5mg</b>	<b>9.1g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Eggnog

1/2 cup skim milk  
1/4 tsp vanilla  
2 egg whites  
1/2 cup water  
sweetener to taste

Mix in blender. Sprinkle dash of nutmeg on top. Can substitute other flavors for vanilla.

*Reduce temptation and behavioral problems, by not attending buffets or trips to the grocery store.  
Risks of tantrums are obvious. Use your judgment.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1/4 cup skim milk	22.6	0.2g	1.2mg	32.5mg	3.1g
1/4 tsp vanilla	3.1	0.0g	0.0mg	0.1mg	0.1g
2 egg whites	33.4	0.0g	0.0mg	109.6mg	0.7g
1/2 cup water	0.0	0.0g	0.0mg	3.6mg	0.0g
1/2 pkt sweetener	1.8	0.0g	0.0mg	0.0mg	0.4g
<b>Total</b>	<b>60.9</b>	<b>0.2g</b>	<b>1.2mg</b>	<b>145.7mg</b>	<b>4.3g</b>

Notes: 1 Serving. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Fruited Yogurt

1 cup yogurt  
1/2 cup fruit  
2 tbsp apple juice concentrate  
1 tsp orange juice concentrate  
dash cinnamon

Blend. Keep in refrigerator up to 2 weeks.

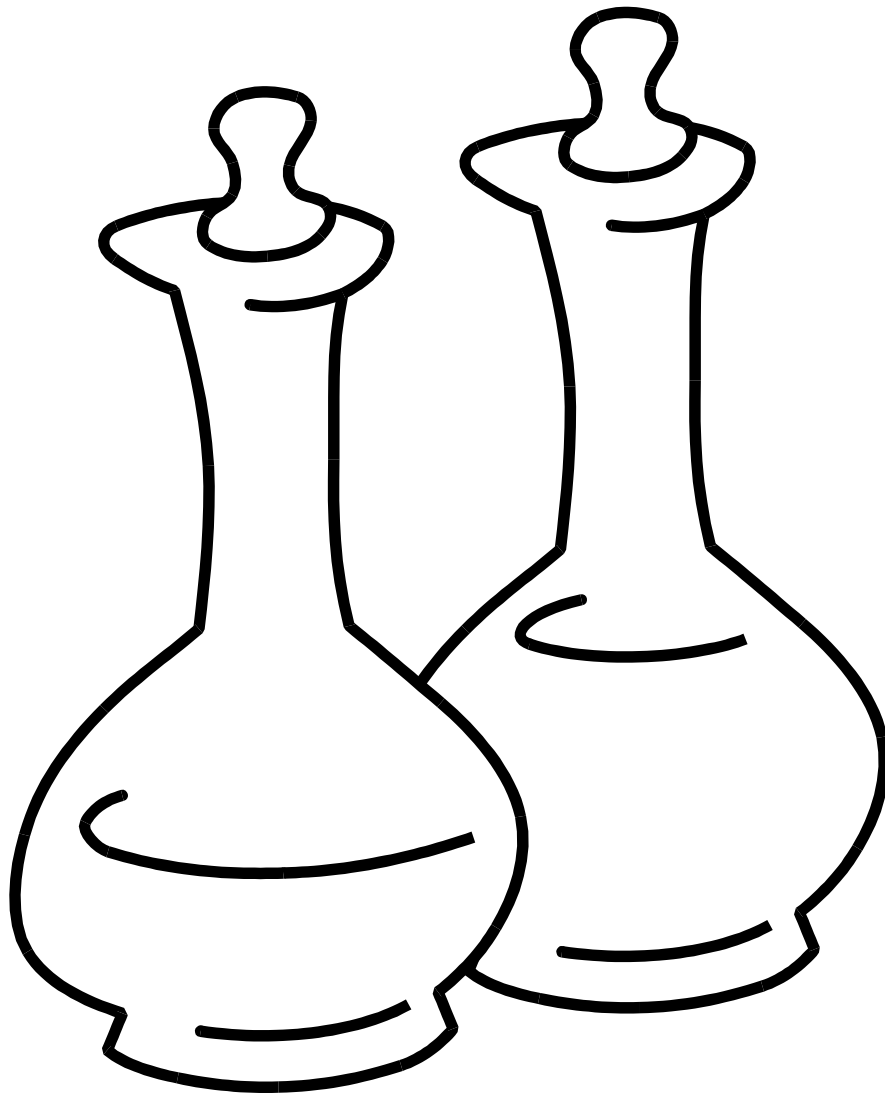
*Food, with calories, should never be used as a reward or incentive with people with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup yogurt	51.7	1.3g	5.0mg	57.3mg	5.7g
1/2 cup blueberries	13.5	0.1g	0.0mg	1.5mg	3.4g
1/8 cup apple juice concentrate	9.7	0.0g	0.0mg	1.5mg	2.4g
1 tsp orange juice concentrate	4.1	0.0g	0.0mg	0.1mg	1.0g
dash cinnamon	0.3	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>79.3</b>	<b>1.4g</b>	<b>5.0mg</b>	<b>60.3mg</b>	<b>12.6g</b>

Notes: 3 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Dressings & Marinades



## Low Calorie Dressing

1 cup fat free cottage cheese  
1 can condensed tomato soup  
1 tbsp sweet pickle relish  
1 tbsp lemon juice

Blend all ingredients and chill.

*Try to be verbally positive, use positive reinforcements.  
Individuals with PWS tend to thrive on compliments.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup fat free cottage cheese	10.2	0.1g	0.6mg	57.3mg	0.4g
1 can tomato soup	13.0	0.3g	0.0mg	105.6mg	2.5g
1 tbsp sweet pickle relish	1.2	0.0g	0.0mg	7.6mg	0.3g
1 tbsp lemon juice	0.2	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>24.6</b>	<b>0.4g</b>	<b>0.6mg</b>	<b>170.6mg</b>	<b>3.3g</b>

Notes: 10 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Herbed Yogurt Dressing

2 tsp vegetable oil  
1 cup plain nonfat yogurt  
2 tbsp red wine vinegar  
1 tbsp minced onion flakes  
1/2 tsp oregano  
1/2 tsp dill weed  
1/8 tsp garlic powder

Blend and chill several hours.

*Teach the child as soon as possible about his or her diagnosis of PWS.  
Remind him/her that PWS is a syndrome they have—not who they are.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 tsp vegetable oil	7.5	0.9g	0.0mg	0.0mg	0.0g
1 cup plain nonfat yogurt	19.4	0.5g	1.9mg	21.5mg	2.2g
2 tbsp red wine vinegar	0.5	0.0g	0.0mg	0.0mg	0.2g
1/2 tsp oregano	0.3	0.0g	0.0mg	0.0mg	0.1g
1/2 tsp dill weed	0.2	0.0g	0.0mg	0.1mg	0.0g
1/8 tsp garlic powder	0.0	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>27.9</b>	<b>1.4g</b>	<b>1.9mg</b>	<b>21.7mg</b>	<b>2.5g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Korean Marinade

3 tbsp sugar or sweetener equivalent (see chart)  
2 tbsp sesame oil  
1 green onion, chopped  
1 clove garlic, minced  
1 dash pepper  
2 tbsp toasted sesame seeds  
1 tbsp flour

Mix all together. Marinate at least 1 hour or overnight. This can be used for beef, chicken or ribs.

*Individuals with PWS have special needs; two important goals are weight control and socialization.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
5 packets sweetener	0.9	0.0g	0.0mg	0.0mg	0.2g
2 tbsp sesame oil	12.0	1.4g	0.0mg	0.0mg	0.0g
1 green chopped, onion	0.3	0.0g	0.0mg	0.1mg	0.1g
1 clove garlic	0.3	0.0g	0.0mg	0.0mg	0.1g
1 dash pepper	0.0	0.0g	0.0mg	0.0mg	0.0g
2 tbsp toasted sesame seeds	5.2	0.4g	0.0mg	0.1mg	0.2g
2 tbsp flour	1.4	0.0g	0.0mg	0.0mg	0.3g
<b>Total</b>	<b>20.0</b>	<b>1.8g</b>	<b>0.0mg</b>	<b>0.3mg</b>	<b>0.8g</b>

Notes: 20 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Balsamic Marinade

2 tbsp olive oil  
1 large onion, chopped  
4 cloves garlic  
1- 28oz can pureed tomatoes  
1/4 tsp sugar or sweetener equivalent (see chart)  
1/2 tsp salt  
1/2 cup balsamic vinegar

Heat oil and onion in saucepan. Add rest of ingredients and cook 15 minutes. Refrigerate for 3 days or freeze in ice cube trays. Remove and store in freezer bags for 3 months. Use as needed.

*An exercise schedule is essential for adults and children with PWS.  
Plan both a summer and winter exercise schedule.*

<b>Recipe Ingredient</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carb.</b>
2 tbsp olive oil	14.9	1.7g	0.0mg	0.0mg	0.0g
1 lg onion	2.9	0.0g	0.0mg	0.2mg	0.7g
4 cloves garlic	1.3	0.0g	0.0mg	0.1mg	0.3g
1 28oz can pureed tomatoes	9.0	0.1g	0.0mg	37.1mg	2.1g
1/2 cup balsamic vinegar	1.2			0.2mg	0.5g
<b>Total</b>	<b>29.3</b>	<b>1.8g</b>	<b>0.0mg</b>	<b>37.7mg</b>	<b>3.5g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Soups & Salads



## Hot and Sour Scallop Soup

4 cups fat free chicken broth  
1 cup sliced mushrooms  
1/4 cup bamboo shoots  
1/2 lb fat free scallops  
1 tsp low sodium soy sauce  
1/4 tsp white pepper  
2 tbsp cornstarch  
2 tbsp warm water  
1/4 cup egg substitute or equivalent  
3 tbsp rice vinegar  
1/3 cup thinly sliced green onions

Bring to boil chicken broth, mushrooms, and bamboo shoots. Simmer 5 minutes. Rinse scallops under cold running water. Add to soy sauce and white pepper. Dissolve cornstarch with warm water and add to soup mixture until thickens. Gradually pour in egg substitute. Remove from heat and add rice vinegar. Finally sprinkle with green onions.

*Take walks after mealtimes with your adult or child with PWS, it is a good time to talk and reflect on the day.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
4 cups fat free chicken broth	18.4	0.1g	0.1mg	441.5mg	3.2g
1 cup sliced mushrooms	4.4	0.1g	0.0mg	0.7mg	0.7g
1/4 cup bamboo shoots	1.6	0.0g	0.0mg	0.1mg	0.3g
1/2 lb fat free scallops	49.9	0.4g	18.7mg	91.3mg	1.3g
1 tsp low sodium soy sauce	0.8	0.0g	0.0mg	50.0mg	0.1g
1/4 tsp white pepper	0.4	0.0g	0.0mg	0.0mg	0.1g
2 tbsp cornstarch	15.2	0.0g	0.0mg	0.4mg	3.7g
2 tbsp warm water	0.0	0.0g	0.0mg	0.2mg	0.0g
1/4 cup egg substitute	13.2	0.5g	0.2mg	27.8mg	0.1g
3 tbsp rice vinegar	1.6	0.0g	0.0mg	0.8mg	4.7g
1/3 cup thinly sliced green onion	2.7	0.0g	0.0mg	1.3mg	0.6g
<b>Total</b>	<b>108.2</b>	<b>1.2g</b>	<b>18.9mg</b>	<b>614.6mg</b>	<b>14.9g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## The Cabbage Soup Recipe

*This is the old cabbage soup diet recipe.*

6 large green onions  
2 green peppers  
1-2 cans diced tomatoes  
1 bunch celery  
1 pkg Lipton onion soup mix  
1-2 cubes of bouillon (if desired)  
1 head cabbage

Cut vegetables into small pieces and cover with water. (V-8 juice and water can be used). Boil fast for 10 minutes. Reduce to simmer and continue cooking until vegetables are tender. Season to taste with salt, pepper, parsley, etc.

*Scoliosis is an abnormal curvature of the spine, which is prevalent with individuals with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
6 lg green onions	3.8	0.0g	0.0mg	1.9mg	0.9g
2 green peppers	9.8	0.1g	0.0mg	0.7mg	2.3g
2 cans diced tomatoes	36.0	0.3g	0.0mg	148.5mg	8.2g
1 bunch celery	7.4	0.1g	0.0mg	40.5mg	1.7g
1 pkg Lipton onion soup mix	9.2	0.1g	0.0mg	304.9mg	2.2g
1 cabbage chopped	69.0	0.6g	0.0mg	2.0mg	0.6g
<b>Total</b>	<b>69.0</b>	<b>0.6g</b>	<b>0.0mg</b>	<b>498.4mg</b>	<b>15.8g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Hamburger Soup

1 1/2 lbs lean ground beef  
 1 28oz can whole tomatoes  
 1 can cut green beans  
 3-4 sliced carrots  
 1/2 cup thinly sliced celery  
 1 bay leaf  
 1 tsp oregano  
 1/2 tsp pepper  
 1 can undiluted onion soup  
 2 can undiluted consommé  
 1/2 cup chopped parsley  
 1/2 cup tiny shell macaroni

Spray light vegetable oil in pot. Boil ground beef and strain. Add all ingredients except pasta shells. Bring to boil and reduce heat and simmer for 30 minutes. Bring to boil again and add pasta shells. Cook for another 20-30 minutes or until pasta shells are done.

*It is essential for an infant with PWS to be on homogenized milk for at least the first 2 years of life. Certain amounts of fat are crucial to brain development. Consult the child's dietician if concerns arise.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 lbs lean ground beef	179.6	14.1g	51.0mg	46.9mg	0.0g
1 28oz whole tomatoes	18.9	0.3g	0.0mg	8.1mg	4.2g
1 can cut green beans	2.7	0.0g	0.0mg	35.4mg	0.6g
4 carrots	13.9	0.1g	0.0mg	11.3mg	3.3g
1/2 cup sliced celery	1.0	0.0g	0.0mg	5.2mg	0.2g
1 bay leaf	0.0	0.0g	0.0mg	0.0mg	0.0g
1 tsp oregano	0.5	0.0g	0.0mg	0.0mg	0.1g
1/2 tsp pepper	0.3	0.0g	0.0mg	0.0mg	0.1g
1 can undiluted onion soup	13.7	0.4g	0.0mg	256.3mg	2.0g
2 cans undiluted beef broth (consommé)	14.3	0.0g	0.0mg	309.9mg	0.9g
1/2 cup chopped parsley	1.1	0.0g	0.0mg	1.7mg	0.2g
1/2 cup tiny shell macaroni	19.5	0.1g	0.0mg	0.4mg	3.9g
<b>Total</b>	<b>265.4</b>	<b>15.0g</b>	<b>51.0mg</b>	<b>675.3mg</b>	<b>15.4g</b>

Notes: 10 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

## Vegetarian Barley & Bean Soup

1 cup chopped onion  
 2 garlic cloves; minced  
 5 cups water  
 1- 28 oz canned tomatoes, chopped, undrained  
 1 can 15 oz kidney beans, drained  
 9 oz frozen green beans or peas  
 1 cup sliced carrots  
 1 cup sliced mushrooms  
 2/3 cup barley  
 1 tsp basil  
 1/2 tsp oregano  
 1/2 tsp salt (optional)  
 1/4 tsp black pepper

In 4-quart saucepan or Dutch oven, cook onion and garlic in oil until it's tender. Add remaining ingredients. Bring to a boil. Reduce heat to low; cover. Simmer 45-50 minutes or until barley is tender, stirring occasionally. Add additional water if soup becomes too thick upon standing. Prepare recipe as directed except simmer 15- 20 minutes or until barley is tender. Stir occasionally.

*Keep low fat foods on hand for snack time for individuals with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup chopped onion	6.1	0.0g	0.0mg	0.5g	1.4g
2 cloves garlic	1.0	0.0g	0.0mg	0.1mg	0.2g
5 cups water	0.0	0.0g	0.0mg	3.6mg	0.0g
1 28oz canned tomatoes	18.8	0.1g	0.0mg	9.9mg	4.3g
1 15oz kidney beans	42.2	0.2g	0.0mg	169.1mg	7.7g
2 cups frozen green beans or peas	125.0	0.8g	0.0mg	40.2mg	28.8g
1 cup sliced carrots	5.5	0.0g	0.0mg	4.5mg	1.3g
1 cup sliced mushrooms	1.8	0.0g	0.0mg	0.3mg	0.3g
2/3 cup barley	43.4	0.3g	0.0mg	1.5mg	9.0g
1 tsp basil	0.4	0.0g	0.0mg	0.0mg	0.1g
1/2 tsp salt	0.0	0.0g	0.0mg	116.3mg	0.0g
1/2 tsp oregano	0.2	0.0g	0.0mg	0.0mg	0.0g
1/4 tsp pepper	0.1	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>244.4</b>	<b>1.4g</b>	<b>0.0mg</b>	<b>345.9mg</b>	<b>53.2g</b>

Notes: 10 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

## Chicken Pasta Salad

1/2 cup ultra low fat mayonnaise  
 3 tbsp low sodium soy sauce  
 2 tbsp sherry  
 1/8 tsp ground ginger  
 1/4 tsp pepper  
 1 cup cooked spiral pasta, drained  
 2 cups cooked boneless skinless chicken breasts, cut into bite-sized pieces  
 2 cups fresh snow peas, strings removed and blanched  
 2 green onions, sliced  
 1/2 cup water chestnuts, sliced

In a small bowl combine the mayonnaise, soy sauce, sherry, ground ginger, and pepper. Set aside. In a separate bowl combine pasta, chicken, snow peas, green onions, and water chestnuts and toss with dressing mix. Refrigerate overnight.

*Monitor a child or adult with PWS' weight at least, weekly, and height every six months.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1/2 cup non fat mayonnaise	19.6			205.4mg	5.9g
3 tbsp low sodium soy sauce	7.2	0.0g	0.0mg	450.mg	1.1g
2 tbsp sherry	10.3	0.0g	0.0mg	0.1mg	0.6g
1/8 tsp ginger	0.0	0.0g	0.0mg	0.0mg	0.0g
1/4 tsp pepper	0.0	0.0g	0.0mg	0.1mg	0.1g
1 cup cooked spiral pasta	70.7	0.6g	0.0mg	42.2mg	14.3g
2 cups cooked chicken breasts, chopped	105.7	2.1g	53.9mg	44.1mg	0.0g
2 cups snow peas	20.6	0.1g	0.0mg	2.0mg	3.7g
2 green onions	2.5	0.0g	0.0mg	1.3mg	0.6g
1/2 cup water chestnuts, sliced	8.8	0.0g	0.0mg	1.4mg	2.2g
<b>Total</b>	<b>245.6</b>	<b>2.8g</b>	<b>53.9mg</b>	<b>746.8mg</b>	<b>28.5g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Baked Potato Salad

1 cup bean sprouts, rinsed and drained  
4 cold baked potatoes, peeled and cut into chunks  
1/4 cup coarsely chopped walnuts (optional)  
4 celery stalks, thinly sliced  
4 radishes, sliced  
3 tbsp snipped fresh dill weed  
2 tbsp snipped fresh parsley  
1/3 cup ultra low fat mayonnaise  
2 tbsp lemon juice  
4 tsp Dijon mustard  
1/4 tsp curry powder

Combine sprouts, potatoes, walnuts, celery, radishes, dill weed and parsley in a bowl. In another bowl, whisk mayonnaise, lemon juice, mustard and curry powder. Pour dressing over potato mixture; toss to coat. Cover and refrigerate until ready to serve.

*An individual with PWS has a high pain threshold and irregularities in body temperature. Special attention is needed if an adult or child feels under the weather, or ill. Fevers may be absent despite serious infection.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup bean sprouts	2.5	0.0g	0.0mg	29.2mg	0.4g
4 baked potatoes, cold and cut	96.7	0.0g	0.0mg	5.2mg	22.4g
1/4 cup chopped walnuts	32.7	3.3g	0.0mg	0.1mg	0.7g
4 stalks celery	4.8	0.0g	0.0mg	26.1mg	1.1g
4 radishes	1.2	0.0g	0.0mg	1.4mg	0.2g
3 tbsp dill weed	0.2	0.0g	0.0mg	0.3mg	0.0g
2 tbsp fresh parsley	0.5	0.0g	0.0mg	0.7mg	0.1g
1/3 cup non fat mayonnaise	8.8			91.3mg	2.6g
2 tbsp lemon juice	1.3	0.0g	0.0mg	0.1mg	0.4g
4 tsp dijon mustard	2.5	0.1g		41.7mg	0.2g
1/4 tsp curry powder	0.3	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>151.3</b>	<b>3.6g</b>	<b>0.0mg</b>	<b>196.1mg</b>	<b>28.3g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Fall Salad

2 pkgs plain gelatin  
1/2 cup cold water  
1/2 cup boiling water  
1 small orange cut up with peel  
3 cups cranberries  
sweetener

In a blender place gelatin and cold water. Let stand 2 minutes. Add boiling water. Cover and blend on low speed until gelatin dissolved (about 2 minutes). Add sweetener, orange and cranberries. Cover and blend on high until finely chopped. Pour into 4 cup mold.

*Be sure of your facts before you accuse a person with PWS; don't force them to lie.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 pkgs plain gelatin	17.3	0.0g	0.0mg	108.3mg	1.7g
1/2 cup water	0.0	0.0g	0.0mg	0.9mg	0.0g
1/2 cup boiling water	0.0	0.0g	0.0mg	0.9mg	0.0g
1 sm orange with peel	16.1	0.0g	0.0mg	0.4mg	4.1g
3 cups cranberries	40.4	0.2g	0.0mg	0.8mg	10.5g
2 pkg sweetener	1.8	0.0g	0.0mg	0.0mg	0.4g
<b>Total</b>	<b>75.5</b>	<b>0.2g</b>	<b>0.0mg</b>	<b>111.2mg</b>	<b>16.6g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Rhubarb Swirl Salad

3 cups rhubarb, chopped  
 3/4 cup sugar or sweetener equivalent (see chart)  
 1 tbsp margarine  
 1- 3 oz pkg sugar-free strawberry gelatin  
 1- 3 oz pkg sugar-free instant vanilla pudding  
 1 1/2 cup milk  
 1- 4 oz carton ultra low fat whipped topping  
 1/4 tsp vanilla

Cook rhubarb, sugar and margarine for 10 minutes. Add strawberry gelatin. Mix well and let cool. Mix pudding and milk until thickened. Add whipped topping and vanilla. Put in a large bowl with cooled mixture and swirl. Chill well. Can be used as a dessert on a graham cracker crust.

*Motor milestones can be delayed 1 to 2 years with PWS.  
 Physical and occupational therapies will aid in the development of strength.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 cups rhubarb	9.6	0.1g	0.0mg	1.8mg	2.1g
18 pks sweetener	8.0	0.0g	0.0mg	0.1mg	1.9g
1 tbsp margarine, light	6.1	0.7g	0.0mg	17.0mg	0.0g
1 pkg strawberry gelatin, sugar-free	41.6	0.0g	0.1mg	285.3mg	0.6g
1 pkg instant vanilla pudding, sugar-free	3.3	0.0g	0.0mg	41.5mg	0.8g
1 1/2 cup low fat milk	19.2	0.5g	1.8mg	23.1mg	2.2g
1 4oz low fat whipped tpping	97.1	7.7g	0.0mg	7.7mg	7.0g
1/4 tsp vanilla	0.4	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>185.3</b>	<b>9.0g</b>	<b>2.0mg</b>	<b>376.6mg</b>	<b>14.6g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Chinese Salad

10oz frozen peas, unthawed  
1 cup long grain rice cooked and cooled  
1 tin drained and rinsed shrimp  
1/4 cup chopped green onion  
1 1/2 cup chopped celery

### Sauce:

1 tsp salt  
1 tbsp soy sauce  
2 tbsp white vinegar  
1 heap tsp curry powder  
1/2 tsp sugar or sweetener equivalent (see chart)  
1/2 cup olive oil

Mix peas, rice, shrimp, onion and celery. Set aside. Stir in separate bowl salt, soy sauce, vinegar, curry, sugar and olive oil. Mix sauce into rice mixture. Refrigerate and serve.

*High pain thresholds can mask other more serious conditions.  
Strict attention must be given when an adult or child with PWS has ailments.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
10oz frozen peas	27.3	0.1g	0.0mg	36.7mg	4.9g
1 cup rice cooked and cooled	25.7	0.1g	0.0mg	0.2mg	5.6g
1 can shrimp	19.2	0.3g	27.7mg	27.0mg	0.2g
1/4 cup green onion	1.0	0.0g	0.0mg	0.5mg	0.2g
1 1/2 cup celery, chopped	3.6	0.0g	0.0mg	19.6mg	0.8g
1 tsp salt	0.0	0.0g	0.0mg	290.7mg	0.0g
1 tbsp soy sauce	1.2	0.0g	0.0mg	75.0mg	0.2g
2 tbsp white vinegar	0.5			0.0mg	0.2g
1 1/2 tsp curry powder	1.2	0.1g	0.0mg	0.2mg	0.2g
1 pkg sweetener	0.4	0.0g	0.0mg	0.0mg	0.1g
1/2 cup olive oil	119.3	13.5g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>199.5</b>	<b>14.1g</b>	<b>27.7mg</b>	<b>452.9mg</b>	<b>12.4g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Carrot Salad

3 cups grated carrots  
1/2 cup raisins  
1 cup fat free yogurt  
1/4 cup orange juice  
1 1/2 tsp lemon juice

Combine, cover and refrigerate 2 hours.

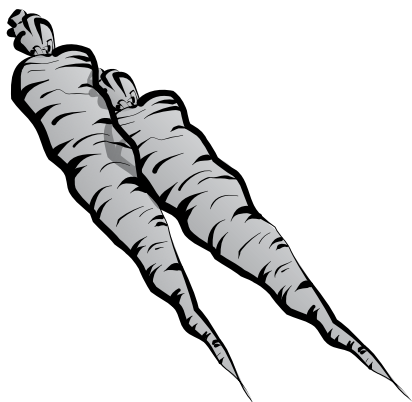
*An adult or child with PWS needs to learn they eat different foods than other members of the family-but the family should be sensitive to what and how much they eat in front of the child.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 cups carrots	23.7	0.1g	0.0mg	19.3mg	5.6g
1/2 cup raisins	36.3	0.1g	0.0mg	1.5mg	9.6g
1 cup yogurt, fat free	23.9	0.6g	2.3mg	26.6mg	2.7g
1/4 cup orange juice	4.7	0.0g	0.0mg	0.1mg	1.1g
1 1/2 tsp lemon juice	0.3	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>88.8</b>	<b>0.8g</b>	<b>2.3mg</b>	<b>47.4mg</b>	<b>19.0g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Chicken Gelatin Salad

1 cup boiling water  
 2 pkgs sugar-free lemon gelatin  
 2 cans chicken noodle soup  
 2 cups chicken, shredded, or 2 cans, drained  
 1 cup ultra low fat mayonnaise  
 2 cups ultra low fat whipped topping  
 1/4 cup onion, chopped  
 1/2 cup bell pepper, chopped  
 1 cup celery, chopped

Dissolve gelatin in water. Let cool slightly. Add all other ingredients except mayonnaise and whipped topping. Fold in mayonnaise and whipped topping last. Pour in 9x13-inch dish. Refrigerate. Serve with crackers like a dip.

*Typically a family must plan a diet that provides an average of no more than 30% calories from fat, less than 10% total calories from saturated fatty acids, less than 300 mg of cholesterol per day, 10-15% of calories from monounsaturated fatty acids, 50-55% of calories from carbohydrates, and 20-25% of calories from proteins. This is complicated, and the advantages of having a professional nutritionist or dietician are great.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup water, boiling	0.0	0.0g	0.0mg	0.9mg	0.0g
2 pkgs gelatin, lemon sugar-free	2.1	0.0g	0.0mg	14.3mg	0.0g
2 cans chicken noodle soup	38.9	1.1g	6.9mg	572.6mg	5.3g
2 cups chicken, shredded	57.8	1.2g	29.8mg	25.9mg	0.0g
1 cup mayonnaise, non fat	19.6			205.4mg	5.9g
2 cups whipped topping, non fat	38.6	3.3g	11.4mg	19.5mg	1.9g
1/4 cup onion, chopped	1.9	0.0g	0.0mg	0.2mg	0.4g
1/2 cup green pepper	2.5	0.0g	0.0mg	0.2mg	0.6g
1 cup celery, chopped	2.4	0.0g	0.0mg	13.1mg	0.5g
<b>Total</b>	<b>163.7</b>	<b>5.8g</b>	<b>48.0mg</b>	<b>852.0mg</b>	<b>14.6g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Chicken Salad

1 1/2 cups diced cooled chicken breasts  
3/4 cup finely chopped celery  
1/4 cup finely chopped onion  
2/3 cup ultra low-fat mayonnaise  
1/2 cup (1-2 oz jar) chopped pimento (drained)  
1 tsp Worcestershire sauce  
1/4 tsp pepper

Mix gently to combine. Cover and refrigerate.

*Enthusiasm and praise can help an adult or child with PWS in maintaining their weight.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 cup chicken breasts, diced, cooled	79.3	1.6g	40.4mg	33.1mg	0.0g
3/4 cup celery, diced	3.6	0.0g	0.0mg	19.6mg	0.8g
1/4 cup onion, chopped	3.8	0.0g	0.0mg	0.3mg	0.9g
2/3 cup mayonnaise, non fat	26.1			273.9mg	7.8g
1/2 cup pimento, chopped	5.5	0.1g	0.0mg	3.4mg	1.2g
1 tsp Worcestershire sauce	1.0			12.3mg	0.2g
1/4 tsp pepper	0.3	0.0g	0.0mg	0.1mg	0.1g
<b>Total</b>	<b>119.6</b>	<b>1.7g</b>	<b>40.4mg</b>	<b>342.5mg</b>	<b>11.1g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Quick Pasta Salad

2 cups of cooked and drained pasta  
1 cup frozen green peas, rinsed in hot water  
2 cups vegetable stir fry frozen, rinsed in hot water  
3/4 cup ultra low fat mayonnaise  
1/4 cup of fat free Italian salad dressing  
1 tsp Worcestershire sauce

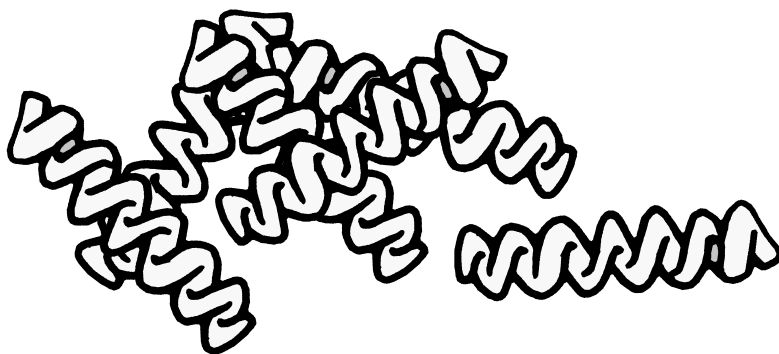
Mix together and refrigerate.

*Discourage foods with empty calories.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups pasta, cooked	82.1	1.9g	0.7mg	382.5mg	14.4g
1 cup peas, frozen and rinsed in hot water	18.5	0.1g	0.0mg	26.9mg	3.3g
2 cups vegetables, stir fry frozen, rinsed	96.8	0.8g	0.0mg	71.1mg	20.4g
3/4 cup mayonnaise, non fat	19.6			205.4mg	5.9
1/4 cup Italian salad dressing, fat free	10.5	1.0g	0.6mg	78.7mg	0.5g
1 tsp Worcestershire sauce	1.0			12.3mg	0.2g
<b>Total</b>	<b>227.5</b>	<b>3.8g</b>	<b>1.3mg</b>	<b>764.5mg</b>	<b>44.4g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Italian Mushroom Salad

3 tbsp fat free Italian Dressing  
1 tbsp low fat Parmesan cheese  
2 cups mushrooms

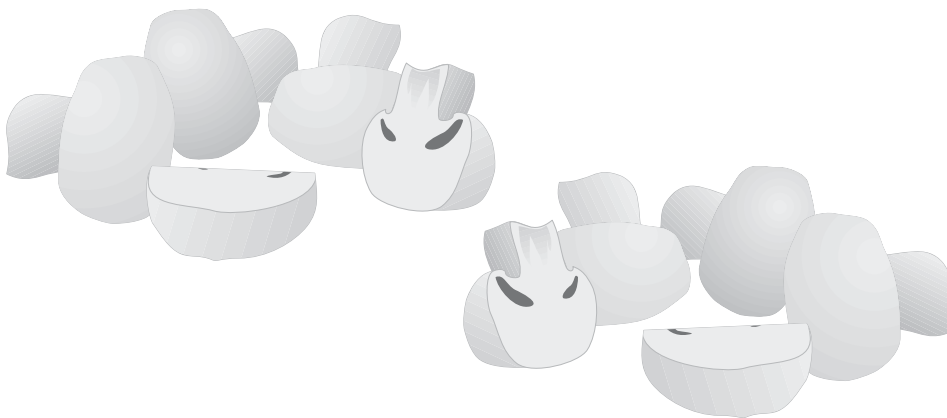
Blend and chill several hours.

*Regular monitoring of weight of an adult or child with PWS is essential when determining if calorie intake is appropriate.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 tbsp Italian dressing, fat free	11.9	1.1g	0.7mg	88.5mg	0.6g
1 tbsp Parmesan cheese, low-fat	5.7	0.4g	1.0mg	23.3mg	0.0g
2 cups mushrooms	8.8	0.1g	0.0mg	1.4mg	1.4g
<b>Total</b>	<b>26.3</b>	<b>1.6g</b>	<b>1.7mg</b>	<b>113.2mg</b>	<b>2.0g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Tomato Apple Salad

1 sm tomato  
1 sm cucumber  
1 sm apple  
1 green onion  
1 tbsp parsley

Cut into chunks. Serve.

*There is more laughter than tears when parenting your child or adult with PWS. Know and enjoy your child.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 sm tomato	7.1	0.1g	0.0mg	3.0mg	1.6g
1 sm cucumber	9.3	0.1g	0.0mg	1.6mg	1.9g
1 sm apple	20.4	0.1g	0.0mg	0.0mg	5.3g
1 green onion	1.3	0.0g	0.0mg	0.6mg	0.3g
1 tbsp parsley	0.3	0.0g	0.0mg	0.5mg	0.1g
<b>Total</b>	<b>38.4</b>	<b>0.4g</b>	<b>0.0mg</b>	<b>5.7mg</b>	<b>9.1g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Sunshine Carrot Salad

3 cups shredded carrots  
1 cup diced unpeeled Red Delicious apples  
1 cup 11 oz can rinsed and drained mandarin oranges  
1/2 cup ultra low fat mayonnaise  
2 tbsp unsweetened orange juice  
sweetener to taste about 2 tsp  
1/2 tsp apple pie spice

Mix gently to combine. Cover and refrigerate 30 minutes.

*Discuss a restaurant menu with an adult or child with PWS prior to going.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 cups carrots, shredded	23.7	0.1g	0.0mg	19.3mg	5.6g
1 cup apples, Red Delicious	13.6	0.1g	0.0mg	0.0mg	3.5g
1 cup mandarin oranges, drained	25.6	0.0g	0.0mg	2.5mg	6.8g
1/2 cup mayonnaise, non fat	13.0			137.0mg	3.9g
2 tbsp orange juice	2.3	0.0g	0.0mg	0.1mg	0.5g
2 pkgs sweetener	1.2	0.0g	0.0mg	0.0mg	0.3g
1/2 tsp apple pie spice	1.0	0.1g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>80.4</b>	<b>0.3g</b>	<b>0.0mg</b>	<b>158.8mg</b>	<b>20.7g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Waldorf Salad

3 oz chicken  
 1 apple  
 1 lg celery stalk  
 1 tbsp walnuts, minced  
 1 tbsp ultra low fat mayonnaise

Mix and refrigerate.

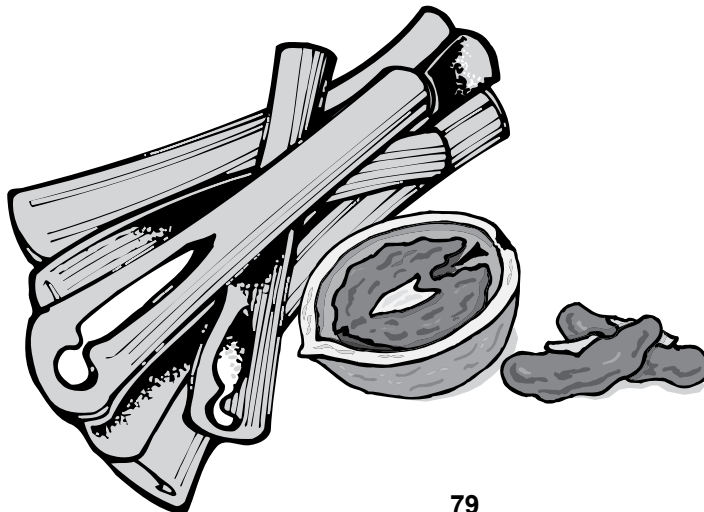
*Include the person with PWS in planning and programming.  
 They feel a need for some control and will cooperate 100 percent if they feel it was their idea.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 oz chicken	64.2	1.3g	32.7mg	26.8mg	0.0g
1 apple	40.7	0.2g	0.0mg	0.0mg	10.5g
1 stalk celery	3.6	0.0g	0.0mg	19.6mg	0.8g
1 tbsp walnuts, chopped	24.5	2.4g	0.0mg	0.1mg	0.5g
1 tbsp mayonnaise, non fat	5.2			55.1mg	1.6g
<b>Total</b>	<b>138.3</b>	<b>4.0g</b>	<b>32.7mg</b>	<b>101.5mg</b>	<b>13.4g</b>

Notes: 2 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Macaroní Salad

4 cups precooked macaroni  
1 lg tomato  
3/4 cup chopped onion  
3/4 cup chopped green pepper  
capers to taste  
1 cup ultra low fat mayonnaise (approx.)  
capers to taste

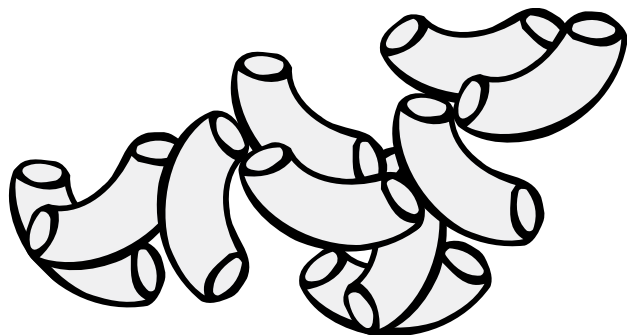
Mix and chill 30 minutes. Serve.

*Knowledge of calories is required to allow flexibility during PWS meal planning.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
4 cups macaroni	197.4	0.9g	0.0mg	1.4mg	39.7g
1 lg tomato	7.1	0.1g	0.0mg	3.0mg	1.6g
3/4 cup onion	11.4	0.0g	0.0mg	0.9mg	2.6g
3/4 cup green pepper	7.5	0.1g	0.0mg	0.6mg	1.8g
1 tbsp capers	0.5	0.0g	0.0mg	63.7mg	0.1g
1 cup mayonnaise, non fat	39.1			410.9mg	11.8g
<b>Total</b>	<b>263.1</b>	<b>1.2g</b>	<b>0.0mg</b>	<b>480.5mg</b>	<b>57.5g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Crab and Spinach Salad

1 pkg oz Pollock flavored crab  
1 pkg frozen chopped or canned spinach  
2 stalks celery  
4 green onions  
1/2 cup ultra low fat mayonnaise or low fat yogurt  
2 tbsp fresh dill or 2 tsp dried dill weed  
1/2 tsp salt  
1/4 tsp ground pepper

Separate crab flakes. Drain and squeeze all moisture from spinach and add to crab with celery and onions. In a small bowl, mix mayonnaise/yogurt, dill, salt and pepper, add to crab mixture and mix well. Cover and chill 1 hour or longer. Serve on lettuce leaves with cucumber slices or melon wedges. Use as a main course.

*Children and adults with PWS have thick saliva; hence strict dental visits are needed.  
Daily maintenance of teeth is required after each meal.*

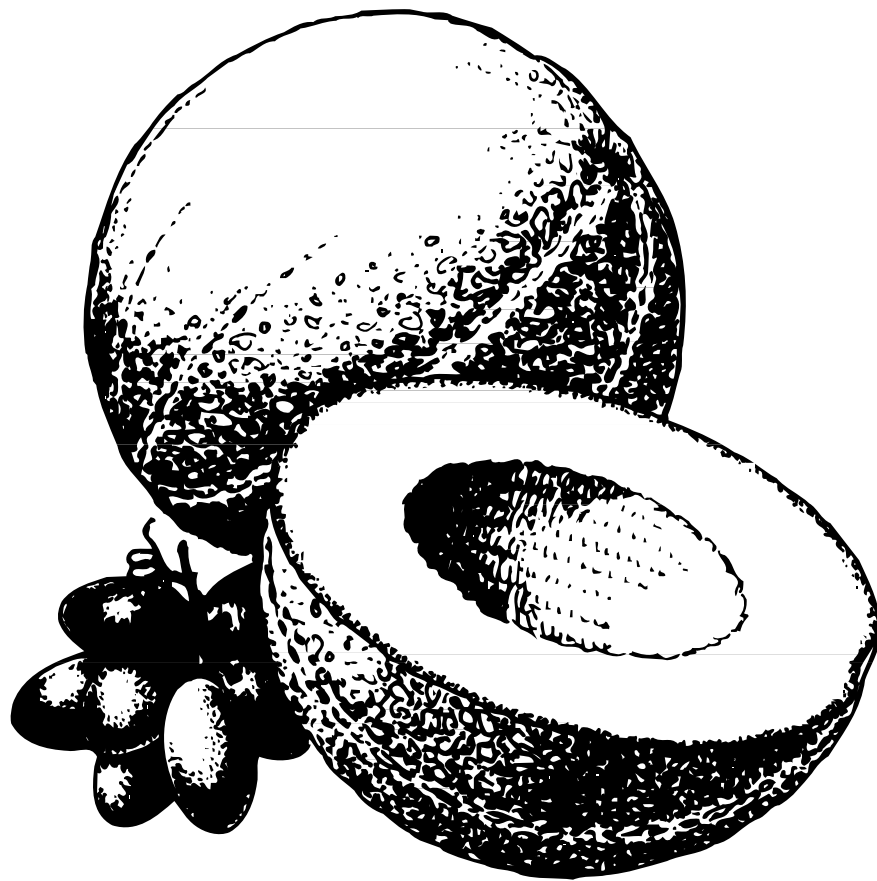
Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 pkg crab, pollock	43.4	0.6g	8.5mg	357.4mg	4.3g
1 pkg spinach, frozen	17.0	0.2g	0.0mg	52.5mg	2.8g
2 stalks celery	3.6	0.0g	0.0mg	19.6mg	0.8g
4 green onions	5.0	0.0g	0.0mg	2.5mg	1.1g
1/2 cup mayonnaise, non fat	19.6			205.4mg	5.9g
2 tbsp dill	0.2	0.0g	0.0mg	0.3mg	0.0g
1/2 tsp salt	0.0	0.0g	0.0mg	290.7mg	0.0g
1/4 tsp pepper	0.3	0.0g	0.0mg	0.1mg	0.1g
<b>Total</b>	<b>89.1</b>	<b>0.8g</b>	<b>8.5mg</b>	<b>928.5mg</b>	<b>15.1g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Breakfast Menu



## Breakfast Marvel

2 1/2 lbs hash browns (prepackaged)  
2 cans reduced fat mushroom soup  
2 cups fat free sour cream  
1/4 cup grated onion  
1 cup low fat grated cheese (optional)

Preheat oven to 300°. Combine and bake for 1 1/2 hours. Freeze in yogurt containers and microwave when needed.

*Always distinguish between child-like behavior and Prader-Willi symptoms when treating behavior.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 pkg potatoes, frozen hashed browns	69.7	0.5g		18.7mg	15.1g
2 cans mushroom soup, reduced fat	57.9	4.3g	0.6mg	389.0mg	4.2g
2 cups sour cream, fat free	54.3	4.8g	15.5mg	16.3mg	1.7g
1/4 cup onion	1.3	0.0g	0.0mg	0.1mg	0.3g
1 cup cheese, low fat grated	16.3	0.7g	2.0mg	57.6mg	0.2g
<b>Total</b>	<b>199.4</b>	<b>10.3g</b>	<b>18.1mg</b>	<b>481.8mg</b>	<b>24.1g</b>

Notes: 12 Serving. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Pancakes

1 cup flour  
2 tsp baking powder  
1 cup skim milk  
2 egg whites  
1 tbsp light margarine

Mix dry ingredients together. Beat eggs and add milk. Pour into dry ingredients, beat thoroughly, and add margarine. Drop on hot spray of vegetable oil on griddle. When pancakes bubble turn and cook on other side until golden.

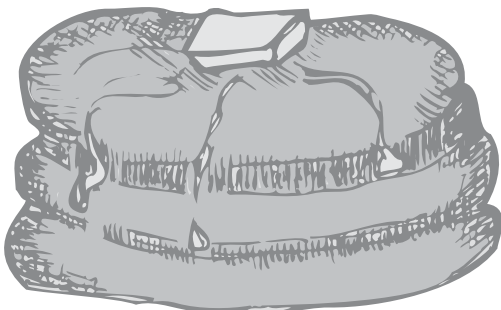
\*\*Note a sandwich maker is ideal to use and mess-free. You can freeze or refrigerate. Microwave as needed.

*Keep sight of the fact that the hand of a person with PWS is quicker than your eye.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup flour	113.8	0.3g	0.0mg	0.6mg	23.8g
2 tsp baking powder	4.7	0.0g	0.0mg	0.4mg	1.0g
1 cup skim milk	25.0	0.2g	1.2mg	36.1mg	3.4g
2 egg whites	8.4	0.0g	0.0mg	27.4mg	0.2g
1 tbsp light margarine	12.4	1.4g	0.0mg	34.5mg	0.0g
<b>Total</b>	<b>164.2</b>	<b>1.9g</b>	<b>1.2mg</b>	<b>99.0mg</b>	<b>28.5g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Omelets

3 egg whites  
2 chopped green onions  
1/2 diced red and green bell peppers  
1 diced tomato

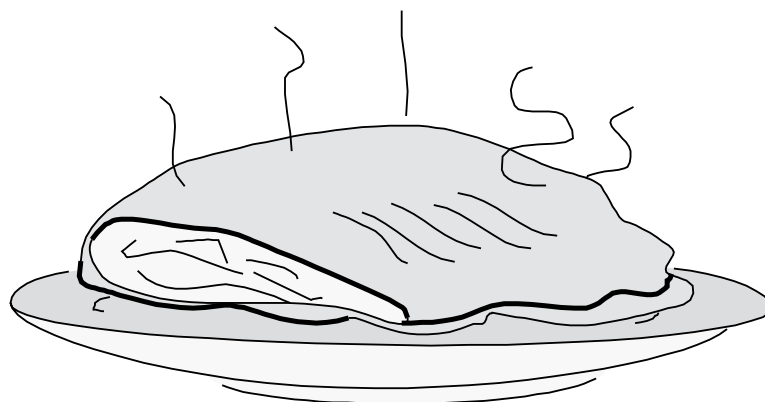
Spray of light vegetable oil in pan. Beat egg whites and place in fry pan on medium. When egg start to form add vegetables on top of eggs. Fold over and serve. Salsa may be added as a nice low calorie condiment.

*Give the child or adult with PWS half portions, then if they request for seconds it is provided.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 egg whites	25.1	0.0g	0.0mg	82.2mg	0.5g
2 green onions	5.0	0.0g	0.0mg	2.5mg	1.1g
1/2 cup green or red pepper	10.1	0.1g	0.0mg	0.7mg	2.4g
1 tomato	14.2	0.2g	0.0mg	6.1mg	3.1g
<b>Total</b>	<b>54.3</b>	<b>0.3g</b>	<b>0.0mg</b>	<b>91.5mg</b>	<b>7.2g</b>

Notes: 2 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Cottage Cheese Pancakes

3 egg whites  
1/2 cup cottage cheese  
1 tbsp light margarine  
1 tbsp flour or cornmeal

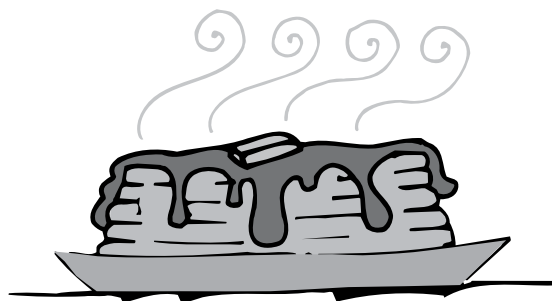
Preheat oven to 350°. With small mixer beat egg whites. Add cottage cheese and mix until fairly smooth. Add margarine and flour. Spray of light vegetable oil on cookie sheet and bake pancakes.

*Swimming, walking, stationary bike and horseback riding are great ways to exercise individuals with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 egg whites	12.5	0.0g	0.0mg	41.1mg	0.3g
1/2 cup cottage cheese	20.5	0.3g	1.2mg	114.7mg	0.8g
3 tsp light margarine	12.4	1.4g	0.0mg	34.5mg	0.0g
1 tbsp flour	7.1	0.0g	0.0mg	0.0mg	1.5g
<b>Total</b>	<b>52.5</b>	<b>1.7g</b>	<b>1.2mg</b>	<b>190.4mg</b>	<b>2.5g</b>

Notes: 4 Servings . Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Rice Pancakes

1 egg  
1/3 cup cooked rice  
1/8 tsp flavoring or spice  
dash sweetener

Preheat oven to 350°. Beat egg with fork. Add rice, flavoring (or spice), sweetener and dash of salt, stir. Spray with light vegetable oil on griddle and bake pancake.

**\*\*Note:** Great for leftover rice.

*When it comes to fitness for an adult or child with PWS, remember 3 important steps:*

- 1. Be a role model.*
- 2. Keep the child or adult motivated.*
- 3. Use a large muscle activity.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 egg	38.6	2.6g	110.0mg	32.6mg	0.3g
1/3 cup rice	34.2	0.1g	0.0mg	0.3mg	7.4g
1/8 tsp flavoring	0.4	0.0g	0.0mg	0.0mg	0.1g
1/4 pkg sweetener	1.6	0.0g	0.0mg	0.0mg	0.4g
<b>Total</b>	<b>74.7</b>	<b>2.7g</b>	<b>110.0mg</b>	<b>32.9mg</b>	<b>9.2g</b>

Notes: 2 Servings . Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Appetizers, Vegetables, Sauces & Dips

## Aspirin Cake

Light the oven. Get bowl, spoon and ingredients. Grease pan. Crack nuts.  
Remove 18 toy blocks and 7 toy cars from kitchen table.

Measure 2 cups flour. Get baking powder. Remove Tom's hands from the flour.  
Wash flour off him. Put flour, baking powder and salt in sifter. Get dust pan and broom  
and sweep up pieces of bowl Tom knocked on floor. Get another bowl.

Answer doorbell. Remove Tom's hand from bowl. Wash Tom. Get 1 egg. Answer phone.  
Take 1/4 inch of salt from greased pan, which Tom dumped in. Sweep up nut shells and slap  
Tom's hands; pick up pieces of bowl Tom knocked off again before he fled...

Wash kitchen floor; wash table; wash wall; wash dishes. Call bakery. Take aspirin.

Lie Down!

Author Unknown

## Onion Dip

1 1/2 cup non fat yogurt  
2 tbsp onion flakes  
2 pkts low sodium beef Oxo cubes; instant beef flavored broth

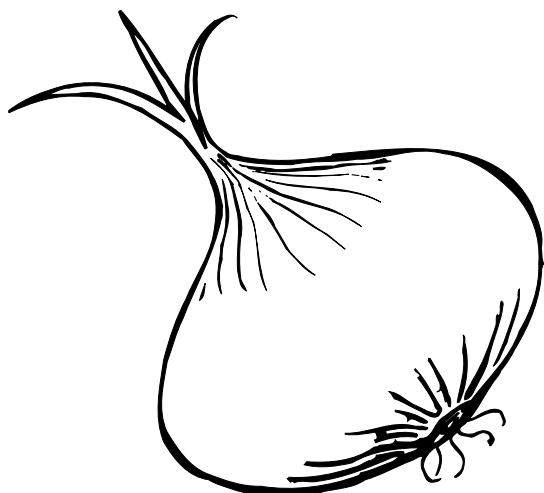
Mix together and chill several hours.

*Don't ignore bad PWS behavior. Try interventions to prevent it.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 cups yogurt, non fat	14.5	0.4g	1.4mg	16.1mg	1.6g
2 tbsp onion flakes	2.2	0.0g	0.0mg	0.1mg	0.5g
2 pkg beef broth granules	1.1	0.0g	0.0mg	76.4mg	0.1g
<b>Total</b>	<b>17.8</b>	<b>0.4g</b>	<b>1.4mg</b>	<b>92.7mg</b>	<b>2.2g</b>

Notes: 16 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## White Wine Sauce

2 cups fat free chicken broth  
1/2 cup white wine  
6 tbsp flour  
3/4 cup skim milk  
1 tsp onion powder  
pepper to taste

Simmer until thickened to right consistency.

*Bring siblings out separately from adult or child with PWS, so they can have higher calorie treats.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups chicken broth, fat free	3.1	0.0g	0.0mg	73.6mg	0.5g
1/2 cup white wine	6.7	0.0g	0.0mg	0.5mg	0.1g
6 tbsp flour	14.2	0.0g	0.0mg	0.1mg	3.0g
3/4 cup skim milk	5.6	0.0g	0.3mg	8.1mg	0.8g
1 tsp onion powder	0.6	0.0g	0.0mg	0.1mg	0.1g
1/2 tsp pepper	0.2	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>30.4</b>	<b>0.1g</b>	<b>0.3mg</b>	<b>82.4mg</b>	<b>4.6g</b>

Notes: 12 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Nibbler

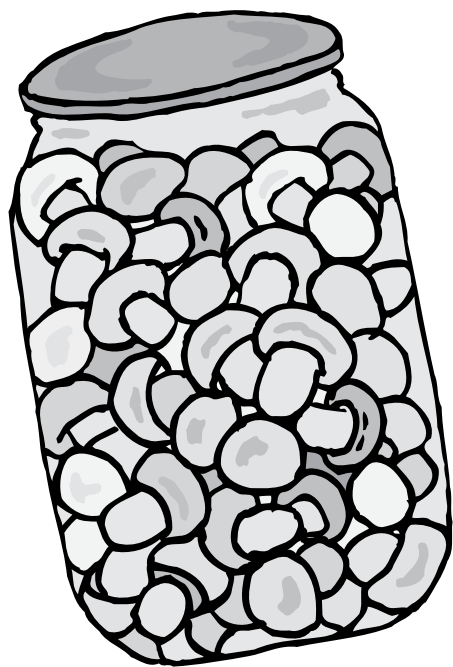
1 can mushrooms

Spread drained can of mushrooms on cookie sheet, heat low oven 'til dry. Has nutlike flavor.

*Don't leave chewing gum, breath mints, cough drops, etc., in pockets or purses for individuals with PWS to find.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/4 cup mushroom pieces, lg can	15.6	0.2g	0.0mg	276.3mg	3.2g
<b>Total</b>	<b>15.6</b>	<b>0.2g</b>	<b>0.0mg</b>	<b>276.3mg</b>	<b>3.2g</b>

Notes: 3 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_  
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## Stuffed Zucchini

4- 8 oz zucchini, halved length-wise  
3/4 lb extra lean ground beef  
12 scallions  
2 cloves garlic  
2/3 cup beef broth  
1/4 cup soy sauce  
1 tbsp cornstarch  
1 tsp sesame oil  
1/4 tsp ginger  
dash pepper

Preheat oven to 375°. Scoop out zucchini, leaving a 1/4" shell; chop pulp. Boil beef and strain. Stir chopped zucchini, scallions and garlic into skillet, cook until tender. Combine next 6 ingredients, cook until thickened. Place shells in baking dish, fill with beef mixture. When ready to serve, bake for 30 minutes or until tender.

*To prevent skin picking, keep hands busy with beads or tying knots. Replace behavior with an activity.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
4 8oz zucchini	14.4	0.1g	0.0mg	3.1mg	3.0g
3/4 lb ground beef	11.23	8.8g	31.9mg	29.3mg	0.0g
12 green onions	7.5	0.0g	0.0mg	3.8mg	1.7g
2 cloves garlic	1.3	0.0g	0.0mg	0.1mg	0.3g
2/3 cups beef broth	4.9	0.0g	0.0mg	106.6mg	0.3g
1/4 cup soy sauce	4.2	0.0g	0.0mg	265.6mg	0.7g
1 tbsp cornstarch	3.8	0.0g	0.0mg	0.1mg	0.9g
1 tsp sesame oil	5.0	0.6g	0.0mg	0.0mg	0.0g
1/4 tsp ginger	0.2	0.0g	0.0mg	0.0mg	0.0g
1/8 tsp pepper	0.1	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>153.8</b>	<b>9.6g</b>	<b>31.9mg</b>	<b>408.7nmg</b>	<b>6.9g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Fettuccine Green Beans

1/2 cup non fat dry skim milk powder  
1 cup water  
1 tsp parsley  
2 tsp light margarine  
1/2 cup grated fat free Parmesan cheese  
2 cups hot cooked fettuccine, rinsed and drained  
1 cup cut green beans

Spray skillet with light butter flavored cooking spray. Pour milk, water and parsley into skillet. Add margarine and cheese. Mix well to combine. Stir in fettuccine and green beans. Lower heat and simmer 5-6 minutes.

*Adults and children with PWS do not vomit. Ipecac Syrup is often recommended to help induce vomiting when a child does a poisonous substance. Only one dose is recommended.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1/2 cup skim milk powder	20.3	0.0g	1.0mg	31.1mg	3.0g
1 cup water	0.0	0.0g	0.0mg	1.2mg	0.0g
1 tsp parsely	0.2	0.0g	0.0mg	0.4mg	0.0g
2 tsp margarine	5.5	0.6g	0.0mg	15.4mg	0.0g
1/2 cup parmesan cheese	70.9	0.8g	17.6mg	3.7mg	13.2g
2 cup fettuccine, cooked	70.9	0.8g	17.6mg	3.7mg	13.2g
1 cup green beans	4.5	0.0g	0.0mg	59.0mg	1.0g
<b>Total</b>	<b>139.5</b>	<b>4.0g</b>	<b>25.2mg</b>	<b>265.8mg</b>	<b>17.6g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Dilled Carrots in Wine

2 cups carrots  
1 cup onion, chopped  
1/2 cup celery, chopped  
1/2 cup celery leaves, chopped  
1/3 cup dry white wine  
1/2 tsp dill weed

Mix and chill for several hours.

*Don't lose your temper. Easier said than done, but do whatever it takes to keep your cool; nothing will be gained if you lose control.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups carrots	27.5	0.1g	0.0mg	22.4mg	6.5g
1 cup onion	15.2	0.1g	0.0mg	1.2mg	3.5g
1/2 cup celery	2.4	0.0g	0.0mg	13.1mg	0.5g
1/2 cup celery leaves	0.9	0.0g	0.0mg	4.9mg	0.2g
1/3 cup wine, dry white	13.4	0.0g	0.0mg	1.0mg	0.2g
1/2 tsp dill weed	0.3	0.0g	0.0mg	0.3mg	0.1g
<b>Total</b>	<b>59.7</b>	<b>0.2g</b>	<b>0.0mg</b>	<b>42.8mg</b>	<b>10.9g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Mushrooms Oriental

1 1/2 cups sliced mushrooms  
1/2 tbsp low sodium soy sauce  
2 tsp crushed garlic  
1/4 cup fat free chicken broth  
2 tbsp sliced green onions  
1/8 tsp ginger root  
1/8 tsp sugar or sweetener equivalent (see chart)

Spray of light vegetable oil in skillet. Heat over medium heat. Bring to boil. Cover and cook for 2 minutes, uncover 2-3 minutes.

*Introduce your child with PWS to animal books; this can help with speech development and vocalization.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 cups sliced mushroom	13.1	0.2g	0.0mg	2.1mg	2.1g
1/2 tsp soy sauce	2.4	0.0g	0.0mg	150.0mg	0.4g
2 tsp garlic	4.2	0.0g	0.0mg	0.5mg	0.9g
1/4 cup chicken broth	2.3	0.0g	0.0mg	55.2mg	0.4h
2 tbsp green onions	1.9	0.0g	0.0mg	1.0mg	0.4g
1/8 tsp ginger root	0.1	0.0g	0.0mg	0.0mg	0.0g
1/2 tsp sweetener	0.9	0.2g	0.0mg	208.7mg	4.5g
<b>Total</b>	<b>24.9</b>	<b>0.2g</b>	<b>0.0mg</b>	<b>208.7mg</b>	<b>4.5g</b>

Notes: 2 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Bruschetta

1 1/2 lbs ripe plum tomatoes (9-10)  
2 tbsp onion  
2 cloves garlic  
1/4 cup fresh basil  
2 tsp red wine vinegar  
6 tbsp olive oil  
4 thick slices french bread

Cut tomatoes in half and squeeze out seeds and juice. Chop tomatoes into small diced pieces, place in bowl. Add onion, garlic, basil, vinegar, half of oil, salt and pepper. Let stand at room temperature for about 1 hour. Drain liquid. Toast bread on both sides until golden brown on BBQ or under broiler. Quickly brush one side of each with remaining oil. Spoon tomato mixture on top. Cut slices in half. Serve immediately.

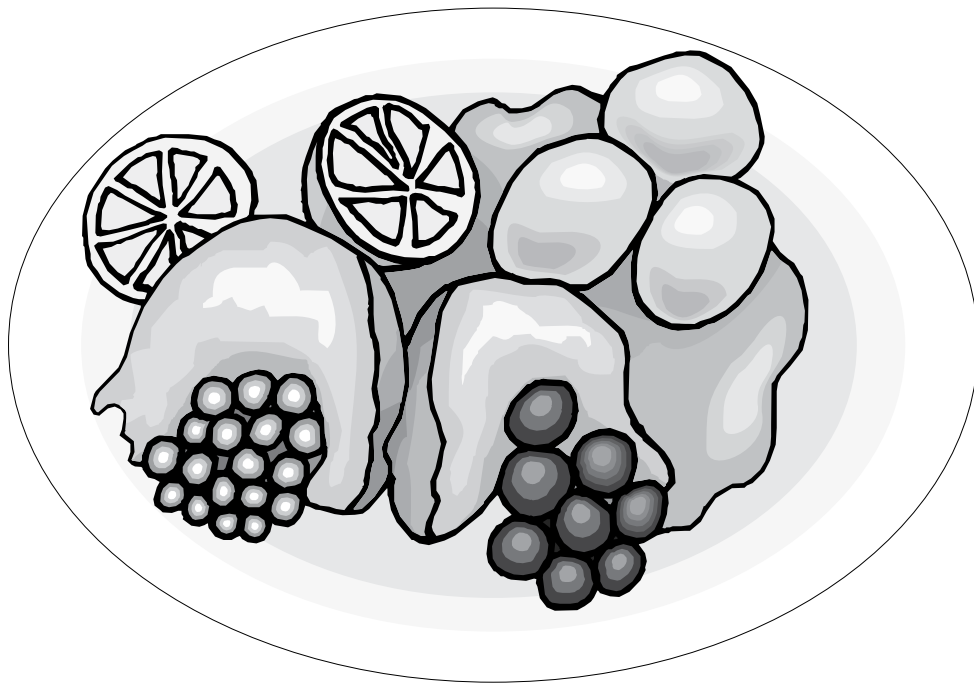
*Don't try and talk things out with a child with PWS. It does not work!*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
10 plum tomatoes	70.9	1.1g	0.0mg	30.4mg	15.7g
2 tbsp onion	1.9	0.0g	0.0mg	0.2mg	0.4g
2 cloves garlic	2.6	0.0g	0.0mg	0.1mg	0.1g
1/4 cup basil	0.7	0.0g	0.0mg	0.1mg	0.1g
2 tsp vinegar	0.4			0.0mg	0.1g
6 tbsp olive oil	119.3	13.5g	0.0mg	0.0mg	0.0g
4 slices french bread	95.4	1.1g	0.0mg	211.5mg	18.0g
<b>Total</b>	<b>291.2</b>	<b>15.7g</b>	<b>0.0mg</b>	<b>242.5mg</b>	<b>35.0g</b>

Notes: 4 Servings. Reduce total olive oil calories by 1/3 as part of oil is poured off, which reduces total calories to 251.2. Reduce fat by 4/5g for same reason. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Seafood



## Seafood Fat Content

LEAN FISH		MEDIUM FAT FISH		FATTY FISH	
Type	Calories	Type	Calories	Type	Calories
Bass	82/3oz	Anchovy	62/3oz	Mackerel,	
				Atlantic, Pacific	174/3oz 135/3oz
Cod	70/3oz	Blufish	105/3oz	Chinook Salmon	155/3oz
Haddock	74/3oz	Catfish	99/3oz	Coho Salmon	155/30z
Flounder	100/3oz	Pink	100/3oz	Sockeye	
Halibut	93/3oz	Salmon		Salmon	143/3oz
		Shark	111/3oz	Sardines	50/2 pcs
Mackerel, King	89/3oz	Swordfish	103/3oz	Lake Trout	125/3oz
Perch	80/3oz	Trout	120/3oz	Tuna, Albacore	60/2oz
	Rainbow				
Pollack	80/3oz	Tuna,		Herring,	
	Bluefin	122/3oz		Pacific	166/3oz
Snapper	85/30z	Whitefish	114/3oz		
Sole	80/3oz				
Tuna, Skipjack	88/3oz				
Tuna, Yellowfin	90/3oz				

Notes: \_\_\_\_\_

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## Kyra's Fish Sticks

1 lb fish fillets, snapper, cod, halibut, haddock, pollock  
 1/2 cup cornmeal  
 1/4 cup oat bran  
 2 tbsp wheat germ  
 2 tbsp parmesan cheese  
 2 tbsp parsley  
 1 tsp lemon peel  
 1 tsp Mrs. Dash Lemon  
 1 egg white  
 1/2 cup yogurt, non fat

Place filets on waxed paper freeze 20 minutes, as it cuts easier. Blend all dry ingredients and seasoning together. Beat egg and yogurt together. Check fish for tiny bones cut into 8-10 portions, use tweezers to rid bones. Dip in egg mixture then roll into cornmeal mixture. Freeze on wax paper then seal tightly in container 2-3 months. Preheat oven to 400°. Bake (use vegetable spray) for 8-12 minutes, if thawed 5 or 6 minutes. Refrigerate extra dry coating mixture up to 1 month in fridge.

*Do not argue with a person with PWS, this is a no-win situation.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 lb fish fillets	69.7	0.6g	36.6mg	45.9mg	0.0g
1/2 cup cornmeal	44.2	0.4g	0.0mg	4.3mg	9.4g
1/4 cup oat bran	7.3	0.2g	0.0mg	0.1mg	1.3g
2 tbsp wheat germ	14.7	0.2g	0.0mg	31.2mg	2.7g
2 tbsp parmesan cheese	9.1	0.6g	1.6mg	37.2mg	0.1g
2 tbsp parsley	0.2	0.0g	0.0mg	0.0mg	0.1g
1 tsp lemon peel	0.2	0.0g	0.0mg	0.0mg	0.1g
1 tsp Mrs. Dash lemon	0.2	0.0g	0.0mg	0.2mg	0.1g
1 egg white	3.3	0.0g	0.0mg	11.0mg	0.1g
1/2 cup yogurt, non fat	15.5	0.4g	1.5mg	17.2mg	1.7g
<b>Total</b>	<b>164.8</b>	<b>2.3g</b>	<b>39.6mg</b>	<b>148.0mg</b>	<b>15.5g</b>

Notes: 5 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Tuna Fish Curry

2 tsp oil  
2 tsp curry powder  
1 apple, peeled & chopped  
1 can tuna, drained - 8 oz  
1 can tomato sauce - 8 oz or 1 cup  
2 tbsp apple juice  
2 cups hot cooked rice

Heat oil in wok, add apple and stir fry over medium heat, 1-2 minutes. Stir in curry powder. Add tomato sauce. Bring to a boil, add juice and tuna. Stir until heated. Serve over hot cooked rice.

*To stimulate the mental development of your child with PWS, three objectives must be maintained:  
Organize, repeat, and enjoy.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 tsp oil	19.9	2.3g	0.0mg	0.0mg	0.0g
2 tsp curry powder	3.3	0.1g	0.0mg	0.5mg	0.6g
1 apple	18.4	0.1g	0.0mg	0.0mg	4.8g
1 can tuna	44.7	0.3g	11.6mg	130.1mg	0.0g
1 can tomato sauce	18.4	0.1g	0.0mg	370.6mg	4.4g
1oz apple juice	3.6	0.0g	0.0mg	0.2mg	0.9g
2 cups rice	102.7	0.2g	0.0mg	0.8mg	22.3g
<b>Total</b>	<b>211.0</b>	<b>3.2g</b>	<b>11.6mg</b>	<b>502.2mg</b>	<b>32.9g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Quick Tuna Casserole

1 can tuna, rinsed in water  
1 pkg frozen spinach, unthawed and drained  
1 1/2 cups low fat cottage cheese  
1 can 1/2 low fat mushroom soup  
3 cups prepared macaroni

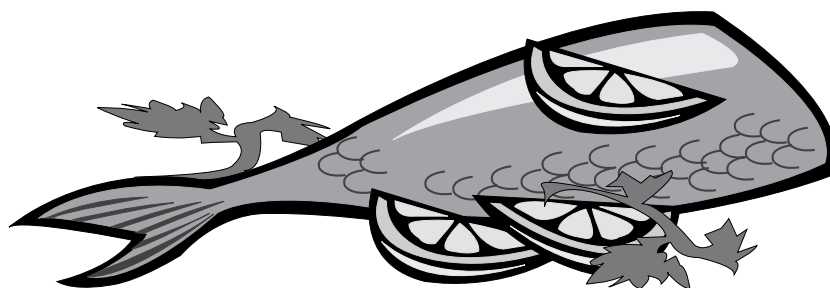
Preheat oven to 350°. Mix and bake or microwave until heated through.

*It is estimated one in 12,000 to 15,000 people has PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 can tuna	29.8	0.2g	7.7mg	86.8mg	0.0g
1 pkg spinach, frozen	11.4	0.1g	0.0mg	35.0mg	1.9g
1 1/2 cup scottage cheese, low-fat	40.9	0.6g	2.5mg	229.4mg	1.5g
1 can mushroom soup, low-fat	57.9	4.3g	0.6mg	389.0mg	4.2g
3 cups macaroni	94.5	0.4g	0.0mg	0.7mg	19.0g
<b>Total</b>	<b>234.4</b>	<b>5.6g</b>	<b>10.7mg</b>	<b>740.8mg</b>	<b>26.6g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Salmon Patties

2 tbsp onion  
1/2 cup bread crumbs  
2 egg whites  
1/2 cup skim milk  
2 cups canned flaked salmon - 15 oz  
2 tbsp parsley  
4 tbsp ultra low fat mayonnaise

Preheat oven to 450°. Spray a baking sheet generously with non-stick spray. In a large bowl combine all ingredients except salmon and mayonnaise. Mix in salmon and mayonnaise, shape into 8 balls and flatten. Place patties onto the baking sheet and bake for 5 minutes, turn patties over and back another 5 - 8 minutes, or until crisp and slightly browned.

*Praise and recognize good performance.  
A lot of mileage can be obtained with a few words, smiles and hugs.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 tbsp onion	1.9	0.0g	0.0mg	0.2mg	0.4g
1/2 cup bread crumbs	55.1	0.4g	0.2mg	397.5mg	0.6g
2 egg whites	8.4	0.0g	0.0mg	27.4mg	0.2g
1/2 cup skim milk	11.3	0.1g	0.6mg	16.2mg	1.5g
1 can salmon	130.1	5.1g	36.0mg	69.2mg	0.0g
2 tbsp parsley	0.7	0.0g	0.0mg	1.1mg	0.1g
4 tbsp mayonnaise, non fat	10.5			110.1mg	3.2g
<b>Total</b>	<b>217.8</b>	<b>5.6g</b>	<b>36.7mg</b>	<b>621.7mg</b>	<b>16.0g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Noodles Supremo

1 pkg of smoked salmon (size according to taste)  
1 can 1/2 fat mushroom soup  
1 cup skim milk  
1 tsp minced garlic  
1 tsp curry (or to taste)  
1 cup peas  
3 cups cooked macaroni noodles

Precook noodles. Combine and cook in skillet until heated through.

*Scoliosis can occur in early life of individuals with PWS.  
Close attention should be given to the curvature of the spine.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 pkg smoked salmon	16.6	0.6g	3.3mg	283.3mg	0.0g
1 can mushroom soup, low-fat	28.4	1.3g	2.5mg	323.4mg	3.1g
1 cup skim milk	15.1	0.1g	0.8mg	21.6mg	2.0g
1 tsp garlic	2.6	0.0g	0.0mg	0.3mg	0.6g
1 tsp curry	1.1	0.0g	0.0mg	0.2mg	0.2g
1 cup peas	19.6	0.1g	0.0mg	71.4mg	3.6g
3 cups macaroni	98.7	0.5g	0.0mg	0.7mg	19.8g
<b>Total</b>	<b>182.0</b>	<b>2.7g</b>	<b>6.6mg</b>	<b>700.9mg</b>	<b>29.3g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Pacific Pasta Sauce with Salmon

1 28oz, reduced fat, meatless spaghetti sauce  
1 tbsp parsley flakes  
1 tsp lemon peel  
pepper to taste  
1 14 oz can salmon

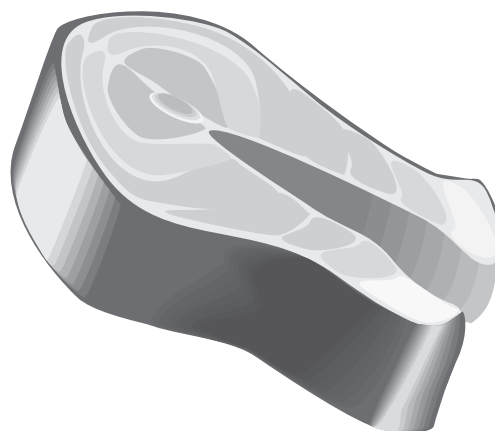
Discard bones and flake skin. Heat and serve with pasta.

*Bring special snack for your child with PWS to birthday parties to replace high fat foods.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 28oz spaghetti sauce, reduced fat	28.1	0.5g	0.0mg	374.0mg	6.0g
1 tbsp parsley	0.2	0.0g	0.0mg	0.4mg	0.0g
1 tsp lemon peel	0.2	0.0g	0.0mg	0.0mg	0.1g
1/8 tsp pepper	0.1	0.0g	0.0mg	0.0mg	0.0g
1 14oz salmon	86.7	3.4g	24.0mg	46.1mg	0.0g
2 cups spaghetti	65.8	0.3g	0.0mg	0.5mg	13.2g
<b>Total</b>	<b>181.1</b>	<b>4.2g</b>	<b>24.0mg</b>	<b>421.0mg</b>	<b>19.3g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Side Dishes



## Low Fat Spicy Fries

6 med potatoes  
1 tbsp olive oil  
1 tbsp paprika  
3 tsp cayenne pepper  
1/2 tsp pepper

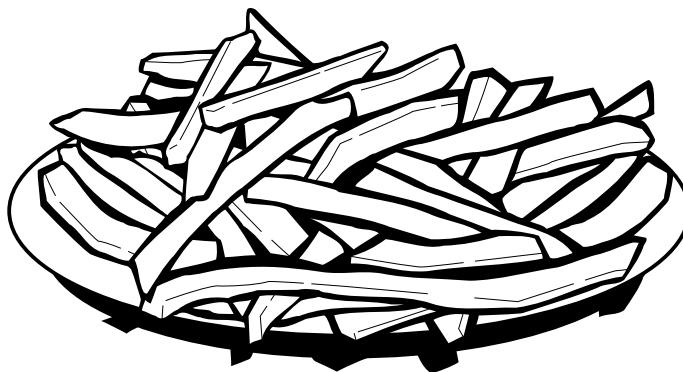
Preheat oven to 350°. Cut potatoes into wedges, sticks, or slices. Spray cookie sheet or baking pan with a bit of oil. Place potato pieces in a plastic bag and toss with spices and half of the oil. Bake for about 45 minutes, turning often and brushing occasionally with the remaining oil. Broil about 5 minutes, turning after 3 minutes.

*There are many medical and physical conditions and illnesses that require a regular, often lifetime, commitment from the care-givers, parents or others.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
6 med potatoes	123.0	0.0g	0.0mg	8.0mg	29.0g
1 tbsp olive oil	19.9	2.3g	0.0mg	0.0mg	0.0g
1 tbsp paprika	3.3	0.1g	0.0mg	0.4mg	0.6g
3 tsp cayenne pepper	2.9	0.2g	0.0mg	0.3mg	0.5g
1/2 tsp pepper	0.4	0.0g	0.0mg	0.1mg	0.1g
<b>Total</b>	<b>149.5</b>	<b>2.6g</b>	<b>0.0mg</b>	<b>8.7mg</b>	<b>30.3g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Mushroom Rice

- 1 can consommé
- 1 can mushrooms stem and pieces, and juice
- 1 cup water
- 1 envelope onion soup mix
- 1 cup long grain rice

Mix and bake in covered dish for 1 hr at 325°, uncover when liquid is absorbed.

*Individuals with PWS sometimes have adverse reactions to medication.  
Caution should be used when using new drugs.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 can beef broth	17.9	0.0g	0.0mg	387.4mg	1.1g
1 can mushroom pieces	7.9	0.1g	0.0mg	139.7mg	1.6g
1 cup water	0.0	0.0g	0.0mg	1.8mg	0.0g
1 pkg onion soup mix	5.2	0.1g	0.1mg	159.0mg	0.9g
1 cup rice	168.8	0.3g	0.0mg	2.3mg	37.0g
<b>Total</b>	<b>199.8</b>	<b>0.5g</b>	<b>0.1mg</b>	<b>690.2mg</b>	<b>40.6g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Mushroom Oriental

1 1/2 cups sliced mushrooms  
2 tsp crushed garlic  
1/4 cup fat free chicken broth  
2 tbsp sliced green onions  
1/8 tsp gingerroot  
1/8 tsp sugar or sweetener equivalent (see chart)

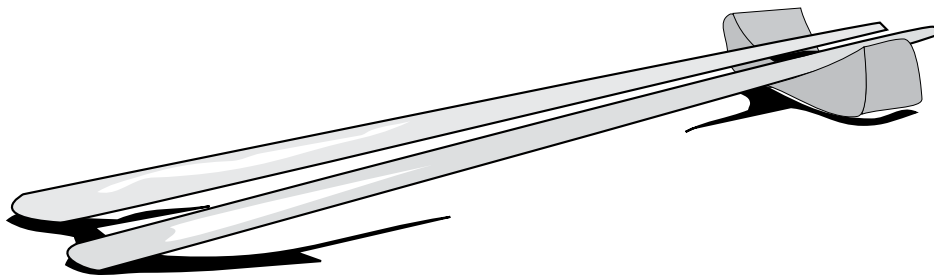
Spray skillet with light vegetable cooking spray. Heat ingredients over medium heat. Bring to boil. Cover and cook for 2 minutes, uncover 2-3 minutes.

*Individuals with PWS are more susceptible to respiratory problems due to obesity.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 1/2 cups mushrooms	6.6	0.1g	0.0mg	1.1mg	1.1g
2 tsp crushed garlic	2.1	0.0g	0.0mg	0.2mg	0.5g
1/4 cup chicken broth	1.2	0.0g	0.0mg	27.6mg	0.2g
2 tbsp sliced green onions	1.0	0.0g	0.0mg	0.5mg	0.2g
1/8 tsp ginger root	0.0	0.0g	0.0mg	0.0mg	0.0g
1/8 tsp sweetener	0.4	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>11.2</b>	<b>0.1g</b>	<b>0.0mg</b>	<b>29.4mg</b>	<b>2.1g</b>

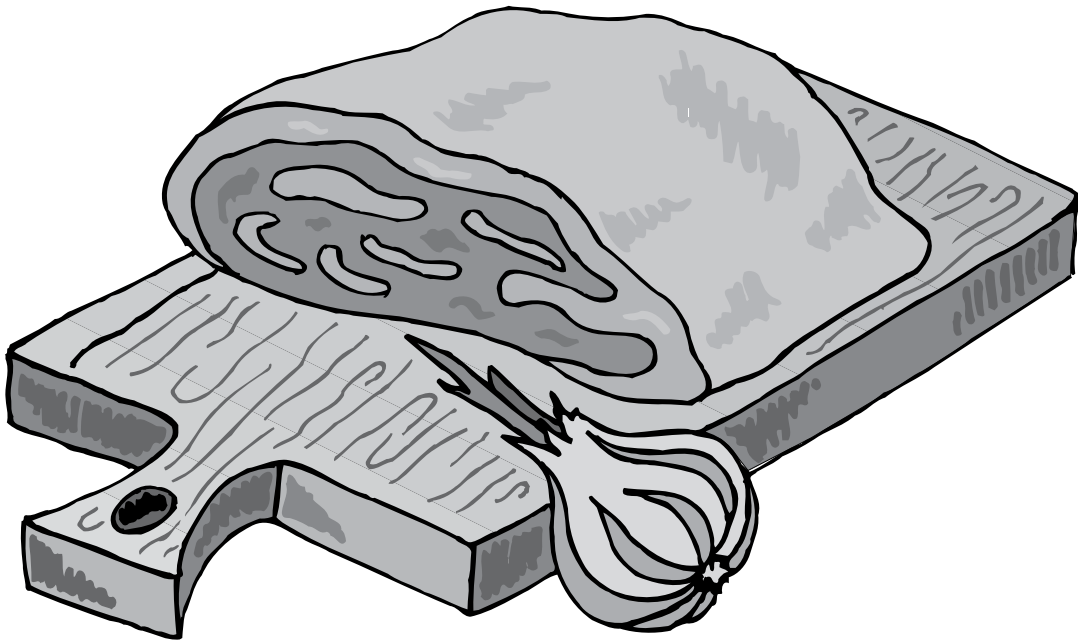
Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Beef, Pork & Poultry



## Easy Chili

1 lb extra lean beef, soy burger or ground turkey  
 1 lb mushrooms  
 2 cups mixed vegetables  
 1 can red kidney beans, drained and rinsed  
 tomato paste, Italian style  
 1 lg can stewed tomatoes, with herbs and spices  
 6 oz noodles

Boil beef and drain. Mix rest of ingredients and simmer for 40 minutes.

*Don't forget this is a life-threatening situation.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 lb ground beef	119.8	9.4g	34.0mg	31.3mg	0.0g
1 lb mushrooms	1.8	0.0g	0.0mg	0.3mg	0.3g
2 cups mixed vegetables	15.3	0.1g	0.0mg	48.6mg	3.0g
6 oz noodles	91.1	0.5g		6.8mg	17.8g
1 can kidney beans	42.2	0.2g	0.0mg	169.1mg	7.7g
1/4 cup tomato paste	5.4	0.0g	0.0mg	5.8mg	1.3g
1 can stewed tomatoes	25.9	0.1g	0.0mg	204.3mg	6.3g
<b>Total</b>	<b>301.4</b>	<b>10.3g</b>	<b>34.0mg</b>	<b>466.2mg</b>	<b>36.3g</b>

Notes: 10 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Cabbage Rolls

1 lg head of cabbage  
1 lb ground turkey or soya beef  
1 can tomato paste, Italian style  
1 onion, finely chopped  
1 cup of long grain rice (uncooked)  
1 large tin of tomato juice  
1 tin water  
salt/pepper to taste  
pinch of cinnamon

To prepare cabbage, immerse in boiling water to cover. Boil for a few minutes to soften leaves. (Cut core out before you do this)

Filling:

Saute onion until opaque, add meat and brown in a little bit of water, add spices, rice and tomato paste. Fill individual leaf with mixture and roll. (Tip: If you take out a bit of the spine on the leaf it rolls better). Preheat oven to 300°. Put in pan, cover with water and tomato juice and bake in a slow oven for 1 1/2 hours or longer. These are excellent frozen and reheated.

*Listen to a person that needs to talk. The time it takes may alleviate or prevent unpleasantness later.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 head cabbage	2.2	0.0g	0.0mg	1.6mg	0.5g
1 lb ground turkey	67.6	3.7g	35.8mg	42.6mg	0.0g
1 can tomato paste	13.9	0.1g	0.0mg	134.3mg	3.3g
1 onion	6.1	0.0g	0.0mg	0.5mg	1.4g
1 cup rice	67.5	0.1g	0.0mg	0.9mg	14.8g
3 cans tomato juice	12.4	0.0g	0.0mg	7.3mg	3.1g
1 can water	0.0	0.0g	0.0mg	0.7mg	0.0g
1 tsp salt	0.0	0.0g	0.0mg	232.5mg	0.0g
1/2 tsp pepper	0.3	0.0g	0.0mg	0.0mg	0.1g
1/8 tsp cinnamon	0.1	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>170.1</b>	<b>4.1g</b>	<b>35.8mg</b>	<b>420.5mg</b>	<b>23.1g</b>

Notes: 10 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Beef Stroganoff

This dish shows how well fat free plain yogurt substitutes for sour cream without changing the flavor of the dish. Calories, fat and cholesterol were also reduced by: Reducing the amount of beef; Using spray of light vegetable oil in skillet instead of oil to brown meat; replacing canned cream-of mushroom soup with a combination of evaporated skim milk, cornstarch and instant onion-mushroom soup.

### SAUCE

1 cup evaporated skim milk

1 tbsp cornstarch

1 envelope instant onion-mushroom soup dip mix

SAUCE: In a medium saucepan, use a wire whisk to stir together the milk and cornstarch until smooth. Then stir in the soup mix. Bring to a boil over medium heat, stirring constantly. Remove from the heat. Cover to keep warm

### BEEF MIXTURE

12 oz beef sirloin steak, trimmed of all visible fat and cut into thin strips

1/2 medium onion, sliced and separated into rings

1 clove garlic, minced

1 1/2 cups sliced fresh mushrooms

8 oz container fat free plain yogurt

2 cups hot cooked noodles

fresh parsley (optional) 6 Servings.

BEEF MIXTURE: Spray light vegetable oil in unheated large skillet. Add the beef, onions and garlic. Cook and stir over medium-high heat for 2 minutes. Add the mushrooms. Cook and stir about 1 minute more or until the onions and mushrooms are tender. Reduce the heat to low. Stir the sauce mixture into the beef mixture. Then stir in the yogurt. Cook and stir just until heated through. (Do not overheat because the yogurt will curdle.) Serve over the hot noodles. If desired, top with the parsley to garnish.

*Undetected low thyroid can lead to more retardation in infants and toddlers.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup evaporated skim milk	33.2	0.1g	1.5mg	49.1mg	4.8g
1 tbsp cornstarch	5.1	0.0g	0.0mg	0.1mg	1.2g
1 pkg onion-mushroom soup dip mix	4.3	0.1g	0.0mg	83.4mg	0.8g
12 oz beef sirloin	128.7	9.2g	38.0mg	30.1mg	0.0g
1/2 med onion	3.9	0.0g	0.0mg	0.3mg	0.9g
1 clove garlic	0.9	0.0g	0.0mg	0.1mg	0.2g
1 1/2 cups mushrooms	4.4	0.1g	0.0mg	0.7mg	0.7g
1 cup plain yogurt	25.8	0.6g	2.5mg	28.7mg	2.9g
2 cups noodles	70.9	0.8g	17.6mg	3.7mg	13.2g
2 tbsp parsley	0.5	0.0g	0.0mg	0.7mg	0.1g
<b>Total</b>	<b>277.7</b>	<b>10.9g</b>	<b>59.6mg</b>	<b>196.9mg</b>	<b>24.8g</b>

## Spanish Rice

1 lb ground turkey  
1 can tomato soup  
1 cup water  
1 1/2 cup instant rice  
1 green pepper  
1 onion  
curry and chili powder to taste

Brown ground turkey with spray of light vegetable oil in covered fry pan. Add other ingredients and simmer.

*Educate relatives, peers, school personnel, professionals, and general public about Prader-Willi Syndrome.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 lb ground turkey	112.6	6.2g	59.7mg	71.1mg	0.0g
1 can tomato soup	34.6	0.8g	0.0mg	281.6mg	6.7g
1 cup water	0.0	0.0g	0.0mg	1.2mg	0.0g
1 1/2 cup rice	90.0	0.1g	0.0mg	1.4mg	19.9g
1 green pepper	6.5	0.0g	0.0mg	0.5mg	1.6g
1 onion	7.7	0.0g	0.0mg	0.6mg	1.8g
1/8 tsp curry powder	0.1	0.0g	0.0mg	0.0mg	0.0g
1/8 tsp chili powder	0.2	0.0g	0.0mg	0.5mg	0.0g
<b>Total</b>	<b>251.8</b>	<b>7.2g</b>	<b>59.7mg</b>	<b>357.0mg</b>	<b>29.9g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Singapore Beef and Tomatoes

1 lb lean beef steaks (sirloin or round)  
 1/2 tsp ginger  
 1 clove garlic  
 1 tbsp vegetable oil  
 1 can diced tomatoes  
 2 med carrots  
 2 tbsp soy sauce  
 1 tbsp cornstarch  
 1 tsp curry powder  
 1 tsp cumin  
 2 sliced green onions

Brown: Beef with ginger and garlic in hot oil in large skillet about 2 minutes; remove from pan. Add remaining ingredients, except green onions, to skillet. Cook and stir until mixture comes to a boil. Simmer about 5 minutes, stirring occasionally, until carrots are tender. Return beef to skillet and heat through. Sprinkle with green onions.

*Inform neighbors, relatives, teachers, babysitters, and classmates,  
 everyone with whom the child with PWS comes in contact - and then inform them again.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 lb beef steaks	151.2	9.4g	47.6mg	42.3mg	0.0g
1/2 tsp ginger	0.5	0.0g	0.0mg	0.0mg	0.1g
1 clove garlic	0.9	0.0g	0.0mg	0.1mg	0.2g
1 tbsp vegetable oil	20.0	2.3g	0.0mg	0.0mg	0.0g
1 can diced tomatoes	21.6	0.1g	0.0mg	170.2mg	5.2g
2 med carrots	11.6	0.1g	0.0mg	9.4mg	2.7g
2 tbsp soy sauce	3.2	0.0g	0.0mg	200.0mg	0.5g
1 tbsp cornstarch	5.1	0.0g	0.0mg	0.1mg	1.2g
1 tsp curry powder	1.1	0.0g	0.0mg	0.2mg	0.2g
1 tsp cumin	1.3	0.1g	0.0mg	0.6mg	0.2g
2 green onions	1.7	0.0g	0.0mg	0.8mg	0.4g
<b>Total</b>	<b>218.1</b>	<b>11.9g</b>	<b>47.6mg</b>	<b>423.9mg</b>	<b>10.7g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Cajun Chicken Breasts

3 chicken breasts  
 1 can tomatoes  
 1 cup tomato juice  
 1/2 cup celery  
 1/2 cup green pepper  
 1 cup onion  
 1/2 tsp red pepper  
 1/2 tsp black pepper  
 oregano, thyme, basil, garlic

Cook in skillet and cook until chicken is no longer pink in middle. Serve alone or on a bed of rice.

*Children first learn using bright colors and shapes; this is why mobiles are crucial to baby's development.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 chicken breasts	129.8	1.5g	68.4mg	76.7mg	0.0g
1 can tomatoes	24.0	0.2g	0.0mg	99.0mg	5.5g
1 cup tomato juice	6.9	0.0g	0.0mg	4.1mg	1.7g
1/2 cup celery	1.6	0.0g	0.0mg	8.7mg	0.4g
1/2 cup green pepper	3.4	0.0g	0.0mg	0.2mg	0.8g
1 onion	7.7	0.0g	0.0mg	0.6mg	1.8g
1/2 tsp red pepper	0.5	0.0g	0.0mg	0.0mg	0.1g
1/2 tsp black pepper	0.4	0.0g	0.0mg	0.1mg	0.1g
1/2 tsp white pepper	0.6	0.0g	0.0mg	0.0mg	0.1g
1/2 tsp oregano	0.4	0.0g	0.0mg	0.0mg	0.1g
1/2 tsp thyme	0.3	0.0g	0.0mg	0.1mg	0.1g
1/2 tsp basil	0.3	0.0g	0.0mg	0.0mg	0.1g
1/2 clove garlic	0.4	0.0g	0.0mg	0.0mg	0.1g
<b>Total</b>	<b>176.3</b>	<b>1.8g</b>	<b>68.4mg</b>	<b>189.6mg</b>	<b>10.8g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Salsa Chicken

1 cup low calorie salsa  
1 cup water  
1 1/2 cups instant rice  
4 chicken breasts

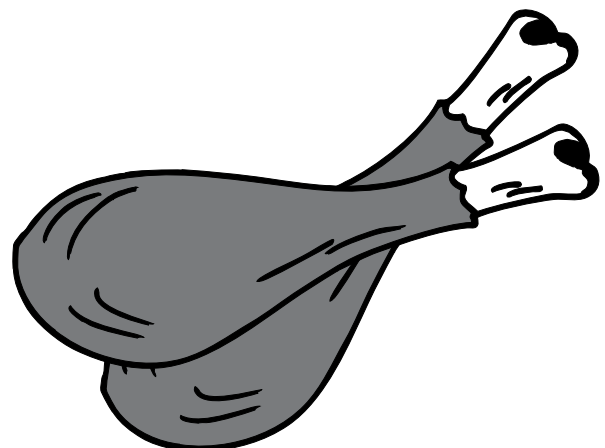
Simmer in pan until chicken is no longer pink in middle.

*A professional nutritionist who understands the syndrome will help to keep your adult or child with PWS' weight under control.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 cup salsa, low calorie	12.1	0.1g	0.0mg	187.3mg	2.7g
1 cup water	0.0	0.0g	0.0mg	1.2mg	0.0g
1 1/2 cups instant rice	90.0	0.1g	0.0mg	1.4mg	19.9g
4 chicken breasts	173.1	2.0g	91.3mg	102.3mg	0.0g
<b>Total</b>	<b>275.2</b>	<b>2.1g</b>	<b>91.3mg</b>	<b>292.2mg</b>	<b>22.5g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Chicken Breast with Orange Sauce

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2 chicken breasts  
1/2 tsp tarragon  
1 cup orange juice diluted  
1 tbsp cornstarch

Place chicken in skillet, cook until no longer pink. Add rest of ingredients and cook until sauce is thickened.

*Don't promise anything that you cannot or will not do. Individuals with PWS rarely accept change.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 chicken breasts	173.1	2.0g	91.3mg	102.3mg	0.0g
1/2 tsp tarragon	0.8	0.0g	0.0mg	0.2mg	0.1g
1 cup orange juice diluted	37.4	0.0g	0.0mg	0.8mg	8.9g
1 tbsp cornstarch	10.2	0.0g	0.0mg	0.2mg	2.4g
<b>Total</b>	<b>221.4</b>	<b>2.0g</b>	<b>91.3mg</b>	<b>103.5mg</b>	<b>11.5g</b>

Notes: 3 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Chicken a la King

1 med onion, chopped  
 1 med carrot, chopped  
 1 stalk celery, chopped  
 1 tbsp light margarine  
 2 cups chicken, diced  
 1 can 1/2 fat cream of chicken soup  
 1/4 cup water  
 1 cup peas

Mix onion, carrot, celery and margarine in a small bowl. Microwave 5-7 minutes. Mix rest of ingredients in a shallow pan and cook in oven for 1 hour at 375°.

*Behavior problems may be few or non existent in the young child with PWS, although individuals may vary. A little stubbornness usually appears first, often progressing to temper tantrums.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 onion	11.65	0.0g	0.0mg	0.9mg	2.6g
1 stalk celery	1.8	0.0g	0.0mg	9.8mg	0.4g
1 carrot	8.7	0.0g	0.0mg	7.1mg	2.1g
3 tsp margarine	12.4	1.4g	0.0mg	34.5mg	0.0g
2 cups chicken	105.7	2.1g	53.9mg	44.1mg	0.0g
1 can cream of chicken soup	70.9	4.5g	6.1mg	599.3mg	5.6g
1/4 cup water	0.0	0.0g	0.0mg	0.4mg	0.0g
1 cup peas	27.7	0.1g	0.0mg	40.3mg	4.9g
<b>Total</b>	<b>238.9</b>	<b>8.2g</b>	<b>60.0mg</b>	<b>736.5mg</b>	<b>15.7g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Baked Chicken Casserole

3 boneless chicken breast halves  
1 onion  
10 mushrooms  
1/2 tsp sage and salt  
1/4 tsp marjoram  
1/4 tsp thyme  
1 1/2 tbsp light margarine  
1 1/2 tbsp flour  
1 cup skim milk  
1 1/2 cups frozen mixed vegetables

Preheat oven 400°. Put chicken breasts in foil and bake 45 min. (See note below.) Cut chicken into bite size pieces. Sift flour into milk, and mix all ingredients together. Turn heat down to 350°. Place all ingredients in ovenproof pan and bake for 45 min. Pour over rice. Note: I cook several chicken breasts in foil and freeze. Reheat when needed according to recipe.

*Try various forms of fun play, such as foam sticks (batakas), pillow fights/sock fights, kick boxes or trampoline/rebounder. Be imaginative.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 chicken breast halves, boneless	129.8	1.5g	68.4mg	76.7mg	0.0g
1 onion, chopped	10.1	0.0g	0.0mg	0.8mg	2.3g
10 mushrooms	7.7	0.1g	0.0mg	1.2mg	1.3g
1/2 tsp sage and salt	0.2	0.0g	0.0mg	0.0mg	0.0g
1/4 tsp marjoram	0.1	0.0g	0.0mg	0.0mg	0.0g
1/4 tsp thyme	0.2	0.0g	0.0mg	0.0mg	0.0g
1 1/2 tbsp margarine, light	12.3	1.4g	0.0mg	34.1mg	0.0g
1 1/2 tbsp flour	7.1	0.0g	0.0mg	0.0mg	1.5g
1 cup skim milk	15.1	0.1g	0.8mg	21.6mg	2.0g
1 1/2 cups frozen vegetables, mixed	72.6	0.6g	0.0mg	53.3mg	15.3g
<b>Total</b>	<b>255.0</b>	<b>3.7g</b>	<b>69.3mg</b>	<b>187.8mg</b>	<b>22.5g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Chicken Cacciatore

4 chicken breasts, skinless  
 2 tsp olive oil  
 1 cup onion  
 2 cloves garlic  
 1 can tomatoes, chopped  
 1 can tomato sauce  
 1 tsp oregano  
 1/2 tsp celery seed  
 1/4 tsp salt

Preheat oven to 350°. Mix and bake until chicken is no longer pink.

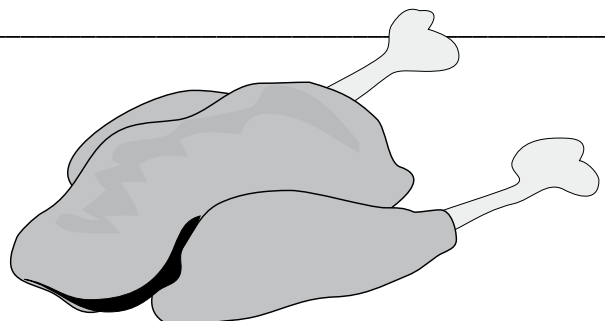
*Warn other caregivers and teachers about the long-term danger of rewarding children with candies or food.  
 The children can become psychologically dependent on food as self-reward.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
4 chicken breasts, skinless	173.1	2.0g	91.3mg	102.3mg	0.0g
1 cup onion	10.1	0.0g	0.0mg	0.8mg	2.3g
2 tsp olive oil	13.3	1.5g	0.0mg	0.0mg	0.0g
2 cloves garlic, minced	1.7	0.0g	0.0mg	0.2mg	0.4g
1 can tomatoes	24.0	0.2g	0.0mg	99.0mg	5.5g
1 can tomatoe sauce	12.3	0.1g	0.0mg	247.0mg	2.9g
1 tsp oregano	0.8	0.0g	0.0mg	0.0mg	0.2g
1/2 tsp celery seed	0.7	0.0g	0.0mg	0.3mg	0.1g
1/4 tsp salt	0.0	0.0g	0.0mg	96.9mg	0.0g
<b>Total</b>	<b>235.9</b>	<b>3.8g</b>	<b>91.3mg</b>	<b>546.5mg</b>	<b>11.3g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Spinach Fettuccine with Chicken

2 cups chicken, cooked and diced  
1 cup chicken broth  
1 cup tomato juice  
1/4 cup flour  
1/4 tsp nutmeg  
dash pepper  
2 med carrots  
6 oz spinach noodles  
1/2 cup Parmesan

Combine chicken, chicken broth, tomato juice, flour, nutmeg, pepper, Parmesan and carrots. Simmer in pot until carrots are tender. Cook noodles and mix with tomato mixture. Serve.

*To develop strength in feet and ankles try walking on heels,  
walk on tiptoes or picking up marbles or stones with toes.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups chicken	70.5	1.4g	35.9mg	29.4mg	0.0g
1 cup chicken broth	3.1	0.0g	0.0mg	73.6mg	0.5g
1 cup tomato juice	6.9	0.0g	0.0mg	4.1mg	1.7g
1/4 cup flour	19.0	0.1g	0.0mg	0.1mg	4.0g
1/4 tsp nutmeg	0.5	0.0g	0.0mg	0.0mg	0.0g
1/8 tsp pepper	0.1	0.0g	0.0mg	0.0mg	0.0g
2 carrots	11.6	0.1g	0.0mg	9.4mg	2.7g
6 oz spinach noodles	108.9	1.3g	27.1mg	20.5mg	20.0g
1/2 cup Parmesan	38.0	2.5g	6.6mg	155.1mg	0.3g
<b>Total</b>	<b>258.4</b>	<b>5.4g</b>	<b>69.6mg</b>	<b>292.3mg</b>	<b>29.4g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Creamy Chicken Noodles

2 cups water  
4 boneless chicken breast halves  
2 tbsp of salt substitute (see Misc. section)

Boil and simmer 30 minutes. Defat stock and add noodles

6 oz cholesterol free noodles  
Add 2 cups skim milk  
(Use 1 cup with cornstarch)  
2 tbsp cornstarch  
2 cups cooked fresh vegetables (asparagus, corn or broccoli)

Cut chicken breasts in bite size pieces. Mix and simmer.

*Keep limited amount of food in the house of an individual with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups water	0.0	0.0g	0.0mg	1.8mg	0.0g
4 chicken breasts	129.8	1.5g	68.4mg	76.7mg	0.0g
6 oz noodles	113.9	0.6g		8.5mg	22.2g
2 cups skim milk	22.6	0.2g	1.2mg	32.5mg	3.1g
1 tbsp cornstarch	3.8	0.0g	0.0mg	0.1mg	0.9g
2 cups broccoli	6.2	0.1g	0.0mg	5.9mg	1.2g
<b>Total</b>	<b>276.3</b>	<b>2.3g</b>	<b>69.7mg</b>	<b>125.5mg</b>	<b>27.3g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Chicken in White Wine

1 lb skinless chicken breasts  
1/2 cup dry white wine  
2 tbsp onion  
1/2 tsp celery salt  
1/2 tsp pepper  
1/4 tsp thyme  
1/4 tsp marjoram  
1/4 tsp rosemary

Mix and bake at 350° until chicken is no longer pink in middle.

*Allow the individual with PWS with temper and behavior problems to settle down first, since reasoning can be almost impossible.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 lb chicken breasts	124.7	1.4g	65.8mg	73.7mg	0.0g
1/2 cup white wine	20.1	0.0g	0.0mg	1.5mg	0.2g
2 tbsp onion	1.9	0.0g	0.0mg	0.2mg	0.4g
1/2 tsp celery salt	0.8	0.1g		198.0mg	0.8g
1/2 tsp pepper	0.7	0.0g	0.0mg	0.1mg	0.2g
1/4 tsp thyme	0.2	0.0g	0.0mg	0.0mg	0.1g
1/4 tsp marjoram	0.1	0.0g	0.0mg	0.0mg	0.0g
1/4 tsp rosemary	0.2	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>148.7</b>	<b>1.5g</b>	<b>65.8mg</b>	<b>273.6mg</b>	<b>1.7g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Eggplant Parmigian

1 eggplant (about 1 1/2 lbs) pared and sliced 1/2 inch thick  
 3 egg whites lightly beaten with 2 tbsp water  
 1/2 cup seasoned Italian bread crumbs  
 1 cup marinara sauce, reduced fat  
 3/4 cup shredded skim milk mozzarella cheese  
 3 tbsp grated parmesan cheese  
 1 cup cooked chicken, shredded

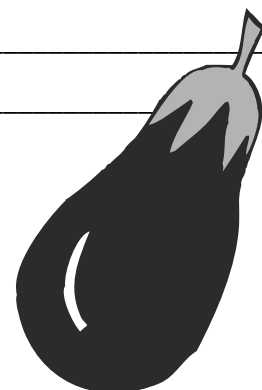
Preheat oven to 375°. Spray cookie sheet with non-stick cooking spray. Coat eggplant slices with egg white then bread crumbs. Arrange on prepared baking sheets; bake 30 minutes. Turn slices over; bake 10 more minutes; leave oven on. Spread 1/4 cup sauce over bottom of 8x8 inch baking dish. Arrange half the eggplant in a single layer over sauce; then 1/2 cup of the chicken; top with half of the remaining sauce, then half of the cheeses. Repeat layers, bake covered until heated through, 20 minutes; uncover, bake another 10 minutes.

*Depression and anxiety in parents and caregivers can spread to adults and children with PWS.  
 You have to consider your own behavior before you can treat theirs.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 eggplant	29.8	0.2g	0.0mg	3.4mg	7.0g
2 egg whites	8.4	0.0g	0.0mg	27.4mg	0.2g
1/2 cup bread crumbs	55.1	0.4g	0.2mg	397.5mg	10.6g
1 cup marina sauce, reduced fat	35.6	1.3g	0.0mg	257.5mg	5.1g
3/4 cup mozzarella cheese, skim milk	59.3	3.6g	11.4mg	111.8mg	0.7g
3 tbsp parmesan cheese, grated	17.1	1.1g	3.0mg	69.8mg	0.1g
1 cup chicken, shredded	57.8	1.2g	29.8mg	25.9mg	0.0g
<b>Total</b>	<b>262.9</b>	<b>7.9g</b>	<b>44.3mg</b>	<b>893.3mg</b>	<b>23.6mg</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Grilled Jerk Chicken

1 sml onion, sliced finely  
1/4 cup lime or lemon juice  
1 tsp hot pepper sauce  
2 tbsp brown sugar or sweetener equivalent (see chart)  
2 tbsp dry mustard  
1 tsp thyme  
1/2 tsp salt  
1/2 tsp allspice  
6 boneless chicken breasts

Process all ingredients but chicken until pureed. Arrange chicken in baking dish, and spoon mixture on both sides of chicken. Cover and refrigerate at least 1 hour to overnight. Grill 10 minutes per side.

*If you are going to be out of the house for the day, bring a lunch bag with low calorie snacks.  
This will stop you from doing the quick high calorie fixes.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 onion	2.8	0.0g	0.0mg	0.2mg	0.6g
1/4 cup lime or lemon juice	2.1	0.0g	0.0mg	0.1mg	0.7g
1 tsp hot pepper sauce	0.1	0.0g	0.0mg	15.5mg	0.0g
2 tbsp brown sugar	12.9	0.0g	0.0mg	1.3mg	3.3g
2 tbsp dry mustard	0.9	0.0g		15.7mg	0.1g
1 tsp thyme	0.5	0.0g	0.0mg	0.1mg	0.1g
1/2 tsp salt	0.0	0.0g	0.0mg	145.3mg	0.0g
1/2 tsp allspice	0.3	0.0g	0.0mg	0.1mg	0.1g
6 chicken breasts	194.7	2.2g	102.7mg	115.1mg	0.0g
<b>Total</b>	<b>214.3</b>	<b>2.3g</b>	<b>102.7mg</b>	<b>293.4mg</b>	<b>5.0g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Ham Kabobs

1/2 cup apple juice  
1 tbsp onion  
1/2 tsp cinnamon  
dash ground cloves  
2 small apples  
3/4 lb cooked ham  
16 oz can sweet potato

In a medium saucepan, combine juice, onion and spices. Cut each apple quarter into 4 chunks and add to saucepan. Bring to boil, simmer, cover for 2 minutes. Remove from heat and uncover to cool. On 8 med skewers (9"), alternate apples, ham, and sweet potato. Place skewers in oblong dish, cover with liquid. To serve boil kebobs until heated, turning brushing with liquid.

**\*\*Note:** Check light margarines with non-hydrogenation and low oils.

*Locks or alarms may be needed on fridges and cupboards to ensure consumption is avoided in the home of an individual with PWS.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1/2 cup apple juice	14.6	0.0g	0.0mg	0.9mg	3.6g
1 tbsp onion	1.0	0.0g	0.0mg	0.1mg	0.2g
1/2 tsp cinnamon	0.8	0.0g	0.0mg	0.1mg	0.2g
dash ground cloves	0.0	0.0g	0.0mg	0.0mg	0.0g
2 sm apples	36.9	0.2g	0.0mg	0.0mg	9.5g
3/4 lb cooked ham pieces	133.5	4.7g	46.8mg	1128.6mg	0.0g
<b>Total</b>	<b>186.7</b>	<b>5.0g</b>	<b>46.8mg</b>	<b>1129.7mg</b>	<b>13.6mg</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. Add 91 calories to total for sweet potatoes. \_\_\_\_\_

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## Ham Roll-Ups

2 tbsp onion  
1 tbsp light margarine  
1 tbsp cornstarch  
1 cup skim milk  
3 tbsp mustard  
1/2 tsp Worcestershire sauce  
2 oz of low fat cheddar cheese  
8 slices ham

Preheat oven to 350°. In a small saucepan, saute onion in margarine. Stir in cornstarch, gradually add milk, stir until smooth. Add mustard, Worcestershire. Cook until thick and stir constantly. Add cheese, spread ham with remaining mustard, place broccoli on ham and roll up. Top with sauce in baking dish. Bake for 25 minutes. Becel margarine is a non-hydrogenated product and a good choice.

*Follow-up is needed with schools each year to ensure each teacher is aware of the PWS diagnosis since staff changes are inevitable.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 tbsp onion	1.0	0.0g	0.0mg	0.1mg	0.2g
1 tbsp margarine	6.2	0.7g	0.0mg	17.3mg	0.0g
1 cup skim milk	11.3	0.1g	0.6mg	16.2mg	1.5g
3 tbsp mustard	0.3	0.2g	0.0mg	65.6mg	0.5g
1/2 tsp Worcestershire sauce	0.3			3.1mg	0.1g
2 oz cheddar cheese	12.3	0.5g	1.5mg	43.4mg	0.1g
8 ham slices	51.6	3.0g	16.2mg	373.4mg	0.9g
<b>Total</b>	<b>86.4</b>	<b>4.5g</b>	<b>18.3mg</b>	<b>519.0mg</b>	<b>3.3g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Italian Pork Chops

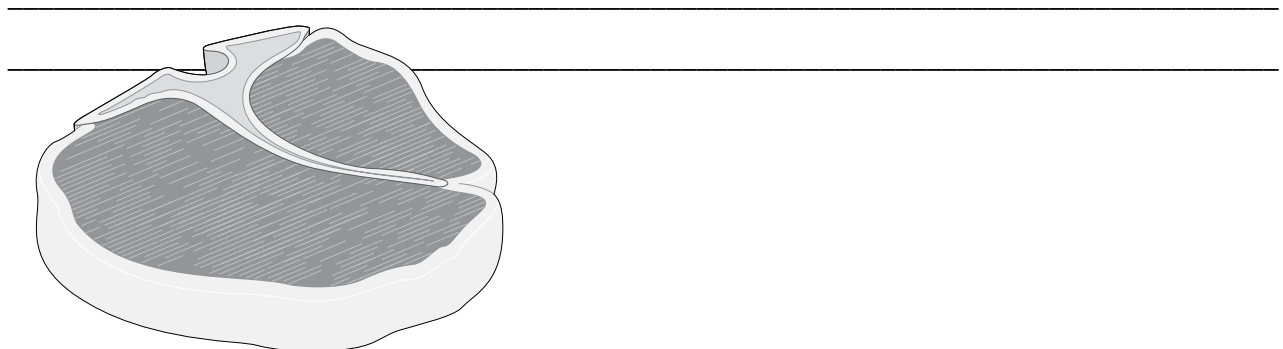
4 pork chops  
 1/2 lb fresh mushrooms  
 1 medium onion  
 1 clove garlic  
 1 can tomato juice  
 1/4 cup dry white wine  
 1 tbsp lemon juice  
 1/2 tsp parsley

Mix and cook in skillet until pork chops are no longer pink in middle.

*A strict but fun exercise program is needed for individuals with PWS.  
Special attention is needed for large muscle groups since this helps speed up the metabolism.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
4 pork chops	131.1	49.g	51.2mg	41.9mg	0.g
1/2 lb mushrooms	14.2	0.2g	0.0mg	2.3mg	2.3g
1 onion	11.6	0.0g	0.0mg	0.9mg	2.6g
1 clove garlic	1.3	0.0	0.0mg	0.1mg	0.3g
1 can tomato juice	10.3	0.0g	0.0mg	6.1mg	2.6g
1/4 cup white wine	10.0	0.0g	0.0mg	0.7mg	0.1g
1 tbsp lemon juice	1.0	0.0g	0.0mg	0.0mg	0.3g
1/2 tsp parsley	0.2	0.0g	0.0mg	0.3mg	0.0g
<b>Total</b>	<b>179.7</b>	<b>5.2g</b>	<b>51.2mg</b>	<b>52.3mg</b>	<b>8.3g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_



## Turkey Loaf

1 lb turkey  
3/4 cup tomato juice  
1/2 cup quick oats or oat bran  
2 egg whites  
3 tbsp onion  
2 tsp celery powder  
1 tbsp Worchester sauce

Preheat oven to 350°. Mix all together. Put in casserole dish. Bake for 1 hour.

*Touch the lives of other people by sharing a positive PWS experience.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 lb turkey	112.6	6.2g	59.7mg	71.1mg	0.0g
3/4 cup tomato juice	5.2	0.0g	0.0mg	3.0mg	1.3g
1/2 cup oat bran	50.9	1.3g	0.0mg	0.8mg	12.6g
2 egg whites	5.6	0.0g	0.0mg	18.3mg	0.1g
3 tbsp onion	1.9	0.0g	0.0mg	0.2mg	0.4g
2 tsp celery powder	2.6	0.2g	0.0mg	1.1mg	0.3g
1 tbsp Worcestershire sauce	2.0			24.5mg	0.5g
<b>Total</b>	<b>180.8</b>	<b>7.8g</b>	<b>59.7mg</b>	<b>118.8mg</b>	<b>15.2g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Turkey Parmesan

3 tbsp flour  
1 tbsp Parmesan cheese  
1/8 tsp oregano  
1/8 tsp pepper  
16 oz of turkey or ground turkey  
1 1/2 tbsp oil  
1 cup spaghetti sauce  
2 oz of mozzarella cheese

Preheat oven to 375°. In a shallow bowl, combine flour, Parmesan cheese and spices. Coat turkey, heat in nonstick skillet, saute until brown. Add additional 1/2 teaspoon oil if needed. Place turkey in oblong dish, and top with sauce and mozzarella cheese. Bake covered for 30 minutes or until bubbly.

*Enjoy where your child or adult with PWS is now!*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
3 tbsp flour	14.2	0.0g	0.0mg	0.1mg	3.0g
1 tbsp Parmesan cheese	3.8	0.3g	0.7mg	15.5mg	0.0g
1/8 tsp oregano	0.1	0.0g	0.0mg	0.0mg	0.0g
1 lb turkey or ground turkey	112.6	6.2g	59.7mg	71.1mg	0.0g
1 1/2 tbsp oil	29.8	3.4g	0.0mg	0.0mg	0.0g
1 cup low fat spaghetti sauce	19.7	0.1g	0.0mg	593.6mg	4.5g
2 oz mozzarella cheese	24.0	1.5g	5.5mg	44.0mg	0.3g
<b>Total</b>	<b>204.3</b>	<b>11.5g</b>	<b>65.8mg</b>	<b>724.3mg</b>	<b>7.8g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Turkey Stroganoff

2 med onions  
 1 clove garlic  
 2 tbsp light margarine  
 1 lb ground turkey  
 3 cups mushrooms  
 3/4 tsp salt  
 3/4 tsp pepper  
 1/8 tsp allspice  
 1/8 tsp paprika  
 1 1/2 tsp cornstarch  
 1 cup low fat yogurt  
 2 tbsp parsley

In a large skillet, saute onions, garlic in margarine. Add turkey, cook until light brown. Stir in next 5 ingredients and cook 5-8 minutes. When serving, heat mixture, remove 2 tablespoons liquid, stir in cornstarch, return to skillet, and cook until smooth. Stir in yogurt, heat. Top with parsley. Serves 4.

*Key to a good doctor is willingness to learn.*

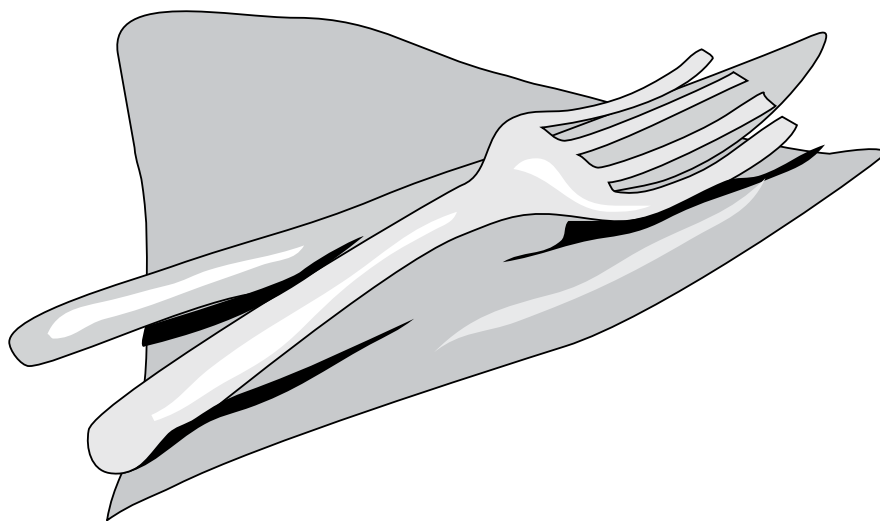
Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 onions	15.5	0.1g	0.0mg	1.2mg	3.5g
1 clove garlic	0.9	0.0g	0.0mg	0.1mg	0.2g
2 tbsp margarine, light	16.3	1.8g	0.0mg	45.4mg	0.0g
1 lb turkey	112.6	6.2g	59.7mg	71.1mg	0.0g
3 cups mushrooms	8.8	0.1g	0.0mg	1.4mg	1.4g
3/4 tsp salt	0.0	0.0g	0.0mg	290.7mg	0.0g
3/4 tsp pepper	0.7	0.0g	0.0mg	0.1mg	0.2g
1/8 tsp allspice	0.1	0.0g	0.0mg	0.0mg	0.0g
1/8 tsp paprika	0.1	0.0g	0.0mg	0.0mg	0.0g
1 1/2 tsp cornstarch	2.5	0.0g	0.0mg	0.1mg	0.6g
1 cup yogurt, low fat	25.8	0.6g	2.5mg	28.7mg	2.9g
2 tbsp parsley	0.5	0.0g	0.0mg	0.7mg	0.1g
<b>Total</b>	<b>183.6</b>	<b>8.9g</b>	<b>62.2mg</b>	<b>439.5mg</b>	<b>8.9g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Miscellaneous





## Hamburger Helper

1/3 cup low fat, low sodium casserole mix (see miscellaneous section)  
1 1/4 cup water  
1 can tomatoes  
1 cup frozen veggies (peas or carrots)  
1 cup dry pasta

Combine all in skillet and cook until pasta is tender.

*Three words in stimulating the mental developments: Organization, repetition and pleasure.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1/3 cup low sodium casserole mix, low fat	2.1	?	?	?	?
1 1/4 cups water	0.0	0.0g	0.0mg	2.2mg	0.0g
1 can tomatoes	3.6	0.3g	0.0mg	148.5mg	8.2g
1 cup frozen veggies	72.6	0.6g	0.0mg	53.3mg	15.3g
1 cup pasta, dry	97.4	0.4g		1.8mg	19.6g
<b>Total</b>	<b>227.0</b>	<b>1.3g</b>	<b>0.0mg</b>	<b>205.9mg</b>	<b>43.1g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Salt Substitute

5 tbsp onion powder  
1 tbsp garlic powder  
1 tbsp paprika  
1 tsp dry mustard  
1 tsp thyme  
1/2 tsp white pepper  
1/2 tsp celery seed

Mix and store with spices.

*No adult or child with PWS is the same, there are different severities as there are different individuals.  
Become your own specialists.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
5 tbsp onion powder	2.3	0.0g	0.0mg	0.4mg	0.5g
1 tbsp garlic powder	0.6	0.0g	0.0mg	0.0mg	0.1g
1 tbsp paprika	0.4	0.0g	0.0mg	0.0mg	0.1g
1 tsp dry mustard	0.1	0.0g	0.0mg	0.0mg	0.0g
1/2 tsp white pepper	0.1	0.0g	0.0mg	0.0mg	0.0g
1/2 tsp celery seed	0.1	0.0g	0.0mg	0.0mg	0.0g
<b>Total</b>	<b>3.6</b>	<b>0.0g</b>	<b>0.0mg</b>	<b>0.4mg</b>	<b>0.7g</b>

Notes: 48 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Special Cheese Log

8 oz low fat cream cheese  
1/4 cup ultra low fat mayonnaise  
1/4 tsp mustard powder  
2 tsp minced onions  
5 drops hot sauce  
2 tbsp parsley

Mix cream cheese and mayonnaise. Add remaining ingredients and mix well. Great on baked potatoes, crackers or toast. Can be frozen up to 3 months. Add crabmeat shrimp, chopped chicken breast, lean ham, roast beef or pork. Good for Christmas time.

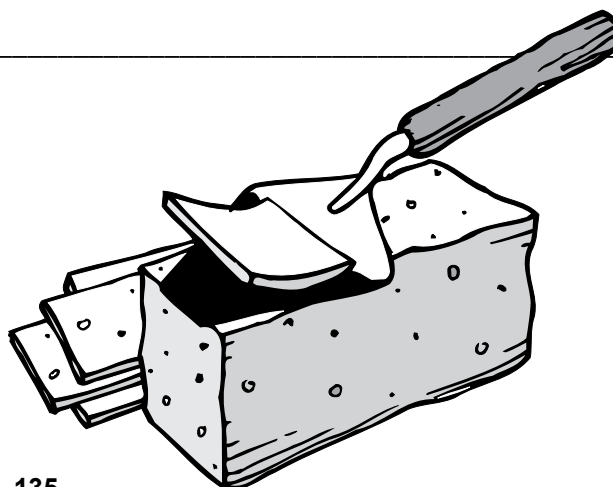
*Behavior is genetically driven with PWS.  
To help control this behavior, must provide more structure and more consistency.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
8 oz cream cheese, low fat	27.2	0.4g	2.3mg	154.5mg	1.6g
1/4 cup mayonnaise, non fat	4.9			51.4mg	1.5g
1/4 tsp mustard, dry	0.2	0.0g	0.0mg	0.0mg	0.0g
2 tsp onion	0.2	0.0g	0.0mg	0.0mg	0.0g
1/4 tsp hot sauce	0.0	0.0g	0.0mg	0.9mg	0.0g
2 tbsp parsley	0.3	0.0g	0.0mg	0.5mg	0.1g
<b>Total</b>	<b>32.8</b>	<b>0.4g</b>	<b>2.3mg</b>	<b>207.4mg</b>	<b>3.2g</b>

Notes: 8 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Play Off Pízza

2 cups uncooked macaroni  
1/4 cup skim milk  
4 egg whites, beaten  
1 cup low fat shredded cheese  
1 cup tomato sauce

Suggested toppings: Mushrooms, pineapple, drained spinach, or any other assorted vegetables.

Cook macaroni. Combine milk, egg white, 1/2 cup cheese and cooked macaroni. Mix well. Spray light vegetable oil in baking dish. Spread mixture evenly in pan baking dish. (Glass dish works best) Spoon tomato sauce evenly over macaroni mixture. Sprinkle with remaining cheese. Cover with toppings of your choice. Preheat oven to 350°. Bake uncovered for 20 minutes or until macaroni mixture is set. Let stand 5-10 minutes before cutting. (This recipe can be frozen in individual servings and reheated in microwave.)

*Don't hesitate to ask for professional help. Most provinces or states have a support group.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cup macaroni	194.8	0.8g	0.0mg	3.7mg	39.2g
1/4 cup skim milk	5.6	0.0g	0.3mg	8.1mg	0.8g
4 egg whites	16.7	0.0g	0.0mg	54.8mg	0.3g
1 cup cheese, low fat	48.9	2.0g	5.9mg	172.9mg	0.5g
1 cup tomato sauce	18.4	0.1g	0.0mg	370.6mg	4.4g
<b>Total</b>	<b>284.4</b>	<b>2.9g</b>	<b>6.2mg</b>	<b>610.0mg</b>	<b>45.3g</b>

Notes: 4 Servings. Calories and nutritional values shown are per serving.

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## Mushroom Linguini

1 lb mushrooms  
1 can 1/2 fat mushroom soup  
1 cup peas  
1 tsp minced garlic  
1 pkg linguini

Cook in skillet until heated through. Cook linguini and pour mushroom mixture on top and serve.

*Increase in baby with PWS' formula maybe required if nutrition is low.  
For example, 3 scoops powdered formula to 5 ounces of water. Consult your nutritionist.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
1 lb mushrooms	18.9	0.2g	0.0mg	3.0mg	3.1g
1 cup peas	18.5	0.1g	0.0mg	26.9mg	3.3g
1 can mushroom soup, reduced fat	57.9	4.3g	0.6mg	389.0mg	4.2g
1 tsp minced garlic	0.7	0.0g	0.0mg	0.1mg	0.2g
1 pkg linguini	134.0	0.6g		2.5mg	27.0g
<b>Total</b>	<b>230.0</b>	<b>5.2g</b>	<b>0.6mg</b>	<b>421.5mg</b>	<b>37.7g</b>

Notes: 6 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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## Low Fat Low Sodium Casserole Mix

2 cups non fat dry milk powder  
3/4 cup cornstarch  
1/4 cup chicken or beef bouillon granules  
2 tbsp onion flakes  
1 tsp onion powder  
1 tsp basil  
1 tsp thyme  
1/2 tsp pepper

Blend. Combine 1/3 cup casserole mix with 1 1/4 cups water equals 1 can of soup.

*Individuals with PWS have some learning difficulties and may range from mild to moderate handicapped.*

Recipe Ingredient	Calories	Fat	Cholesterol	Sodium	Carb.
2 cups dry milk, non fat	96.6	0.2g	5.2mg	142.7mg	13.9g
3/4 cup cornstarch	40.6	0.0g	0.0mg	1.0mg	9.7g
1/4 cup chicken bouillon granules	0.6	0.0g	0.0mg	41.3mg	0.0g
2 tbsp onion flakes	3.9	0.0g	0.0mg	0.2mg	0.9g
1 tsp onion powder	0.8	0.0g	0.0mg	0.1mg	0.2g
1 tsp basil	0.4	0.0g	0.0mg	0.1mg	0.1g
1 tsp thyme	0.4	0.0g	0.0mg	0.1mg	0.1g
1/2 tsp pepper	0.3	0.0g	0.0mg	0.1mg	0.1g
<b>Total</b>	<b>230.0</b>	<b>5.2g</b>	<b>0.6mg</b>	<b>421.5mg</b>	<b>37.7g</b>

Notes: 9 Servings. Calories and nutritional values shown are per serving. \_\_\_\_\_

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# Favorite Recipes

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# Favorite Recipes

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# Favorite Recipes

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# Favorite Recipes

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This book is dedicated to my daughter Kyra and all other children and adults with Prader-Willi Syndrome. She has been my hope and inspiration, and has taught me to believe in myself and that I too can be strong and do anything

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