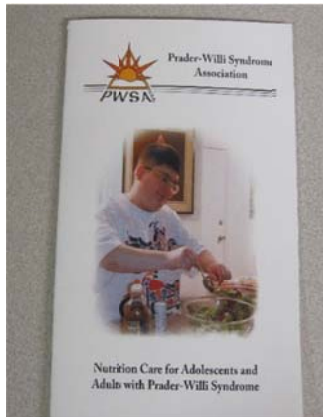


An Overview of Nutritional Resources for Parents and Care Givers of Teens and Adults With Prader-Willi Syndrome

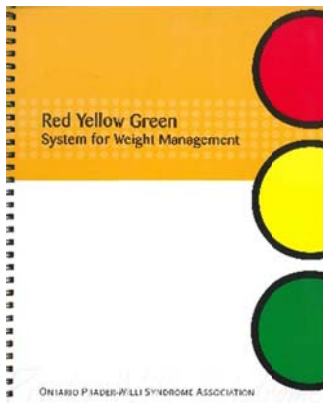
Becoming knowledgeable about special nutritional needs of a person with Prader-Willi syndrome (PWS) is essential in helping him/her live a healthy life and prevent many medical problems that can be associated with overeating and obesity. Over the years, we have learned many new things about how the gastrointestinal system works in persons with PWS. This has resulted in changes with some of our nutritional recommendations. And ... we continue to learn more.

The following are short summaries of some of the booklets available through PWSA (USA) that may be of help to those needing more knowledge and assistance in preparing and providing a healthy, low calorie diet for the person with PWS. To obtain these resources contact PWSA (USA) Website: www.pwsausa.org or call toll free: 1-800-926-4797.



Nutritional Care for Adolescents and Adults with Prader-Willi Syndrome

This booklet presents informational tools and guidelines for nutritional planning and weight setting goals for adolescents and adults with PWS. It discusses vitamin and mineral supplementation as well as shares charts on common calcium supplements. It also provides tips for handling special events as well as eating in restaurants. There are several worksheets in its resource section that can be copied and enlarged.



Red Yellow Green System for Weight Management

Learning to meet the complex nutritional needs of a person with PWS can often seem like an overwhelming task. This booklet was specifically written for parents, family members and care givers of persons with PWS. It simplifies this process by categorizing food in to three separate groups – Green, Yellow and Red. It helps parents and care givers design meal plans and provides them with samples along with recipes. This booklet provides a comprehensive approach to weight management for the person with PWS including tips in developing a fitness program. This is a valuable resource for all who support a person with PWS.



**For more information, contact Prader-Willi Syndrome Association of WI Inc
Phone: Toll Free: 1-866-797-2947 Website: www.pwsaofwi.org**