

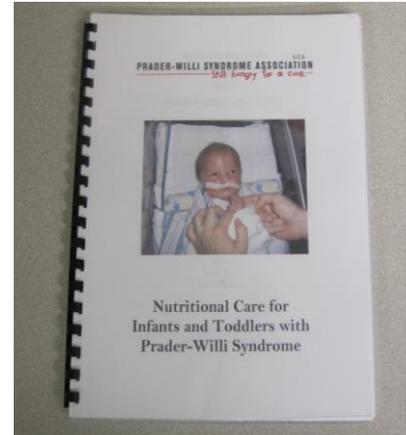
## An Overview of Nutritional Resources for Parents of Infants and Children with Prader-Willi Syndrome

Becoming knowledgeable about the special nutritional needs of a child 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 in some approaches and 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 child with PWS. To obtain these resources contact PWSA (USA) Website: [www.pwsausa.org](http://www.pwsausa.org) or call toll free: 1-800-926-4797.

### Nutritional Care for Infants and Toddlers with Prader-Willi Syndrome

This resource provides information for parents of infants and toddlers (under the age of 3 years) with PWS on a wide variety of topics related to nutrition and questions about growth and development. Each chapter focuses on age-specific topics and strategies. It provides parents with information and reassurance in how to manage some of the feeding challenges – especially in those early months. It also helps families learn to address calorie, food choices and menu planning as the child ages. This booklet has excellent appendices which provide sample meal plans, menus, recipes and information about infant formulas. Also included are sample growth charts as well as additional resource information.



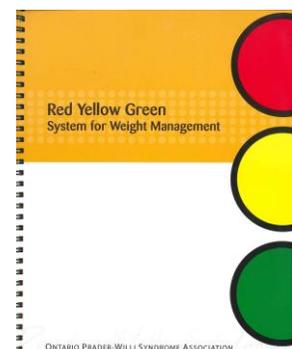
### A Nutritional Guide for Parents of Children with Prader-Willi Syndrome Ages 3-9 Years

This booklet focuses on helping families of younger children ages 3-9 years with PWS gain the necessary tools and information to assist in preventing obesity and health conditions associated with it. It also helps families learn about calorie needs and food exchanges along with proper nutrition and practical suggestions on handling food-related issues. It touches briefly on food security and exercise, two areas that are an integral part of preventing obesity and maintaining good health.



### Red Yellow Green System for Weight Management

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



For more information, contact Prader-Willi Syndrome Association of WI Inc  
Phone: Toll Free: 920-733-3077 Website: [www.pwsaofwi.org](http://www.pwsaofwi.org)