

# Galactosemia Diet Instructions

## Important dietary information for my child

Child Name:	Additional/Optional Information:
Emergency Primary Contact/Relationship:	Phone Number:
Emergency Secondary Contact/Relationship:	Phone Number:

## Introduction

The purpose of this document is to inform you of a metabolic condition that my child \_\_\_\_\_, has. It is called "Galactosemia." I'm sharing this information to alert you of their restricted diet and to help foster an inclusive environment for my child.

Classic Galactosemia is very different from a food allergy or lactose intolerance and is not contagious. To prevent my child from becoming ill, sources of lactose in their diet must be avoided. This primarily includes all dairy products and foods containing dairy ingredients.

## Care Instructions

- Please do not give my child any food or drink that I have not approved as even trace amounts of lactose can result in potentially serious health consequences.
- Please provide advance notice of events, projects, or parties that may involve food so alternatives can be prepared for my child.
  - If an unplanned event occurs, please contact me at the number listed above as soon as possible so alternative food arrangements can be made.
- My child does not need to be isolated from table activities where dairy items are present, nor do any food restrictions need to be placed on other children.
  - This is not an allergy akin to a peanut allergy, so only ingestion of unapproved items, not contact, is dangerous to my child.

## Food Ingredient Considerations

Foods that contain lactose are the primary source of risk to my child. This QR code will direct you to a list of obvious and hidden sources of lactose that my child needs to avoid. Please consult this list to check ingredients and call or text me for approval.

Learn more about foods that should be avoided [here](#).



Scan QR code  
to find the list

## Emergency Instructions

- If my child consumes a food that I have not approved, please contact me immediately with the type of food and amount eaten so I can watch for any problems that my child may develop (such as vomiting, cramping, diarrhea, etc.).

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