



Breakfast

- + Scrambled eggs
- + Bacon*
- + Blueberries
- + Milk
- + Egg casserole with sausage*, cheese, green peppers, tomatoes, and mushrooms
- + Strawberries
- + Milk
- + Cottage cheese
- + Blueberries
- + Milk
- + Sliced ham*
- + Cheese cubes
- + Grapes
- + Milk
- + Chicken salad (no sugar)
- + Grapes
- + Cheese stick
- + Milk
- + Plain yogurt (no sugar), sweeten with fructose or dextrose
- + Mix in blueberries and finely chopped pecans, almonds, and/or flax seeds
- + Milk



Lunch

- + Plain grilled or baked chicken strips (no breading)
- + Cheese stick or cubes
- + Red, green, or yellow peppers cut into strips
- + Ranch dressing** for dipping chicken or peppers
- + Milk
- + Deli meat* and sliced cheese
- + Spread mayonnaise*** or cream cheese on the meat/cheese and roll it up
- + Steamed broccoli
- + Mix mayonnaise*** and mustard for a dipping sauce for the broccoli
- + Milk
- + Tuna salad (no sugar) – mayonnaise***, eggs, mustard, and dill pickles
- + Snow peas – steam and serve cold
- + Grapes, cut up
- + Milk
- + Tomato soup – made with water, milk, or milk substitute
- + Melt grated cheese into soup
- + Cut up cucumbers, peppers, celery, and broccoli
- + Italian dressing for dipping (no sugar)
- + Milk

Dinner



- + Grilled or baked chicken
- + Green beans
- + Cooked, mashed cauliflower (looks like mashed potatoes) with grated cheese
- + Milk
- + Grilled or baked pork chops
- + Steamed broccoli with cheese
- + Stewed tomatoes
- + Milk
- + Baked, grilled, or broiled fish (no breading)
- + Spinach with butter
- + Salad – cucumbers, celery, broccoli, and peppers with ranch dressing**
- + Milk
- + No-noodle lasagna – ground beef, canned tomatoes (no sugar), ricotta cheese, zucchini, eggplant, and mushrooms; make layers in a casserole dish, sprinkle with cheese, and bake
- + Tossed salad with dressing**
- + Milk
- + Ground turkey or chicken – add cumin and chili powder
- + Sauté peppers and mushrooms
- + Mix the meat and vegetables, top with cheese, sour cream, and avocado
- + Tossed salad with dressing**
- + Milk

Snacks

- + Unsweetened yogurt, sweeten with dextrose or fructose
- + Blueberries or strawberries added
- + Cottage cheese, sweeten with dextrose or fructose
- + Blueberries or strawberries added
- + Cheese sticks or cubes
- + Meat roll ups (roll up turkey and cheese with cream cheese)
- + Bowl of strawberries, kiwi, grapes, and/or blueberries
- + Celery with natural almond or peanut butter
- + Raw vegetables (cucumbers, celery, peppers, mushrooms, squash, broccoli, cauliflower, snow peas, and/or radishes) and ranch dressing**
- + Mix mashed avocado, salsa (no sugar), and sour cream; use as a dip for raw vegetables
- + Hard-boiled eggs

Notes

*All meats should be fresh; avoid fillers and sucrose. Meats cured with dextrose would be acceptable.

**Be sure salad dressings do not contain sucrose or starch.

***Choose a mayonnaise that does not contain sucrose or starch.

- Take Sucraid® (sacrosidase) Oral Solution as prescribed with all meals and snacks.
- If you do not drink cow's milk, be sure to substitute with Lactaid™ milk or a sugar-free, plain, or unflavored soy or almond milk.
- Always read food labels. Even if a food is listed here, check the label to make sure it is safe since ingredients are constantly changing.
- Dextrose can be purchased online from NOW® Foods (nowfoods.com) or from local breweries. Dextrose can be used in place of sugar.
- You can buy fructose at the grocery store on the aisle where other sugars are found. Fructose can also be purchased online from NOW® Foods (nowfoods.com). Fructose can be used in place of sugar.
- Talk to your physician or dietitian about the overall completeness of your diet and take vitamin and mineral supplements as recommended.

INDICATION

Sucraid® (sacrosidase) Oral Solution is an enzyme replacement therapy for the treatment of genetically determined sucrose deficiency, which is part of Congenital Sucrase-Isomaltase Deficiency (CSID).

IMPORTANT SAFETY INFORMATION FOR SUCRAID® (SACROSIDASE) ORAL SOLUTION

- Sucraid may cause a serious allergic reaction. If you notice any swelling or have difficulty breathing, get emergency help right away.
- Sucraid does not break down some sugars that come from the digestion of starch. You may need to restrict the amount of starch in your diet. Your doctor will tell you if you should restrict starch in your diet.
- Tell your doctor if you are allergic to, have ever had a reaction to, or have ever had difficulty taking yeast, yeast products, papain, or glycerin (glycerol).
- Tell your doctor if you have diabetes, as your blood glucose levels may change if you begin taking Sucraid. Your doctor will tell you if your diet or diabetes medicines need to be changed.
- Some patients treated with Sucraid may have worse abdominal pain, vomiting, nausea, or diarrhea. Constipation, difficulty sleeping, headache, nervousness, and dehydration have also occurred in patients treated with Sucraid. Check with your doctor if you notice these or other side effects.
- Sucraid has not been tested to see if it works in patients with secondary (acquired) sucrose deficiency.
- NEVER HEAT SUCRAID OR PUT IT IN WARM OR HOT BEVERAGES OR INFANT FORMULA. Do not mix Sucraid with fruit juice or take it with fruit juice. Take Sucraid as prescribed by your doctor. Normally, half of the dose of Sucraid is taken before a meal or snack and the other half is taken during the meal or snack.
- Sucraid should be refrigerated at 36°F-46°F (2°C-8°C) and should be protected from heat and light.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

▶ Please see full Prescribing Information on back of menu.

Sucraid[®]
(sacrosidase) Oral Solution
WWW.SUCRAID.NET