



Nutrition Management of Classical Galactosemia – Further food analysis and meeting educational needs

Dr. Sandra VanCalcar

This project will continue activities initiated with a Galactosemia Foundation grant awarded in 2011. Additional analysis of galactose in remaining questionable ingredients and foods will be completed. These include legumes, tofu, fermented products made from soy and some additional cheeses including mild and medium cheddar cheese. Also, new recommendations from the Galactosemia Task Force formed to evaluate current research about diet for classical galactosemia will soon be published in a medical journal. Since diet recommendations have changed, information about these changes needs to be provided to professionals, families, and individuals with galactosemia. Thus, new educational materials will be developed for metabolic clinics to use with new families, parents, and children, teens, and adults with galactosemia.