

Questionnaire to evaluate the knowledge of low PHE diet

Factorial structure of the brief PKU questionnaire

Factor 1: Allowed foods	Factor 2: Forbidden foods, easy to recognize	Factor 3: Limited foods, NOT easy to recognize
1. Pepper	1. Diet coke	1. Broccoli
2. Pineapple	2. Nachos	2. Rice
3. Canned fruit	3. Flour	3. French fries
4. Ketchup	4. Kidney Beans	4. Roasted potatoes
5. Onion	5. Sunflower seeds	5. Coconut
6. Lettuce	6. Granola type cereal	6. Green peas
7. Syrup	7. Hot chocolate mix	7. Roasted Corn
8. Pickles	8. Hazelnuts	8. Avocado
9. Orange	9. Beef Bouillon	9. Artichoke
10. Watermelon	10. Egg White	10. Dark Chocolate
11. Fresh orange juice		11. Banana
12. Melon		
13. Kiwi		
14. Olives		
15. Plum		

Additional items of the PKU questionnaire (full version)

Group 4: Allowed food	Group 5: Limited and Forbidden food
1. Mustard	1. Herring
2. Cornstarch	2. Cow's Milk
3. Margarine	3. Shrimp
4. Butter	4. Almonds
5. Olive Oil	5. Cashews
6. Sugar	6. Cheese
7. Vinegar	7. Yogurt
8. Honey	8. Canned tuna
9. Coke	9. Egg
10. Sugary beverages	10. Sugarless gum
11. Baking powder	11. Walnut
12. Saccharin	12. Sausage
13. Cocoa butter	13. Soybean
14. Eggplant	14. Surimi, crab meat
15. Chamomile tea	15. Mushrooms, white
16. Mayonnaise no egg	16. Peanuts
17. Cinnamon	17. Mussels
18. Pumpkin	18. Chicken
19. Sparkling water	19. Chips
20. Zucchini	20. Pistachios
21. Tea	21. Chickpeas
	22. Whole-wheat bread
	23. Lobster