

# PKU

Questionnaire  
to Evaluate  
Knowledge  
of the  
Low Phe Diet

Child's first name: Last name: Age: Sex: Date: Responsible  
for evaluating: 

Child has:

Classic PKU: ☐Moderate PKU: ☐Mild PKU: ☐**Questionnaire Correction Sheet****WRONG ANSWER= NO POINTS - RIGHT ANSWER= 1 POINT**

Subject's answer: X (in disallowed food, red ink)= 1 POINT

Subject's answer: EMPTY (in allowed food, black ink)= 1 POINT

**Brief Questionnaire**

FACTOR	Point	
1		1- Pepper
1		2- Pineapple
2		3- Diet coke
3		4- Broccoli
1		5- Canned fruit
2		6- Nachos
3		7- Rice
3		8- French fries
3		9- Roasted Potatoes
2		10- Flour
1		11- Ketchup
1		12- Onion
1		13- Lettuce
2		14- Kidney Beans
1		15- Syrup
3		16- Coconut
3		17- Green peas
3		18- Avocado
2		19- Sunflower seeds
1		20- Pickles
2		21- Granola type cereal
2		22- Hot chocolate mix
1		23- Orange
1		24- Watermelon
3		25- Roasted corn
2		26- Hazelnuts
1		27- Fresh orange juice
2		28- Beef Bouillon
1		29- Melon
3		30- Artichoke
2		31- Egg White
1		32- Kiwi
3		33- Dark Chocolate
3		34- Banana
1		35- Olives
1		36- Plum

TOTAL POINTS FACTOR 1 = \_\_\_\_\_  
 TOTAL POINTS FACTOR 2 = \_\_\_\_\_  
 TOTAL POINTS FACTOR 3 = \_\_\_\_\_

**Part 2 - Optional**

ALLOWED OR DISALLOWED	Point	
4		37- Mustard
4		38- Cornstarch
4		39- Margarine
5		40- Herring
5		41- Cow's Milk
5		42- Shrimp
5		43- Almonds
4		44- Butter
4		45- Olive Oil
4		46- Sugar
5		47- Cashews
4		48- Vinegar
4		49- Honey
5		50- Cheese
4		51- Coke
5		52- Yogurt
5		53- Canned tuna
4		54- Sugary beverages
4		55- Baking powder
4		56- Saccharin
4		57- Cocoa butter
5		58- Egg
5		59- Sugarless gum
5		60- Walnut
5		61- Sausage
5		62- Soybean
4		63- Eggplant
5		64- Surimi, crab meat
5		65- Mushrooms, white
4		66- Chamomile tea
5		67- Pistachios
4		68- Mayonnaise no egg
4		69- Cinnamon
4		70- Pumpkin
5		71- Peanuts
5		72- Mussels
5		73- Chicken
5		74- Chips
4		75- Sparkling water
5		76- Chickpeas
5		77- Whole-wheat bread
4		78- Zucchini
5		79- Lobster
4		80- Tea

TOTAL POINTS (4) ALLOWED FOOD= \_\_\_\_\_  
 TOTAL POINTS (5) LIMITED/FORBIDDEN FOOD= \_\_\_\_\_