

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: ☐

The PHE information comes from the **USDA's National Nutrient Database for Standard Reference**. There may be differences in the amount of PHE in foods between countries. This is due to the variety of the food analyzed, since the one that is most commonly consumed is taken as a reference for the questionnaire.

Mg of PHE	Brief Questionnaire
4	1- Pepper
21	2- Pineapple
Aspartame	3- Diet coke
84	4- Broccoli
45	5- Canned fruit
229	6- Nachos
381	7- Rice
95	8- French fries
72	9- Roasted Potatoes
520	10- Flour
41	11- Ketchup
25	12- Onion
17	13- Lettuce
824	14- Kidney Beans
0	15- Syrup
180	16- Coconut
200	17- Green peas
232	18- Avocado
992	19- Sunflower seeds
17	20- Pickles
431	21- Granola type cereal
150	22- Hot chocolate mix
31	23- Orange
15	24- Watermelon
203	25- Roasted corn
663	26- Hazelnuts
9	27- Fresh orange juice
800	28- Beef Bouillon
23	29- Melon
155	30- Artichoke
686	31- Egg White
44	32- Kiwi
390	33- Dark Chocolate
110	34- Banana
29	35- Olives
14	36- Plum

Mg of PHE	Part 2
21	37- Mustard
13	38- Cornstarch
6	39- Margarine
701	40- Herring
147	41- Cow's Milk
858	42- Shrimp
1646	43- Almonds
41	44- Butter
0	45- Olive Oil
0	46- Sugar
1435	47- Cashews
0	48- Vinegar
11	49- Honey
1260	50- Cheese
0	51- Coke
302	52- Yogurt
1036	53- Canned tuna
0	54- Sugary beverages
0	55- Baking powder
0	56- Saccharin
0	57- Cocoa butter
681	58- Egg
Aspartame	59- Sugarless gum
711	60- Walnut
405	61- Sausage
2346	62- Soybean
43	63- Eggplant
260	64- Surimi, crab meat
85	65- Mushrooms, White
0	66- Chamomile tea
711	67- Pistachios
45	68- Mayonnaise no egg
0	69- Cinnamon
32	70- Pumpkin
953	71- Peanuts
426	72- Mussels
1294	73- Chicken
310	74- Chips
0	75- Sparkling water
1034	76- Chickpeas
387	77- Whole-wheat bread
43	78- Zucchini
782	79- Lobster
0	80- Tea