

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: ☐

In this questionnaire you have to choose between foods that your child can eat freely from those, which must be avoided or eaten in very small quantities. To answer the questions please mark with an X the foods to be avoided or eaten only in very small quantities by children with PKU. For example:

☐ Water ☐ Pear ☒ Lamb

In the tables below, please mark with X the foods that children with PKU cannot eat freely:

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

Part 2 - Optional	
Answer	
<input type="checkbox"/>	37- Mustard
<input type="checkbox"/>	38- Cornstarch
<input type="checkbox"/>	39- Margarine
<input type="checkbox"/>	40- Herring
<input type="checkbox"/>	41- Cow's Milk
<input type="checkbox"/>	42- Shrimp
<input type="checkbox"/>	43- Almonds
<input type="checkbox"/>	44- Butter
<input type="checkbox"/>	45- Olive Oil
<input type="checkbox"/>	46- Sugar
<input type="checkbox"/>	47- Cashews
<input type="checkbox"/>	48- Vinegar
<input type="checkbox"/>	49- Honey
<input type="checkbox"/>	50- Cheese
<input type="checkbox"/>	51- Coke
<input type="checkbox"/>	52- Yogurt
<input type="checkbox"/>	53- Canned tuna
<input type="checkbox"/>	54- Sugary beverages
<input type="checkbox"/>	55- Baking powder
<input type="checkbox"/>	56- Saccharin (sweetener)
<input type="checkbox"/>	57- Cocoa butter
<input type="checkbox"/>	58- Egg
<input type="checkbox"/>	59- Sugarless gum
<input type="checkbox"/>	60- Walnut
<input type="checkbox"/>	61- Sausage
<input type="checkbox"/>	62- Soybean
<input type="checkbox"/>	63- Eggplant
<input type="checkbox"/>	64- Surimi (crab meat)
<input type="checkbox"/>	65- Mushrooms, white
<input type="checkbox"/>	66- Chamomile tea
<input type="checkbox"/>	67- Pistachios
<input type="checkbox"/>	68- Mayonnaise no egg
<input type="checkbox"/>	69- Cinnamon
<input type="checkbox"/>	70- Pumpkin
<input type="checkbox"/>	71- Peanuts
<input type="checkbox"/>	72- Mussels
<input type="checkbox"/>	73- Chicken
<input type="checkbox"/>	74- Chips
<input type="checkbox"/>	75- Sparkling water
<input type="checkbox"/>	76- Chickpeas
<input type="checkbox"/>	77- Whole-wheat bread
<input type="checkbox"/>	78- Zucchini
<input type="checkbox"/>	79- Lobster
<input type="checkbox"/>	80- Tea