

My Diet and Health

Circle the response that most closely represents the way you feel about each statement. There are no right or wrong answers. These statements are to be used as thought and discussion starters.



Responses: 1 = Strongly Agree
2 = Agree Somewhat
3 = Disagree Somewhat
4 = Strongly Disagree

Statement:

1. I am concerned about the quality of the food I eat.
2. I usually consider nutrition when I choose a food.
3. The food I eat affects my health.
4. The food I eat affects my appearance.
5. The food I eat will affect my future health.
6. I eat too much of certain foods.
7. I eat too little of certain foods.
8. I should improve my diet.
9. I am willing to try new foods.
10. I am willing to cut out foods that are not good for me.
11. I try to learn to like healthful foods.
12. I take good care of my body.

Responses:

- | | | | |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |
| 1 | 2 | 3 | 4 |



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