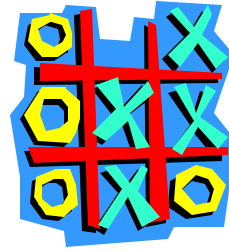


PKU TIC-TAC-TOE



Questions: *Multiple Choice*

1. Phenylketonuria is:
 - a. An eating disorder
 - b. A rare inherited disease that is treated by diet
 - c. Caused by an accident after you were born
 - d. All of the above

2. Phenylalanine is:
 - a. Abbreviated as “phe”
 - b. The name of an amino acid
 - c. A nutrient necessary for normal growth and development
 - d. All of the above

3. Dietary treatment for PKU will last:
 - a. For the first 12 months of life only
 - b. From early infancy and maintained throughout adulthood
 - c. Until school age and then discontinued
 - d. All of the above

4. Dietary treatment of PKU consists of:
 - a. Simply eliminating animal products from the diet
 - b. A special formula and measured amounts of low protein foods
 - c. Taking vitamin/mineral supplements
 - d. All of the above

5. Acceptable blood phe levels for those with PKU are:
 - a. Less than 10 mg%; ideally between 1-6 mg%
 - b. Less than 1 mg%
 - c. Greater than 10 mg%
 - d. All of the above

6. Following the PKU diet can be measured by:
 - a. Blood phe levels
 - b. Food records
 - c. Monitoring growth and development
 - d. All of the above



7. A vegetarian is:

- a. Someone who looks like a vegetable
- b. Someone who grows vegetables
- c. Someone who doesn't eat meat
- d. All of the above

8. Recipes for PKU:

- a. Are similar to normal recipes with a few simple changes
- b. Are difficult to make and don't taste good
- c. Can only be cooked by adults
- d. All of the above

9. "Yes" foods are:

- a. Fruits, vegetables, low protein pasta and bread products
- b. Hamburgers and hot-dogs
- c. Foods that never need to be measured
- d. All of the above

10. Formula:

- a. Should be consumed only once a day for good blood levels
- b. Is high in phenylalanine
- c. Is a key to maintaining healthy blood phe levels
- d. All of the above

Questions: True or False?

- 1. Formula is the major source of calories and nutrients in the diet of someone with PKU.
- 2. The amount of formula I drink is an important factor in determining my blood phe levels.
- 3. My food record should only be used the day before I come to clinic.
- 4. Wheat bran, whey, and dry yeast do not contain phenylalanine.
- 5. A fruit beverage that contains 10% fruit juice or less provides 50 mg of phe per one half cup.
- 6. Blood phe levels are not affected by illness.



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7. Everyone with PKU has blond hair and blue eyes.
8. PKU is due to the absence of a kidney enzyme.
9. Phenylalanine is an amino acid which is a building block for carbohydrates.
10. The best time for me to drink my formula is once a day at breakfast.
11. PKU does not limit participation in sports.
12. If I have PKU, all of my children will have PKU.
13. All newborn babies are tested for PKU in the United States.
14. Foods that contain 1 gram of protein per serving or less on a food label are probably suitable for a PKU diet, but need some further investigation.
15. When a food label says it contains "0" grams of protein it is always a phenylalanine free food.
16. All foods that are labeled "diet" should be avoided if you have PKU.
17. A blood phenylalanine level should be collected only when you know you will have a good blood level.
18. All margarines are lower in phenylalanine than butter.
19. A vitamin and mineral supplement is an important component of the PKU diet.
20. One half cup of Rice Chex cereal has more phenylalanine than one half cup of Cheerios.



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