

# FOOD QUESTIONNAIRE

This packet provides information for your individual nutrition report as well as a food questionnaire.

<b>First:</b>	<b>Gender:</b>	<b>Male</b>	<b>Female</b>
<b>Middle:</b>	<b>Identification Number:</b>		
<b>Last:</b>	<b>Date of Birth:</b>		
<b>Company:</b>	<b>Height:</b>		<b>Weight:</b>

<b>Home</b>			
<b>Street:</b>		<b>Phone number 1:</b>	
<b>City:</b>		<b>Phone number 2:</b>	
<b>State/Province:</b>	<b>Postal code:</b>	<b>Fax Number:</b>	
<b>Email address:</b>		<b>Country:</b>	

<b>Work</b>			
<b>Street:</b>		<b>Phone number 1:</b>	
<b>City:</b>		<b>Phone number 2:</b>	
<b>State/Province:</b>	<b>Postal code:</b>	<b>Fax Number:</b>	
<b>Email address:</b>		<b>Country:</b>	

<b>Other</b>			
<b>Street:</b>		<b>Phone number 1:</b>	
<b>City:</b>		<b>Phone number 2:</b>	
<b>State/Province:</b>	<b>Postal code:</b>	<b>Fax Number:</b>	
<b>Email address:</b>		<b>Country:</b>	

Are there any particular concerns/questions regarding your food choices, eating habits and/or overall nutritional status?

For each question, circle the response which best currently describes your usual behavior.

1.	How many days each week do you eat breakfast?	None	1-2 days	3-5 days	6-7 days
2.	How often do you eat between meals or after the evening meal?	Daily	Several times a week	Once a week or less	Seldom
3.	What is your usual pattern for the evening meal?	This is my biggest meal	Medium size meal	Light meal	Seldom eat in the evening
4.	Do the type of meals you usually eat include the following?	Red meats	Fish or chicken but no red meats	Vegetarian meals with dairy or eggs	Vegan-no animal foods
5.	How much water do you drink each day?	Rarely	1-2 cups	3-5 cups	>5 cups
6.	When salting your food, do you usually salt it?	Freely	Moderately	Sparingly	Never
7.	Do you use non fat or low fat products?	Never	Rarely	Sometimes	Regularly
8.	What kind of spread do you use most often?	Butter	Stick Margarine	Soft tub Margarine	None of these
9.	What other kinds of fat do you use most often?	Shortenings, lard and/or animal fat	Vegetable oils	Use all the above about the same	None of these
10.	Does your work or daily activity primarily involve the following?	Sitting	Standing	Walking or other active exercise	Heavy labor (eg. heavy lifting, etc.)
11.	Outside of your normal work or daily responsibilities, how often do you engage in exercise of 20 minutes or more which markedly increases your breathing (such as vigorous walking, cycling, running, swimming)?	"Seldom or never" "Less than once a week"	1-2 times per week	3-5 times per week	6 or more times per week
12.	Do you currently take a multi-vitamin?	Never	Rarely	Sometimes	Regularly
13.	Do you take any other vitamin or mineral supplement?	Antioxidant	Calcium	Iron	Other: (Please specify)
14.	Do you take any nutritional supplements?	Never	Rarely	Sometimes	Regularly

**PART II - FOOD QUESTIONNAIRE:**

This questionnaire asks about your eating patterns during the past year. For each food item listed, respond by indicating your usual intake of that food per Day, Week or Month. For example: Eggs. If you eat 2 eggs everyday, respond 2 Daily. If you think you average 2 eggs a week over the year, respond 2 Weekly. If you do not eat the food or if you have it once or twice a year then do not mark a frequency or interval. This questionnaire will take about 20 minutes to complete. The accuracy of your nutrition report depends on the accuracy of your answers.

**For example, if you eat 2 eggs per week, you would write 2 under the week column.**

Description	Amount	Unit	Daily	Weekly	Monthly
Whole egg	1.00	item		2	

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**Breads, Cereals and Grain Products**

Description	Amount	Unit	Daily	Weekly	Monthly
Whole grain breads (whole wheat, rye, pumpernickel)	1.00	sl.			
White breads (French-1 slice, burger/hot dog bun-1/2 item)	1.00	svg.			
English muffin, bagel, pita bread	0.50	item			
Whole grain crackers: Triscuits, Wheat Thins, etc. (4-6 each)	5.00	item			
Other crackers: Saltines, Ritz, etc. (4-6 each)	5.00	item			
Tortilla, corn, 6 inch diameter (medium)	1.00	item			
Muffins	1.00	item			
Pancakes (2), waffles (1-7 inch diameter)	1.00	svg.			
Whole grain hot cereal: rolled oats, rolled wheat, Roman Meal	0.50	c.			
Instant or quick hot cereal: cream of wheat, cream of rice	0.50	c.			
Cold cereals: shredded wheat, raisin bran, or bran flakes	0.75	c.			
Cold cereals: Frosted Flakes, Sugar Smacks, etc.	0.75	c.			
Rice, cooked	0.50	c.			
Pasta, cooked	0.50	c.			

**Fruits and Juices**

Description	Amount	Unit	Daily	Weekly	Monthly
Apple or pear, fresh, medium	1.00	item			
Banana, medium	1.00	item			
Orange (1 item) or grapefruit (1/2 item)	1.00	svg.			
Peach (1), nectarine (1/2), or apricots (2)	1.00	svg.			
Berries (in season)	0.75	c.			
Cantaloupe, medium (in season)	0.25	item			
Other melon (watermelon, honeydew, casaba)	1.00	c.			
Pineapple, fresh	0.50	c.			
Dried fruits: raisins (2 Tbsp), dates (2), prunes (2), dried apricots (4)	0.25	c.			
Canned fruit or frozen fruit	0.50	c.			
Orange or grapefruit juice	0.50	c.			
Tomato juice or vegetable juice	0.50	c.			
Other juices: apple, grape, pineapple, or cranberry	0.50	c.			
Fruit drinks: lemonade, punch, Koolaid	0.50	c.			

## Fats and Oils

Description	Amount	Unit	Daily	Weekly	Monthly
Vegetable oils: corn, safflower, soy, etc.	1.00	T.			
Olive oil	1.00	T.			
Shortening	1.00	T.			
Lard	1.00	T.			
Margarine	1.00	t.			
Butter	1.00	t.			
Mayonnaise	1.00	T.			
Regular salad dressings	1.00	T.			
Low-calorie dressings	1.00	T.			
Sour cream	1.00	T.			
Cream cheese	1.00	T.			
Half & Half, table cream	1.00	T.			

## Milk, Yogurt and Cheeses

Description	Amount	Unit	Daily	Weekly	Monthly
Skim milk or low fat milk	1.00	c.			
Whole milk	1.00	c.			
Chocolate milk	1.00	c.			
Yogurt	1.00	c.			
Cheese: cheddar, Colby, American, Monterey Jack, etc.	1.00	oz.			
Other cheeses: Swiss, mozzarella, ricotta, string, etc.	1.00	oz.			
Cottage cheese	0.50	c.			

## Vegetables

Description	Amount	Unit	Daily	Weekly	Monthly
Salads: lettuce, celery, green peppers, onions	1.00	c.			
Dark green leafy vegetables, raw or cooked	0.50	c.			
Carrots, raw or cooked	0.50	c.			
Tomatoes, fresh, medium	1.00	item			
Starchy vegetables, cooked: corn, peas, mixed vegetables	0.50	c.			
Other vegetables, cooked: green beans, beets, zucchini	0.50	c.			
Cauliflower, broccoli, brussel sprouts, cabbage	0.50	c.			
Winter squash, cooked: acorn, butternut, hubbard	0.50	c.			
White potato, baked, boiled, or mashed	1.00	item			
Sweet potatoes or yams, cooked	0.50	c.			

## Beverages

Description	Amount	Unit	Daily	Weekly	Monthly
Cola drinks (1 can = 12 fl. oz)	12.00	fl. oz.			
Diet cola drinks (1 can = 12 fl. oz)	12.00	fl. oz.			
Non-cola drinks: 7-Up, Sprite, Slice, etc. (1 can = 12 fl. oz)	12.00	fl. oz.			
Diet non-cola drinks (1 can = 12 fl. oz)	12.00	fl. oz.			
Coffee or tea (1 cup = 8 fl. oz)	8.00	fl. oz.			
Decaffeinated coffee or teas: Sanka, herbal tea, etc.	8.00	fl. oz.			
Hot chocolate or cocoa	1.00	c.			
Beer (1 can = 12 fl. oz)	12.00	fl. oz.			
Wine, dry or table (red, white or blush)	4.00	fl. oz.			
Liquor: vodka, whiskey, gin, rum, etc.	1.50	fl. oz.			

## Protein Foods

Description	Amount	Unit	Daily	Weekly	Monthly
Legumes: lentils, pinto beans, navy beans, cooked	1.00	c.			
Nuts and seeds: peanuts, almonds, sunflower seeds, etc.	0.25	c.			
Peanut butter, nut butters	1.00	T.			
Tofu or other meat substitutes	3.00	oz.			
Beef: rib roast, steak, pot roast, veal, etc.	3.00	oz.			
Beef, ground, cooked	3.00	oz.			
Pork: chops, roast, ham	3.00	oz.			
Lamb: chops, roast	3.00	oz.			
Poultry: chicken, turkey, duck	3.00	oz.			
Fish, canned with oil: tuna, sardines	3.00	oz.			
Tuna, water pack	3.00	oz.			
Fish, fresh or frozen, no breading: trout, halibut, sole, etc.	3.00	oz.			
Shellfish: shrimp, scallops, lobster, clams	3.00	oz.			
Eggs, whole, large	1.00	item			
Egg substitutes or egg whites	0.25	c.			
Lunch meats: bologna, salami, etc.	1.00	oz.			
Frankfurters or sausage link (4 in x 1 1/8 in)	1.00	item			

## Desserts and Sweets

Description	Amount	Unit	Daily	Weekly	Monthly
Cookies: chocolate chip, oatmeal, peanut butter, etc.	2.00	item			
Brownies, 2 in.	1.00	item			
Doughnut or sweet roll	1.00	item			
Cake, 1/12 of 9 in.	1.00	sl.			
Granola bars (1 item) or granola (1/2 cup)	1.00	item			
Pie, 1/8 of whole pie	1.00	sl.			
Gelatin, flavored	0.50	c.			
Pudding or custard	0.50	c.			
Ice Cream	0.50	c.			
Ice Milk	0.50	c.			
Sherbet	0.50	c.			
Candy bar, chocolate bar (1 bar), M&Ms (1 pkg.)	1.00	item			
Hard candy, gum drops, Lifesavers	1.00	item			

## Miscellaneous

Description	Amount	Unit	Daily	Weekly	Monthly
Fast food - pizza	1.00	sl.			
Fast food - hamburger or cheeseburger	1.00	item			
Fast food - burrito or taco	1.00	item			
Bacon	2.00	sl.			
Popcorn, popped	2.00	c.			
Potato chips, corn chips, tortilla chips	1.00	oz.			
Catsup or chili sauce	1.00	T.			
Tomato based sauce (spaghetti sauce)	0.50	c.			
Pickles or pickle relish (1 Tbsp)	1.00	T.			
Olives	5.00	item			
Avocado (1/8 item)	0.13	item			
Sauces: soy sauce, steak sauce, barbecue sauce	1.00	T.			
Brown gravy, giblet gravy, or white sauce	0.25	c.			
Soups, vegetable or noodle type	1.00	c.			
Soups, cream	1.00	c.			
Chewing gum	1.00	item			
Sugar, honey, jam, jelly, syrups	1.00	T.			