

This is a detailed questionnaire about your diet which will enable me to help you maximize your nutritional intake. This is not a test so don't search for the right answers - every body has different needs.

I am here to help you design an eating pattern that will enhance your individual health.

My favorite food is _____.

My favorite style of food is _____ (Mexican, Italian, Indian, Barbeque, etc)

Do you try to eat organic: (circle) meats dairy veggies fruit none

How many times a week do you eat fast food? Never 1-3 3-6 6-10 10-20

How often do you cook meals at home? Rarely 1-3x/week Most evenings

Is your cooking/eating style driven by convenience? i.e. frozen, already prepared foods? _____

What time of day do you normally eat Breakfast _____ Lunch _____
Dinner _____ or is it sporadic _____?

How many times a Week do you have a serving of each of the following kinds of protein:

Protein:	Steak	Chicken	Tempeh
	Ground Beef	Pork	Soy Substitutes
	Lunchmeat	Tofu	Fish
	Beans	Eggs	Cheese
	Nuts	Turkey	Other: _____
	Yogurt		

In a week's time, rank how many servings you have of each of the following:

Answer should be: 0, 1-3, 3-5, 5-7, 7-10

Carbohydrates:

Tortillas	White rice
Brown rice	White bread
Wild rice	Whole wheat bread
White pasta noodles	Potatoes
Whole wheat pasta noodles	Crackers/ Chips
Oatmeal	Cake/Cookies/Pastries
Sugared Cereal	Non-sugar cereal
Bagels	Other: _____

Fruit:	Apple Orange Banana Berries Grapefruit Dried Fruit Mango Papaya Melon Pear Grape Lemon Limes Peach Avocado Other: _____	Vegetables:	Broccoli Beets Cabbage Carrots Cucumber Lettuce-Mixed Greens Onion Garlic Squash Sweet Potato Tomato Iceburg Lettuce Kale Spinach Mushrooms Chard	Celery Turnips Parsnips Pumpkin Romaine Lettuce Peas Corn Cauliflower Green Beans Red / Yellow Peppers Asparagus Other: _____
--------	--	-------------	--	--

Drinks:	Milk Coffee Black Tea Green Tea Herbal Tea Mineral Water Other: _____	Beer Wine Mixed Liquor Drinks Soy Milk Fruit Juice Soda
---------	---	--

True or False:

- I like to cook
- I usually have dessert everyday
- I eat at least one serving of green veggies per day
- I eat all 5 servings of fruits and vegetables every day
- I eat power bars instead of meals sometimes
- For snacks I go for salty chips or sweets
- I always eat something for breakfast

I drink 8 glasses of water each day

I crave chocolate

Please describe any specific things about your eating habits that you think may be relevant. For instance: I tend to eat more when I'm stressed, or I think dairy foods make my stomach upset, etc.

Do you have any concerns about your eating habits or know of areas that need improving? _____
