

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please, read carefully and answer as accurate as possible. These answer will provide information on the way you are eating; and will serve to identify your strong, medium and weak areas regarding food intake and health.

### 1) Eating Habits

Please, check the ones you regularly have.

breakfast    snack    lunch    snack    dinner    before bed snack

How often do you eat on a regular day? (snacks count)

1-3 times    3-5 times    5-7 times    Other (please specify)

How often do you eat out in a week?

everyday    5-6    4-3    1-2    never

How many times do you eat the following in a week?

Pizza \_\_\_\_\_ Burgers \_\_\_\_\_ Shakes \_\_\_\_\_ Ice-cream \_\_\_\_\_ Fried Chicken \_\_\_\_\_

How often do you eat desert in a week?

everyday    5-6    4-3    1-2    never

### 2) Fluids

How many glasses/bottles of water do you drink per day?

none    2-4    4-6    6-8    8-10    10-12

In a week period, how often do you drink alcoholic beverages (beer, wine, liquor) ?

everyday    5-6    4-3    1-2    never

How many glasses/bottles of the following beverages do you drink per day?

soda    diet soda    coffee    fruit punch    juices    tea  
 milk    soy milk    lemonade    crystal light    other (please specify)

### 3) Cooking

How many times do you eat home-made foods in a week period?

never    1-2    4-3    5-6    everyday

How many time do you use microwave at home/work in a week?

everyday    5-6    4-3    1-2    never

Please circle the material of the container used to cook/warm up food in the microwave.

Plastic   Paper Bag   Paper plate   Glass   Ceramic

**4) Fats & Oils**

Circle the ones you use for cooking.

Vegetable oil      Butter      Margarine      Peanut butter      Olive oil

Crisco      (corn, soy, peanut, canola, cotton, sunflower)      Other \_\_\_\_\_

How many times do you eat fried foods (fish, chicken, fries, plantains; etc.) in a week?

\_\_Everyday      \_\_6-5      \_\_4-3      \_\_3-2      \_\_1-2      \_\_Never

How many times do you eat (hotdogs, luncheon meats, salami, bologna, ham, chorizo) in a week?

\_\_Everyday      \_\_6-5      \_\_4-3      \_\_3-2      \_\_1-2      \_\_never

How many days do you eat animal protein (beef; pork; chicken, turkey; liver; etc) in a week?

\_\_Everyday      \_\_6-5      \_\_4-3      \_\_3-2      \_\_1-2      \_\_Never

Circle the ones you use as spreads.

Margarine      Butter      Almond butter      Peanut butter      Cashew butter

Cream cheese      Mayonaise      Mustard      Jam      Jelly

Other \_\_\_\_\_

Circle the dressings you usually eat.

Olive oil/vinegar      Italian      Ranch      Blue cheese      Other \_\_\_\_\_

**5) Fruits and Vegetables/Fiber (A serving is about half a cup)**

How many servings of fresh fruits do you eat in a typical day? \_\_\_\_\_

How many servings of vegetables do you eat in a typical day? \_\_\_\_\_

Please, circle any of those that you regularly eat.

White bread      White rice      Parboiled rice      White pasta

Whole wheat bread      Brown Rice      White "Brown Rice"      Whole wheat pasta

How many times do you eat beans in a week?

Everyday      \_\_6-5      \_\_4-3      \_\_3-2      \_\_1-2      \_\_Never

What kind of cereal do you eat?

Oatmeal      Corn Flakes      FiberOne      Kashi      Other \_\_\_\_\_

**6) Fish**

In a month period, how many times do you usually eat fish?

\_\_Never    \_\_1-2    \_\_4-3    \_\_5-6    \_\_8-10

What type fish?

Tilapia    Cat fish    Cod    Salmon    Sardines    Tuna    Snapper

Grouper    Other \_\_\_\_\_

**7) Supplements**

Please, circle the ones you are currently taking.

Fish Oil    Omega-3    Multivitamins    Vitamin D    Calcium    Fiber

Co-Q10    Vitamin E    Garlic Powder    Flaxseed    Resveratrol    Probiotics

Other \_\_\_\_\_

**8) Vitamin D**

Do you get sun exposure every day?    Yes/No    For how long?

**9) Exercise**

Do you exercise, walk, dance, work, or engage on any form of physical activity in a week?

\_\_Everyday    \_\_6-5    \_\_4-3    \_\_3-2    \_\_1-2    \_\_Never

**10) Functional Foods**

Please circle the one you like/or regularly consume:

Garlic    Onions    Olive oil    Fish    Yogurt    Kefir    Curry

Hot pepper    Curcumin    Ginger    Tofu    Miso    Sauerkraut

**11) Grocery Shopping**

Do you ever go for grocery shopping?    Yes    No    Sometimes    Always

Do you ever look at or read the food labels?    Yes    No    Sometimes    Always

If you do read the labels, what do you look for? \_\_\_\_\_