

Eating Habits Questionnaire

1. Do you eat at least 3 meals a day? (i.e. morning, afternoon and evening)	2. Do you snack between meals? Are the snacks healthy / unhealthy?
3. How many meals / snacks do you eat from a restaurant / convenience store, etc. per week?	4. What do you eat between dinner and bedtime?
5. What do you drink during the day? (non-alcohol)	6. On average, how many alcoholic drinks do you have per day / per week?
7. Do you eat at least 3 servings of vegetables a day and 2 servings of fruit?	8. Do you eat at least 1 serving of grains (unprocessed: brown rice, millet, quinoa, oats, etc.) per day and 1 – 2 servings of healthy processed (breads, cereals, pastas, muffins, cookies, etc.) whole grains per day?
9. Do you choose meat such as poultry, eggs or fish at least 5 servings per week?	10. Do you choose healthy alternative to meat such as nuts (including nut butters and oils), seeds (including seed butter and oils), legumes, and beans at least 5 servings per week?
11. How many servings per week on average do you consume meat such as beef, pork, lamb or duck?	12. How many servings a week do you consume butter, margarine, shortening or lard?
13. Do you choose calcium rich milk (dairy or non-dairy) products at least 2 servings per day?	14. Do you consume processed grains made with all purpose or enriched flours (breads, cereals, pastas, muffins, cookies, etc.)
15. How often do you consume snacks such as candy or chips?	16. How often do you consume deep fried foods?
17. Are you familiar with suggested portion sizes for most foods or do you struggle with this regularly?	18. Are you aware of how to cook / prepare most foods or do you struggle with this regularly?
Is there anything else you can think of regarding your nutrition / eating habits that will give us a clear understanding to be able to help you in the best way possible?	