

FOOD AND NUTRITION

I. What we eat

1. Do you include lots of fresh fruits and vegetables in your daily diet?
2. Do you try to include fibre in your diet from bran, whole grains, fresh fruits and vegetables?
3. Do you avoid or restrict your intake of refined and highly processed foods such as white flour products and white or brown sugar?
4. How much red meat do you eat in a week?
5. Do you try to reduce the amount of colouring agents, preservatives and other chemicals in your food supply?
6. Do you read the labels on all packaged foods?
7. How much water do you drink daily?
8. Do you attempt to reduce your sugar intake including the hidden sugar in such food items as bread, ketchup, etc.?
9. Do you try to minimize the amount of fluids you drink during or directly after meals?
10. Do you try to restrict the amount of high fat dairy products such as cheese, butter, cream cheese, etc.
11. Do you regularly add salt to your food while cooking? at the table?
12. Do you eat a lot of fried foods?
13. Have you ever fasted or maintained a cleansing diet or other health-related regime? If so, describe it.
14. What vitamins do you take regularly?
15. Do you regularly use brewer's yeast, kelp, miso, or wheat germ?
16. How much coffee or black tea do you drink daily or weekly?
17. How often do you drink alcohol in a one week period?
18. How often do you eat in restaurants?
19. How often do you eat in "fast-food" restaurants?

II. How we eat

1. During meals do you: rush to finish?

watch tv ?

Please answer with:

read newspapers?

often

have intense discussions?

sometimes

Get up several times during the meal?

almost never

leave the table while you are still chewing?

eat standing up or walking around?

constantly nibble while making meals
or cleaning up?

do you: sit quietly and concentrate on eating?

chew your food thoroughly?

finish chewing one mouthful before putting
more in your mouth?

2. Are you able to go shopping regularly?

3. Are you motivated to cook regular meals?

4. Do you eat at regular times?

5. Do you eat only when you're hungry?

6. How many meals do you usually have in a day?

7. Do you snack during the day? How often?

8. Do you snack instead of eating regular meals?

9. Do you eat breakfast regularly?

III. Other aspects of food and eating

1. Are you addicted to sweets?
2. Are you hypoglycemic or diabetic?
3. Are you aware of having any allergies to certain foods?
If so, what foods?
4. Are you aware of mood changes or changes in your energy level related to what and when you eat?
If so, what kind of changes?
5. Do you often lose your appetite?
If so, under what circumstances?
6. Do you often eat compulsively when you are not hungry?
If so, under what circumstances?
7. Do you always feel like you should be dieting, losing weight, or eating less?
8. Do you often go on "diets" to lose weight?
If so, how often and what kind of diets?
9. Do you think you are: at a healthy weight for you?
 underweight?
 overweight?