

Diet questionnaire

Name: _____ Date: _____

Do you follow a special diet? What kind? _____

How much do you drink daily: Water? _____ Coffee? _____ Tea? _____

Juice? _____ Carbonated beverages? _____ Other? _____

How much alcohol do you drink during a week? 0. not at all or very rarely What kind of alcohol?
1 dose = 1 beer = 12 cl wine = 4 cl spirits (40%) 1. 1 - 6 doses _____
2. 7 to 14 doses _____
3. over 14 doses _____
4. over 28 doses _____

Main meals per day: 0 1 2 3 4 5 Snacks per day: 0 1 2 3 4 5

How much of the food you eat is raw? _____

Do you eat precooked meals or other processed foods? _____

Do you eat raffinated products (white sugar, white flour)? _____

Do you eat organic produce? _____

Do you smoke? How much? _____

Underline from the following list those food items that are a part of your diet. Mark a +, ++ or +++ on the line after the row according to how much you use those products on average. + = a little, ++ = moderately (2 to 6 times a week), +++ = a lot

<p>Do you use dairy products?</p> <ul style="list-style-type: none">● milk _____● hard cheeses _____● cream, cream cheese etc. _____● yogurt, quark, cottage cheese _____● buttermilk, sour milk _____● goat's milk products _____	<p>Do you use fish / seafood / seaweed?</p> <ul style="list-style-type: none">● fatty fish like salmon _____● low fat fish like white fish _____● other seafood _____● seaweed _____● fresh water alga _____ (for example spirulina, chlorella)	<p>Do you use vegetables / root vegetables?</p> <ul style="list-style-type: none">● green salad in varying ways _____● cucumber, squash, melon _____● tomato, bell peppers _____● potato, aubergine _____● spinach, beetroot _____● cabbage, red cabbage _____● cauliflower, Brussels sprouts _____● broccoli, kale _____● carrots, sweet potato, _____● parsnip, celery _____● rutabaga, turnip, radish _____● onion, red onion, _____● garlic, asparagus _____● sour products _____
<p>Do you use grains / grain like products?</p> <ul style="list-style-type: none">● wheat _____● rye, barley, spelt _____● oat _____● rice, corn, _____● buckwheat, millet, teff _____● quinoa, amaranth _____	<p>Do you use fats?</p> <ul style="list-style-type: none">● margarine _____● butter _____● a mix of butter and vegetable oils _____● cold pressed coconut oil _____● cold pressed olive oil _____● camelina, rape seed oil _____● hemp seeds / hemp oil _____● avocado / avocado oil _____● egg yokes _____● lecithin _____	<p>Do you use berries / fruits?</p> <ul style="list-style-type: none">● strawberries, raspberries _____● blueberries, lingonberries, cranberries _____● cloudberries, sea-buckthorn, rosehips _____● banana _____● apple, pear _____● orange, mandarin, _____● lemon, lime, grapefruit _____● pineapple, grapes _____● plums, cherries, _____● peaches, apricots, nectarines _____
<p>Do you use meat products?</p> <ul style="list-style-type: none">● beef, pork _____● chicken, turkey _____● game _____● meat cutlets, sausages _____	<p>Do you use sugar / sweeteners?</p> <ul style="list-style-type: none">● white sugar _____● cane sugar, coconut sugar _____● honey _____● stevia _____● other sweeteners _____● dried fruit _____	
<p>Do you use the following?</p> <ul style="list-style-type: none">● beans, lentils, peas _____● soy, what kind? _____ _____● egg whites _____● seeds, which? _____ _____● nuts, which? _____ _____● protein powders, which? Spices, which? _____ _____	<p>Do you use salt/herbs/spices?</p> <ul style="list-style-type: none">● table salt, table salt with iodine _____● uncleaned sea salt _____● rose salt, Kalahari salt _____● herbs, which? _____ _____● _____ _____	