

Food Survey

Indicate the frequency with which you eat the following foods by marking the appropriate box.

FREQUENT = at least once a day, **OFTEN** = several times per week, **OCCASIONALLY** = once a week or less, **SELDOM** = once or twice a month or less, and **NEVER** = total avoidance.

| | Frequent | Often | Occas. | Seldom | Never |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Alcoholic beverages | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Eat out at restaurants | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pastries, cookies, candy, ice cream and other sweets | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| White flour: bread, pasta, pancakes, crackers, muffins, etc. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Add sugar to coffee, tea, cereals, or other foods | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sodas or soft drinks | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Diet soft drinks | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fruit juices | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Artificial sweeteners (NutraSweet, saccharin, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Natural sweeteners (honey, maple syrup, agave, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Breakfast cereals (hot or cold) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Packaged foods: chips, crackers, puffs, pretzels | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Vegetable oils (sunflower, safflower, canola, corn, soy) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Margarine or tub vegetable oil spreads | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Deep-fried foods | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Olive oil | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Avocados | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Saturated fats (butter, ghee, lard, coconut, palm, tallow) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fatty fish (salmon, mackerel, sardines, herring) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Nuts and seeds, nut/seed butters | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pasteurized dairy (Check: <input type="checkbox"/> nonfat, <input type="checkbox"/> low-fat, <input type="checkbox"/> whole) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| | Frequent | Often | Occas. | Seldom | Never |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Raw dairy products (Check: <input type="checkbox"/> nonfat, <input type="checkbox"/> low-fat, <input type="checkbox"/> whole) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fermented dairy products (yogurt, kefir, cheese) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Eggs (Check: <input type="checkbox"/> free-range, <input type="checkbox"/> pastured, <input type="checkbox"/> organic, or <input type="checkbox"/> conventional) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Poultry or fowl (chicken, turkey, duck, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pork | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Red meat (beef, lamb) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Processed meats (bacon, sausage, salami, ham, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Organ meats (liver, kidney, sweetbreads, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Soy products (tofu, tempeh, soy milk, edamame) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Salads, uncooked vegetables | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fermented vegetables (sauerkraut, kimchi, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Non-starchy vegetables (greens, squash, carrots) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Starchy vegetables (potatoes, yams, sweet potatoes) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fresh fruits | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Beans and legumes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Whole grains and whole-grain breads (wheat, gluten) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Alternative grains (quinoa, buckwheat, teff, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Herbs and spices (fresh or dried) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chocolate (Check: <input type="checkbox"/> milk or <input type="checkbox"/> dark) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Herbal teas | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Coffee (Check: <input type="checkbox"/> regular or <input type="checkbox"/> decaffeinated) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Caffeinated teas (Check: <input type="checkbox"/> black or <input type="checkbox"/> green) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Salt (Check: <input type="checkbox"/> iodized or <input type="checkbox"/> sea salt) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please indicate if you are on any special diet:

| | | |
|---------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Dairy-free | <input type="checkbox"/> Ovo-lacto-vegetarian | <input type="checkbox"/> Gluten-free |
| <input type="checkbox"/> Diabetic ADA | <input type="checkbox"/> Paleo | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> GAPS | <input type="checkbox"/> Vegan | <input type="checkbox"/> Other |

If you checked any, how long have you been on this diet?

If you checked any, how strictly are you on it? For example: 80/20, all the time, except certain holidays

Please check any and all boxes below that describe your current eating styles:

| | |
|--|---|
| <input type="checkbox"/> Eat while driving, in front of a TV or computer, or multi-tasking | <input type="checkbox"/> Don't really enjoy meals; eat mostly for fuel or calories |
| <input type="checkbox"/> Fast eater | <input type="checkbox"/> Eat lots of pre-made or pre-packaged foods and snacks |
| <input type="checkbox"/> Irregular eating habits (eating times, portion sizes, etc.) | <input type="checkbox"/> Lack of choice of healthy foods in neighborhood |
| <input type="checkbox"/> Eat too much | <input type="checkbox"/> Don't eat breakfast or dinner together as a family unit |
| <input type="checkbox"/> Eat late at night | <input type="checkbox"/> Don't share same meals, even if seated together at table (special dietary needs and/or food preferences) |
| <input type="checkbox"/> Eat in the middle of the night | <input type="checkbox"/> Emotional eater (when sad, bored) |
| <input type="checkbox"/> Time constraints | <input type="checkbox"/> Have a negative relationship to food |
| <input type="checkbox"/> Travel frequently | <input type="checkbox"/> Diet often for weight control |
| <input type="checkbox"/> Eat more than 50 percent of meals away from home | <input type="checkbox"/> Struggle with eating issues or history of eating disorders |
| <input type="checkbox"/> Don't care to cook or never learned | <input type="checkbox"/> Eat too much or too little under stress |
| <input type="checkbox"/> Confused about nutritional advice | |

Additional Comments