

Please complete the following questionnaire and bring it to your Nutrition Consultation

**How often do you consume the following foods?**

For each item, check A, B or C.

| <b>Item</b>   | <b>A</b>  | <b>B</b>  | <b>C</b>  |
|---|---|---|---|
| 1. Red Meat<br>Beef, pork, lamb, veal*                          | <input type="checkbox"/> Usually eat:<br>Three times a week or more                                       | <input type="checkbox"/> Usually eat:<br>Twice a week   | <input type="checkbox"/> Usually eat:<br>Once a week or less  |
| 2. Red Meat Choices*  | <input type="checkbox"/> Usually eat:<br>High-fat cuts such as ribs, t-bone steak, prime rib, sausage     | <input type="checkbox"/> Sometimes eat:<br>High-fat cuts such as ribs, t-bone steak, prime rib, sausage         | <input type="checkbox"/> Usually eat:<br>Lean cuts such as round, loin, flank   |
| 3. Ground Meat, Burgers*  | <input type="checkbox"/> Usually eat:<br>Regular, chuck or lean ground beef with more than 15% fat        | <input type="checkbox"/> Usually eat:<br>Ground sirloin or round, ground turkey, or ground beef with 10-15% fat | <input type="checkbox"/> Usually eat:<br>Ground turkey breast or vegetable patties. Or, I rarely eat ground meat or burgers.                                  |
| 4. Chicken, Turkey, Etc*.                                       | <input type="checkbox"/> Usually eat:<br>Chicken, turkey and other poultry with skin                      | <input type="checkbox"/> Sometimes eat:<br>Chicken, turkey and other poultry with skin                          | <input type="checkbox"/> Usually eat:<br>Chicken, turkey and other poultry without skin   |
| 5. Fish*<br>Canned or fresh                                     | <input type="checkbox"/> Usually eat:<br>Fish less than once a week                                       | <input type="checkbox"/> Usually eat:<br>Fish once a week   | <input type="checkbox"/> Usually eat:<br>Fish twice a week or more  |
| 6. Chicken and Fish Choices*                                    | <input type="checkbox"/> Usually eat:<br>Fried chicken and/or fried fish and shellfish                    | <input type="checkbox"/> Sometimes eat:<br>Fried chicken and/or fried fish and shellfish                        | <input type="checkbox"/> Usually eat:<br>Chicken and that is baked, broiled, grilled, poached, roasted, etc.  |
| 7. Cold cuts, Hot dogs, Breakfast meats, other Processed meats* | <input type="checkbox"/> Usually/often eat:<br>Salami, bologna, other cold cuts, hot dogs, bacon, sausage | <input type="checkbox"/> Sometimes eat:<br>Salami, bologna, other cold cuts, hot dogs, bacon, sausage           | <input type="checkbox"/> Usually eat:<br>Roast beef, turkey breast, ham, low-fat cold cuts, low-fat hot dogs/bacon/sausage. Or, I rarely eat processed meats. |
| 8. Serving Sizes of Meats (cooked)*                             | <input type="checkbox"/> Usually eat:<br>Large portions (7 oz. or more)                                   | <input type="checkbox"/> Usually eat:<br>Medium portions (4-6 oz.)  | <input type="checkbox"/> Usually eat:<br>Small portions (3 oz. or less)   |
| 9. Eating Out in restaurants, drive-through, or delivery        | <input type="checkbox"/> Usually eat out or get take-out food:<br>Twice a week or more                    | <input type="checkbox"/> Usually eat out or get take-out food:<br>Once a week                                   | <input type="checkbox"/> Usually eat out or get take-out food:<br>Less than once a week Or, usually make low-fat choices                                      |

\*If you are a vegetarian, mark 'C' for these (\*) topics.

| Item   | A   | B  | C  |
|--|---|--|--|
| 10. Egg Yolks*   | <input type="checkbox"/> Usually eat:<br>6 or more egg yolks a week                                     | <input type="checkbox"/> Usually eat:<br>4-5 egg yolks a week  | <input type="checkbox"/> Usually eat:<br>3 egg yolks or less a week. Or,<br>I usually eat cholesterol-free<br>egg substitutes. |
| 11. Milk*  | <input type="checkbox"/> Usually drink:<br>Whole milk or cream  | <input type="checkbox"/> Usually drink:<br>2% reduced-fat milk   | <input type="checkbox"/> Usually eat:<br>1% low-fat or skim milk   |
| 12. Cheese*<br>Includes on pizza,<br>sandwiches,<br>snacks, etc. | <input type="checkbox"/> Usually eat:<br>Regular cheese   | <input type="checkbox"/> Sometimes eat:<br>Regular cheese  | <input type="checkbox"/> Usually eat:<br>Reduced or partly skimmed<br>cheese. Or, I rarely eat cheese.                         |
| 13. Frozen Desserts<br>Ice cream, etc.                           | <input type="checkbox"/> Usually eat:<br>Regular ice cream  | <input type="checkbox"/> Sometimes eat:<br>Regular ice cream   | <input type="checkbox"/> Usually eat:<br>Sherbert, sorbet, low-fat ice<br>cream. Or, I rarely eat frozen<br>desserts.          |
| 14. Cooking Method   | <input type="checkbox"/> Usually add:<br>Oil, butter, or margarine to<br>the pan                        | <input type="checkbox"/> Sometimes add:<br>Oil, butter, or<br>margarine to the pan                               | <input type="checkbox"/> Usually:<br>Broil, bake, or steam without<br>fats or oils, or use cooking<br>sprays.                  |
| 15. Cooking Fats &<br>Oils                                       | <input type="checkbox"/> Usually use:<br>Butter, stick margarine,<br>shortening, or lard.               | <input type="checkbox"/> Usually use:<br>Liquid or tub<br>margarine for<br>cooking or baking.                    | <input type="checkbox"/> Usually use:<br>Oils such as olive, canola and<br>corn for cooking. Or, cook<br>without fats/oils.    |
| 16. Fried Foods<br>French fries, egg<br>rolls, etc.              | <input type="checkbox"/> Often eat:<br>Fried foods  | <input type="checkbox"/> Sometimes eat:<br>Fried foods   | <input type="checkbox"/> Rarely eat:<br>Fried foods  |
| 17. Spreads<br>Added at the<br>table                             | <input type="checkbox"/> Usually use:<br>Butter or margarine on<br>bread, potatoes, vegetables,<br>etc. | <input type="checkbox"/> Sometimes use:<br>Liquid or tub<br>margarine on bread,<br>potatoes, vegetables,<br>etc. | <input type="checkbox"/> Usually use:<br>"Light" tub margarine on<br>bread, potatoes, vegetables.<br>Or, I eat them plain.     |
| 18. Salad Dressing &<br>Mayonnaise                               | <input type="checkbox"/> Usually use:<br>Regular dressing or<br>mayonnaise                              | <input type="checkbox"/> Sometimes use:<br>Regular dressing or<br>mayonnaise                                     | <input type="checkbox"/> Usually use:<br>Light or fat-free salad dressing<br>and mayonnaise                                    |
| 19. Snacks   | <input type="checkbox"/> Usually eat:<br>Regular chips, crackers and<br>nuts                            | <input type="checkbox"/> Sometimes eat:<br>Regular chips,<br>crackers and nuts                                   | <input type="checkbox"/> Usually eat:<br>Fruit, pretzels, low-fat crackers<br>and baked chips                                  |

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| Item   | A   | B   | C   |
|--|---|---|---|
| 20. Desserts and Sweets  | <input type="checkbox"/> Usually eat:<br>Donuts, cookies, candy, cake, pastry, pie or chocolate                           | <input type="checkbox"/> Sometimes eat:<br>Donuts, cookies, candy, cake, pastry, pie or chocolate                           | <input type="checkbox"/> Usually eat:<br>Fruit, angel food cake, low-fat or fat-free desserts and sweets.                               |
| 21. Grains<br>Breads, cereals, rice, pasta                           | <input type="checkbox"/> Usually eat:<br>White breads; white rice; low fiber cereal like corn flakes, Rice Krispies, etc. | <input type="checkbox"/> Sometimes eat:<br>White breads; white rice; low fiber cereal like corn flakes, Rice Krispies, etc. | <input type="checkbox"/> Usually eat:<br>Whole grain breads; brown rice; whole grain cereals like oatmeal, bran cereals, Wheaties, etc. |
| 22. Fruits and Vegetables<br>(1 serving = ½ cup or 1 piece of fruit) | <input type="checkbox"/> Usually eat:<br>1 serving or less a day  | <input type="checkbox"/> Usually eat:<br>2-4 servings a day   | <input type="checkbox"/> Usually eat:<br>5 or more servings a day   |
| 23. Juice and Pop  | <input type="checkbox"/> Usually drink:<br>3 or more glasses of juice or pop a day  | <input type="checkbox"/> Usually drink:<br>1-3 glasses of juice or pop a day.   | <input type="checkbox"/> Usually drink:<br>Water or low-calorie beverages.  |

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## Find Your Score

Total checks in Column A = \_\_\_\_\_ x 1 = \_\_\_\_\_

Total checks in Column B = \_\_\_\_\_ x 2 = \_\_\_\_\_

Total checks in Column C = \_\_\_\_\_ x 3 = \_\_\_\_\_

Total = \_\_\_\_\_

## Setting Goals

Your Nutrition Consultant will go over this questionnaire and use it to find ways to improve your current eating habits by setting goals together.

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_