

DIETARY HISTORY

PLEASE RESPOND TO THE BEST OF YOUR ABILITY.

1. How many meals do you eat each day?

Meals _____ Snacks _____

2. How many times a week do you eat the following meals away from home?

Breakfast _____ Lunch _____ Dinner _____

Where do you eat these meals? (Check all that apply)

Fast-Food _____ Diner/Cafeteria _____ Restaurant _____ Other _____

3. On average, how many servings (1 Cup / 1 Fistful) of fruit do you eat each day? _____

4. On average, how many servings (1/2 Cup Cooked / 1 Cupped Handful) of vegetables do you eat each day? _____

5. On average, how many times a week do you eat a high-fiber breakfast cereal? _____

6. How many times a week do you eat red meat (beef, lamb, veal, or pork?) _____

7. How many times a week do you eat chicken or turkey? _____

8. How many times a week do you eat fish or shellfish? _____

9. How many times a week do you eat desserts and sweets? _____

10. What types of beverages do you usually drink? How many times per week?

Water _____

Juice _____

Soda _____

Diet Soda _____

Sports Drinks _____

Coffee _____

Whole Milk _____

2% Milk _____

1% Milk _____

Iced Tea _____

Energy Drinks _____

Beer _____

Wine _____

Hard Liquor _____

Sweetened Iced Tea _____