



Nourish your body with whole foods and healthy practices and achieve a life in balance

## Eating & Dietary Habits

Hello,

Please take a few minutes of your time to fill in the following questionnaire.

1. How many times a day do you eat? \_\_\_\_\_

2. What is your weekly food budget range? \_\_\_\_\_

3. Please answer the following according to your particular eating habits?

I eat a good breakfast: ☐ Yes ☐ Sometimes ☐ No

I experience feelings of hunger during the day: ☐ Yes ☐ Sometimes ☐ No

I eat meat: ☐ Yes ☐ Sometimes ☐ No

I eat vegetables: ☐ Yes ☐ Sometimes ☐ No

I eat fruit: ☐ Yes ☐ Sometimes ☐ No

I eat dairy: ☐ Yes ☐ Sometimes ☐ No

I eat sweets: ☐ Yes ☐ Sometimes ☐ No

4. What meal would you consider to be your main meal of the day?

☐ Breakfast ☐ Lunch ☐ Dinner

5. What does your main meal during the week consist of and how is it prepared?

☐ Fresh home-cooked produce, protein and carbohydrate

☐ Restaurant meal

☐ Pre-cooked, microwave or TV dinners

6. Have you been avoiding some foods for health reasons?

☐ No

☐ Yes (Please list) \_\_\_\_\_

**7. Do you have any particular food allergies or intolerances?**

☐ No

☐ Yes (Please list) \_\_\_\_\_

**8. What is your weekly food intake frequency of the following food categories?**

Sweet foods:

☐ Several times a day ☐ Once a day ☐ Several times a week ☐ Never

Salty foods:

☐ Several times a day ☐ Once a day ☐ Several times a week ☐ Never

Fresh fruit:

☐ Several times a day ☐ Once a day ☐ Several times a week ☐ Never

Fresh vegetables:

☐ Several times a day ☐ Once a day ☐ Several times a week ☐ Never

**9. What percentage of your regular diet consists of meat and meat products?**

☐ 90% or more ☐ 75% ☐ 50% ☐ 25% ☐ Less than 25%

**10. How much of your diet consists of vegetables and non-animal products?**

☐ 90% or more ☐ 75% ☐ 50% ☐ 25% ☐ Less than 25%

**11. Is there anything else that I should know about your food or diet preferences?**

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A Nutrition Consultant does not diagnose or treat disease, but works in a complementary fashion to medical treatment as an educational adjunct. Kate is not a Doctor. Information offered is to be taken as a recommendation and not medical advice. Please consult your doctor before making any changes to your diet, lifestyle or medication protocol.

