

## DIETARY ASSESSMENT

Name \_\_\_\_\_ Age \_\_\_\_\_ Male  Female  Date \_\_\_\_\_  
*(print first & last name clearly)*

1.	On average, how often do you eat any of the following foods:
	<ul style="list-style-type: none"> <li>• Ground beef, Steak, Hamburger</li> <li>• Luncheon meats (e.g., salami, bologna, hot dogs)</li> <li>• Bacon, Spare ribs, other pork products</li> <li>• Chicken wings?</li> </ul>
	<input type="radio"/> <b>Daily</b> <input type="radio"/> <b>3 or more times per week</b> <input type="radio"/> <b>1 to 2 times per week</b> <input type="radio"/> <b>2 to 3 times per month</b> <input type="radio"/> <b>Less than 2 times per month</b>
2.	How often do you consume any of the following foods:
	<ul style="list-style-type: none"> <li>• Cheeses with greater than 20% Milk Fat (MF) e.g., cheddar, mozzarella, Monterey Jack, brick, cream cheese, parmesan</li> <li>• Homogenized milk</li> <li>• Yogurt that is more than 1% MF</li> <li>• Regular ice cream?</li> </ul>
	<input type="radio"/> <b>Daily</b> <input type="radio"/> <b>3 to 6 times per week</b> <input type="radio"/> <b>1 to 2 times per week</b> <input type="radio"/> <b>2 times per month</b> <input type="radio"/> <b>Less than 2 times per month</b>
3.	Do you use cream in your coffee or tea on a daily basis?
	<input type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b>
4.	Do you routinely use butter on bread products such as toast, bagels?
	<input type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b>
5.	Do you routinely use butter for cooking or on baked potatoes or vegetables?
	<input type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b>
6.	Do you use regular sour cream or high saturated fat salad dressings (e.g., French, Thousand Islands, etc.) more than once per week?
	<input type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b>
7.	What is your weekly whole egg consumption on average?
	<input type="radio"/> <b>12 or more eggs per week</b> <input type="radio"/> <b>8-11 eggs per week</b> <input type="radio"/> <b>5-7 eggs per week</b> <input type="radio"/> <b>2-4 eggs per week</b> <input type="radio"/> <b>Less than 2 eggs per week</b>
8.	How often do you eat fried foods? (deep-fried or pan-fried?)
	<input type="radio"/> <b>7 or more times per week</b> <input type="radio"/> <b>5-6 times per week</b> <input type="radio"/> <b>2-4 times per week</b> <input type="radio"/> <b>0-1 times per week</b>
9.	Do you choose poultry or fish in place of red meat, pork or fried foods in most situations?
	<input type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b>
10.	Are you a vegetarian or near vegetarian?
	<input type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b>

11.	How often do you consume any of the following:				
	<ul style="list-style-type: none"> <li>• 2% milk</li> <li>• margarine</li> <li>• yogurt that is 2% MF</li> <li>• low-fat sour cream</li> </ul>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>7 or more times per week</b>	<b>4-6 times per week</b>	<b>2-3 times per week</b>	<b>0-1 times per week</b>
12.	How often do you consume any of the following foods:				
	<ul style="list-style-type: none"> <li>• pastries such as cakes, donuts, croissants, turnovers, cookies (3 or more)</li> <li>• non low fat muffins</li> <li>• rich desserts</li> <li>• premium ice cream</li> </ul>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>7 or more times per week</b>	<b>4-6 times per week</b>	<b>2-3 times per week</b>	<b>0-1 times per week</b>
13.	On average, how often do you consume any high fat snack foods: e.g., potato chips, nachos, any type of fried chips, cheesies, regular chocolate bars, other chocolate treats?				
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>7 or more times per week</b>	<b>4-6 times per week</b>	<b>2-3 times per week</b>	<b>0-1 times per week</b>
14.	How often do you consume sugary carbohydrate snacks & drinks:				
	<ul style="list-style-type: none"> <li>• regular soft drinks</li> <li>• licorice, jujubes, hard candies, gummy bears</li> <li>• sweet, refined breakfast cereals, rice crispy squares</li> </ul>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>7 or more times per week</b>	<b>4-6 times per week</b>	<b>2-3 times per week</b>	<b>0-1 times per week</b>
15.	On average, how many servings of garden vegetables do you consume on a daily basis? (e.g., carrots, tomatoes, broccoli, cauliflower, peppers, romaine lettuce, spinach, collard greens, kale)				
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>5 or more servings/day</b>	<b>3-4 servings/day</b>	<b>1-2 servings/day</b>	<b>0 servings/day</b>
16.	On average, how many servings per day do you consume of any starchy carbohydrate foods, such as pasta, rice beans, peas, corn, oatmeal, etc.?				
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>5 or more servings/day</b>	<b>3-4 servings/day</b>	<b>1-2 servings/day</b>	<b>0 servings/day</b>
17.	On average, how many servings of fruit do you have per day? Note: 1 serving = 1 whole fruit (e.g., apple, orange, peach), 1/2 cup chopped fruit (e.g., fruit salad)				
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>5 or more servings/day</b>	<b>3-4 servings/day</b>	<b>1-2 servings/day</b>	<b>0 servings/day</b>
18.	What is your average alcohol consumption? Note: 1 drink = 1 beer or a 5 oz. glass of wine or 1 cocktail				
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>3 or more drinks per day</b>	<b>1-2 drinks per day</b>	<b>2-3 drinks per week</b>	<b>2-3 drinks per month</b>
					<b>Do not drink</b>
19.	How often, on average, do you consume any food or drinks containing high amounts of artificial sweeteners and/or food additives, colours, artificial flavours?				
	<ul style="list-style-type: none"> <li>• Examples of these food/drink items: diet and regular soft drinks, potato chips, nachos, cheesies, corn chips, licorice, jujubes, gummy bears, gelatins, ice cream, fruit ices, sherbet, rice crispy squares, granola bars, or other similar types of snacks</li> </ul>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>3 or more per day</b>	<b>1-2 per day</b>	<b>2-3 per week</b>	<b>once per week or less</b>
20.	How would you rate your average daily intake of fiber from food and supplements?				
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<b>Excellent - high fiber diet: &gt; 30 gm/day</b>	<b>Good - moderate fiber intake: 20-29 gm/day</b>	<b>Inadequate - fiber intake: 10-19 gm/day</b>	<b>Low - fiber intake: &lt; 10 gm/day</b>