

## Diet Questionnaire

**For most accurate results please read carefully and answer all questions with the closest possible answer.**

1. Did you eat any breakfast cereals last week? Yes No

2. Indicate which cereals most closely represent the type you ate last week and how often.

all-bran	<input type="checkbox"/>
bran flakes	<input type="checkbox"/>
cornflakes	<input type="checkbox"/>
coco pops / honey smacks / crunchy nut cornflakes	<input type="checkbox"/>
fruit 'n fiber	<input type="checkbox"/>
muesli no added sugar	<input type="checkbox"/>
porridge	<input type="checkbox"/>
puffed wheat / shredded wheat	<input type="checkbox"/>
rice krispies	<input type="checkbox"/>
special K	<input type="checkbox"/>
sugar puffs / frosted cereal	<input type="checkbox"/>
weetabix	<input type="checkbox"/>

3. If you eat bread, indicate the type of bread, rolls, pita etc. you ate last week and how much.

slices - brown / whole grain	<input type="checkbox"/>
brown / whole grain large roll	<input type="checkbox"/>
brown / whole grain small roll	<input type="checkbox"/>
brown / whole grain pita	<input type="checkbox"/>
croissant	<input type="checkbox"/>
slices - white	<input type="checkbox"/>

white large roll

white small roll

white pita

plain muffin / scone

fried bread

crisp bread / rice cakes

oatcakes

4. How many times last week did you use butter, margarine or a low fat spread? Count each slice of bread, roll, biscuit and what you put on potatoes and other vegetables.

---

5. Which type of spreads do you usually eat (butter, margarine, low fat, etc.)?

---

6. Do you spread (Circle one):

Thickly

Medium

Lightly

7. How many teaspoonfuls of marmalade, jam or honey did you eat last week?

---

8. If you eat pasta (noodles / spaghetti) or rice, indicate the type eaten and how often last week.

white rice	<input type="checkbox"/>
brown rice	<input type="checkbox"/>
white / orange / green pasta	<input type="checkbox"/>
whole wheat pasta	<input type="checkbox"/>

9. If you eat potatoes / cassava / yams / plantain (include potatoes in soups, Shepherd's pie, etc), indicate the type and how often you ate them last week. (For chips see next question.)

boiled / mashed	<input type="checkbox"/>
jacket / boiled in skins	<input type="checkbox"/>
mashed with spread	<input type="checkbox"/>
roast	<input type="checkbox"/>
croquettes / waffles	<input type="checkbox"/>

10. How often last week did you eat any of the following?

oven chips	<input type="checkbox"/>
retail / home-made chips	<input type="checkbox"/>
shallow fried potatoes	<input type="checkbox"/>
fried plantain	<input type="checkbox"/>

11. Indicate the vegetables (fresh, frozen, tinned) which you ate last week and the number of servings. Count a portion of salad or home-made vegetable soup as a serving. Vegetables in cooked dishes e.g. stews and curries should be included as a serving of vegetable mixture.

vegetable mixture	<input type="checkbox"/>
a portion of salad	<input type="checkbox"/>
vegetable stir fry mix	<input type="checkbox"/>
aubergine / artichoke	<input type="checkbox"/>
beans: green, broad, runner	<input type="checkbox"/>
broccoli / peppers	<input type="checkbox"/>
cabbage / cauliflower	<input type="checkbox"/>
carrots	<input type="checkbox"/>
leeks	<input type="checkbox"/>
peas, fresh / frozen	<input type="checkbox"/>
mushrooms	<input type="checkbox"/>
onions	<input type="checkbox"/>
sprouts / parsnips / okra	<input type="checkbox"/>
spring greens / spinach / kale	<input type="checkbox"/>
turnip / pumpkin	<input type="checkbox"/>
sweet corn / sweet potato	<input type="checkbox"/>
tomato, other than salad	<input type="checkbox"/>

12. If you ate any vegetables last week, were any fried?    Yes    No

13. How often do you eat Tofu or Textured Soy Protein (Circle one)?

Once per day | More than once per day | 1-3 times per week | 1-3 times per month | Never/rarely

14. How often did you eat beans (including baked beans), split peas, dhal or lentils last week?

canned in water only

- canned with added salt only
- canned with added salt and added sugar
- canned in sauce e.g. tomato
- canned in sauce - reduced sugar
- canned in sauce - reduced sugar / reduced salt
- dried

15. If you eat any of the following vegetarian dishes, how often did you eat them last week?

- bean burgers
- falafel
- vegetable pie - pastry top
- lentil croquettes
- nut cutlets / roast
- Veggie burger
- vegetable samosa

16. Indicate the fruits (fresh, frozen, canned) and dried fruit, e.g. raisins, you ate last week and how many portions.

- fruit salad, a bowl
- dried fruit, a small handful
- apples / apricots
- avocado
- bananas
- small bunch grapes / plums
- kiwi / nectarines
- melons, mangoes

oranges / grapefruit

peaches / pears

pineapple / rhubarb

tangerines

soft fruits e.g. strawberries

17. How much milk, including soy milk and made-up powdered milk, do you have in a day? Include what is used in tea, coffee and sauces. You will be asked about milk drinks and milk puddings in another question (List number of ounces, or say none). \_\_\_\_\_

18. If you drink milk, what type of milk do you normally use? Include made-up powdered milk under skimmed milk.

---

19. If you use cream, canned milks or coffee whitener, what kind did you use and how often last week? (Include what is used in cooking.)

double cream (1 tbsp)

single cream (1 tbsp)

whipping cream (1 tbsp)

sour cream (1 tbsp)

imitation creams (1 tbsp)

condensed milk, whole (1 tbsp)

condensed milk, skim (1 tbsp)

evaporated milk (1 small tin)

powdered coffee creamer (per tea / coffee)

20. If you eat cheese, what kind did you eat last week and how often? A portion of hard cheese is equivalent to the size of a small match box. Include the cheese in sauces, etc.

blue cheese (stilton)

- hard cheese (cheddar type)
- hard cheese, reduced fat
- vegetarian cheddar
- gouda / emmental / edam
- brie / camembert
- feta / mozzarella / ricotta
- cream cheese (1 tbsp)
- half fat cream cheese (1 tbsp)
- cottage cheese (3 tbsp)
- plain fromage frais / quark (3tbsp)
- processed cheese
- soy cheese
- don't know the type

21. If you eat eggs, how are they cooked and how many did you eat last week?

- boiled / poached
- fried
- scrambled
- 2 egg omelette / soufflé
- egg mayonnaise filling
- cheese and egg quiche

22. If you eat meat, indicate the types which you ate last week and the number of times you ate them. Remember to include what you ate in sandwiches.

- 2 bacon slices or 1 sausage
- low fat sausage
- sausage rolls

beef / lamb / pork - LEAN + FAT	<input type="checkbox"/>
beef / lamb / pork - NO FAT	<input type="checkbox"/>
chicken / turkey - WITH SKIN	<input type="checkbox"/>
chicken / turkey - NO SKIN	<input type="checkbox"/>
breaded veal / chicken	<input type="checkbox"/>
ham	<input type="checkbox"/>
liver / kidney etc.	<input type="checkbox"/>
luncheon meat	<input type="checkbox"/>
meat pies / hot pockets	<input type="checkbox"/>
mince / stews	<input type="checkbox"/>
Beef burgers / corned beef	<input type="checkbox"/>
low fat beef burgers	<input type="checkbox"/>
pâté / liver sausage	<input type="checkbox"/>

23. If you ate any meat last week, was any of it fried?    Yes    No

24. If you eat fish (fresh, frozen or tinned), indicate what you ate last week and how often.

fried fish	<input type="checkbox"/>
fish steamed / grilled / baked	<input type="checkbox"/>
fish fingers / coated fish	<input type="checkbox"/>
kipper / herring / mackerel / salmon	<input type="checkbox"/>
pilchards / sardines	<input type="checkbox"/>
shellfish (shrimp / crab)	<input type="checkbox"/>
trout	<input type="checkbox"/>
tuna in water	<input type="checkbox"/>
tuna in oil	<input type="checkbox"/>
fish pâté / fish paste	<input type="checkbox"/>

25. Did you eat any of the following RESTAURANT or TAKE-OUT meals last week and if so how often?

- Chinese meat / shrimp meal
- Chinese vegetable meal
- McDonalds / Burger King / Wendy's
- home-made / shop pizza

26. If you eat nuts and seeds, how many times last week did you eat the equivalent of one handful?

- plain
- salted
- dry roasted
- a mixture

27. How many times last week did you eat a level tablespoonful of nut or seed butter (e.g. peanut)? \_\_\_\_\_

28. How many times last week did you eat a packet of potato chips, corn chips, etc. \_\_\_\_\_

29. How many times last week did you eat canned or packet soups and sauces? \_\_\_\_\_

30. If you eat any of the following, how many times last week did you eat the equivalent to 1 tablespoonful? Don't forget what you added to sandwiches.

- hummus
- relish / brown sauce / ketchup / mustard
- French dressing / mayonnaise
- low calorie dressing
- salad cream
- coleslaw

chocolate spread

31. If you eat cookies, biscuits and crackers, how many did you eat last week?

cereal bars

chocolate coated cookies

graham crackers

graham crackers, chocolate

Shortbread cookies

Rolls/ hard biscuits

Fig or fruit Newton

whole wheat crackers

saltine crackers

bread sticks / water biscuits

pancakes

32. If you eat cakes and pies, how many did you eat last week?

doughnut / Danish pastry

fruit cake

fruit pie or crumble

cheesecake

trifle

sponge cake

cream cakes

fancy iced cakes

sticky buns / teacakes

33. If you eat milk-based desserts, how many servings did you eat last week?

custard or pudding	<input type="text"/>
ice cream	<input type="text"/>
mousse	<input type="text"/>
milk puddings	<input type="text"/>
plain low fat / diet yogurt	<input type="text"/>
fruit low fat yogurt	<input type="text"/>
plain whole milk yogurt	<input type="text"/>
fruit whole milk yogurt	<input type="text"/>
soy yogurt	<input type="text"/>

34. Indicate which, if any, of the following confectionery you ate last week, and how many times.

milky way / fudge / kit Kat (2 bar)	<input type="text"/>
creme egg	<input type="text"/>
twirl / spira	<input type="text"/>
kit Kat (4 bar)	<input type="text"/>
caramel / toffee crisp	<input type="text"/>
mounds / almond joy	<input type="text"/>
mars / snickers / Twix	<input type="text"/>
chunky / Cadbury bar	<input type="text"/>
smarties / m&m's / Reese's pieces	<input type="text"/>
plain or milk chocolate (50g bar)	<input type="text"/>
toffees	<input type="text"/>

35. How often did you eat a packet of sweets last week? Include mints, liquorices, fruit chews, fruit gummies, etc. (Circle one)

One packet per day | One per week | Two per week | More than two per week | Seldom/Never

36. How many teaspoonfuls of sugar do you eat a day on cereals and in hot drinks? Do not include artificial sweeteners. \_\_\_\_\_

37. How many drinks of the following did you have last week?

- chocolate milk cocoa
- carbonated drinks (not low cal.)
- fruit juice, unsweetened
- glass of milk
- fruit drinks
- water / low calorie drinks
- tea / coffee
- low cal hot instant drinks

38. If you drink alcoholic drinks, how many of the following did you drink last week?

- 12 oz. of beer / lager / cider
- glass of wine
- single shot of spirits
- sherry
- martini / port / mixed drink (not blended)
- liqueurs
- low alcohol beer
- low alcohol wine

**Personal details**

Mandatory fields are marked with an \*

Full Name

---

\* Height \_\_\_\_\_

\* Weight \_\_\_\_\_

\* Age \_\_\_\_\_

\* Sex      Male   Female

\* Occupation (circle one)      Light      Moderate   Heavy

\* Lifestyle (circle one)   Not active   Moderately active   Very active

\* Country and  
Nearest City

---

**Please mail or drop off to:**

**Serenity Chiropractic Health, 421 Penbrooke Drive Suite 3,  
Penfield, NY 14526**

**Or fax from 10 am – 4 pm ET to:**

**(585) 678-4795**

**\*\* If you want your results mailed or faxed to you please enter  
your contact information here:**

---

---

---