

FOOD FREQUENCY QUESTIONNAIRE

Diet and lifestyle choices can directly affect treatment outcomes. This questionnaire will assist us in providing you with the highest level of care in achieving best results for your potential treatment and ultimately your overall health and wellbeing.

Name: _____ DOB: _____ Date: _____

1. What best describes your dietary intake?

- Omnivore (plants, meats, fish and other seafood)
- Vegetarian
- Pescatarian (vegetarian who eats fish and other seafood)
- Vegan (no animal products)
- Other (please specify): _____

2. How many pieces of fresh fruit do you usually eat per day? (Count ½ cup diced fruit, berries or grapes as one piece)

- I don't eat fruit
- Less than 1 piece of fruit per day
- 1 piece of fruit per day
- 2 pieces of fruit per day
- 3 pieces or more of fruit per day

3. How many serves of vegetables do you usually eat per day? (Include all types: fresh, frozen, or tinned; 1 cup of vegetables is considered 1 serve)

- I don't eat vegetable
- Less than 1 serve of vegetable per day
- 1 serve of vegetables per day
- 2 serves of vegetables per day
- 3 serves of vegetables per day
- 4 or more serves of vegetables per day

4. What type of milk do you usually use?

- I don't drink milk
- Full cream milk
- Reduced fat milk
- Soy milk
- Other (please specify): _____

5. What type of bread do you usually eat?

- I don't eat bread (proceed to question 8)
- Gluten containing
- Non-gluten containing

6. How many slices of bread do you usually eat per day? (Include all types: fresh or toasted; count one bread roll as 2 slices)

- Less than 1 slice per day
- 1 to 2 slices per day
- 3 to 4 slices per day
- > 4 slices per day

7. Which fat spread do you usually use on bread?

- I don't eat fat spread
- Margarine of any kind
- Butter and margarine blends
- Butter
- Nut based spread
- Olive oil-based spread

8. On average, how many teaspoons of sugar do you usually use per day? (Include sugar taken with tea and coffee and on breakfast cereal, etc.)

- I don't use sugar
- 1 to 4 teaspoons per day
- 5 to 8 teaspoons per day
- 9 to 12 teaspoons per day
- More than 12 teaspoons per day

9. What types of cheese do you usually eat?

- I don't eat cheese (proceed to question 11)
- Hard cheeses (e.g. parmesan, romano)
- Firm cheeses (e.g. cheddar, edam)
- Soft cheeses (e.g. camembert, brie)
- Ricotta or cottage cheese
- Cream cheese
- Low fat cheese

10. How often do you consume cheese?

- Less than once per week
- 1 to 2 times per week
- 3 or more times per week
- Daily

11. On average, how many serves of protein foods do you consume per day? (Protein foods include meat, poultry, fish, eggs, dairy, tofu, beans, legumes. A serve is considered the size and thickness of the palm of your own hand.)

- Less than 1 serve per day
- 1 to 3 serves per day
- 4 to 6 serves per day
- More than 6 serves per day

12. For cooking, what do you use most often?

- Butter
- Olive oil
- Coconut oil
- Vegetable or seed oil
- Margarine
- Other (please specify): _____

13. How often do you consume nuts? (Peanuts and cashews not included as these are legumes)

- I don't eat nuts
- Less than once per week
- 1 to 2 times per week
- 3 or more times per week
- Daily

14. How often do you consume fish?

- I don't eat fish (proceed to question 16)
- Less than once per week
- 1 to 2 times per week
- 3 or more times per week
- Daily

15. If you eat fish, what sort do you eat?

- Tinned tuna
- Tinned salmon
- Tinned or fresh mackerel, sardines or herring
- Fresh salmon
- Fresh tuna
- White fish such as snapper and barramundi
- Fish and chip shop fish such as flake or hake

16. How often do you consume red meat?

- I don't eat red meat
- Less than once per week
- 1 to 2 times per week
- 3 or more times per week
- Daily

17. How often do you consume organ meats (e.g. Liver, pate)?

- I don't eat organ meats
- Less than once per week
- 1 to 2 times per week
- 3 or more times per week
- Daily

18. How many glasses of soft drink or fruit juice do you consume each week? (Include freshly squeezed juices)

- I don't consume these weekly
- 1 to 4 glasses per week
- 5 to 8 glasses per week
- 9 to 12 glasses per week
- More than 12 glasses per week

19. How often do you consume biscuits, cakes, and pastries?

- I don't consume biscuits, cakes and pastries
- I rarely eat these foods (i.e. once a month or less)
- 1 or more serves of these foods per week
- 1 serve of these foods per day
- 2 to 4 serves of these foods per day

20. On average, how much chocolate do you consume? (Include all types. A serve is about the size of a 'fun size' chocolate bar.)

- I don't eat chocolate
- Less than 1 serve per week
- 1 to 4 serves per week
- 1 serve per day
- 2 to 4 serves per day
- 4 or more serves per day

21. How many glasses of water do you consume each day? (Include herbal tea)

- Less than 1 glass per day
- 1 to 4 glasses per day
- 5 to 7 glasses per day
- 8 or more glasses per day

22. How often do you consume alcohol?

- I don't drink alcohol (proceed to question 25)
- Less than once per week
- 1 to 2 times per week
- 3 or more times per week
- Daily

23. What sort of alcohol do you drink mostly?

- Red wine
- White wine / champagne
- Beer
- White spirits
- Dark spirits
- Pre mixed drinks containing juice or soft drink

24. When you drink alcohol, how much do you usually consume in one sitting? (A standard drink is 100ml of wine or 30ml spirit or 250ml beer)

- 1 to 2 standard drinks
- 3 to 4 standard drinks
- 5 to 6 standard drinks
- More than 10 standard drinks

25. When you eat vegetables, do you usually eat:

I never eat vegetables



A



B



C

26. When you eat meat, chicken or fish, do you usually eat:

I never eat these foods



A



B



C

27. When you eat pasta or rice, do you usually eat:

I never eat these foods



A



B



C