

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:
	- Ground beef, Steak, Hamburger - Luncheon meats (e.g., salami, bologna, hot dogs) - Bacon, Spare ribs, other pork products - Chicken wings?
	☐ Daily ☐ 3 or more times per week ☐ 1 to 2 times per week ☐ 2 to 3 times per month ☐ Less than 2 times per month
2.	How often do you consume any of the following foods:
	- Cheeses with greater than 20% Milk Fat (MF) e.g., cheddar, mozzarella, Monterey Jack, brick, cream cheese, parmesan - Homogenized milk - Yogurt that is more than 1% MF - Regular ice cream?
	☐ Daily ☐ 3 to 6 times per week ☐ 1 to 2 times per week ☐ 2 times per month ☐ Less than 2 times per month
3.	Do you use cream in your coffee or tea on a daily basis?
	☐ Yes ☐ No
4.	Do you routinely use butter on bread products such as toast, bagels?
	☐ Yes ☐ No
5.	Do you routinely use butter for cooking or on baked potatoes or vegetables?
	☐ Yes ☐ No
6.	Do you use regular sour cream or high saturated fat salad dressings (e.g., French, Thousand Islands, etc.) more than once per week?
	☐ Yes ☐ No
7.	What is your weekly whole egg consumption on average?
	☐ 12 or more eggs per week ☐ 8-11 eggs per week ☐ 5-7 eggs per week ☐ 2-4 eggs per week ☐ Less than 2 eggs per week
8.	How often do you eat fried foods? (deep-fried or pan-fried?)
	☐ 7 or more times per week ☐ 5-6 times per week ☐ 2-4 times per week ☐ 0-1 times per week
9.	Do you choose poultry or fish in place of red meat, pork or fried foods in most situations?
	☐ Yes ☐ No
10.	Are you a vegetarian or near vegetarian?
	☐ Yes ☐ No

11.	How often do you consume any of the following:				
	• 2% milk • margarine • yogurt that is 2% MF • low-fat sour cream				
	☐ 7 or more times per week ☐ 4-6 times per week ☐ 2-3 times per week ☐ 0-1 times per week				
12.	How often do you consume any of the following foods:				
	• pastries such as cakes, donuts, croissants, turnovers, cookies (3 or more) • non low fat muffins • rich desserts • premium ice cream				
	☐ 7 or more times per week ☐ 4-6 times per week ☐ 2-3 times per week ☐ 0-1 times per week				
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?				
	☐ 7 or more times per week ☐ 4-6 times per week ☐ 2-3 times per week ☐ 0-1 times per week				
14.	How often do you consume sugary carbohydrate snacks & drinks:				
	• regular soft drinks • licorice, jujubes, hard candies, gummy bears • sweet, refined breakfast cereals, rice crispy squares				
	☐ 7 or more times per week ☐ 4-6 times per week ☐ 2-3 times per week ☐ 0-1 times per week				
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)				
	☐ 5 or more servings/day ☐ 3-4 servings/day ☐ 1-2 servings/day ☐ 0 servings/day				
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.?				
	☐ 5 or more servings/day ☐ 3-4 servings/day ☐ 1-2 servings/day ☐ 0 servings/day				
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)				
	☐ 5 or more servings/day ☐ 3-4 servings/day ☐ 1-2 servings/day ☐ 0 servings/day				
18.	What is your average alcohol consumption? Note: 1 drink = 1 beer or a 5 oz. glass of wine or 1 cocktail				
	☐ 3 or more drinks per day ☐ 1-2 drinks per day ☐ 2-3 drinks per week ☐ 2-3 drinks per month ☐ Do not drink				
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?				
	• 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				
	☐ 3 or more per day ☐ 1-2 per day ☐ 2-3 per week ☐ once per week or less				
20.	How would you rate your average daily intake of fiber from food and supplements?				
	☐ Excellent - high fiber diet: > 30 gm/day ☐ Good - moderate fiber intake: 20-29 gm/day ☐ Inadequate - fiber intake: 10-19 gm/day ☐ Low - fiber intake: < 10 gm/day				