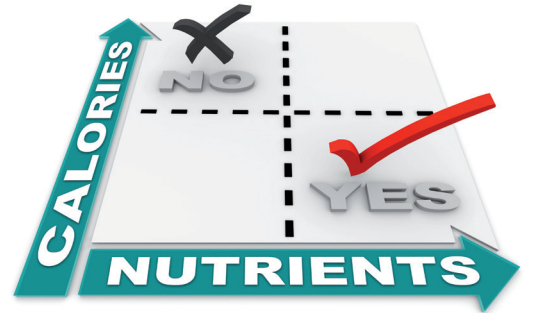


Healthy eating questionnaire



You are what you eat. Complete the healthy eating questionnaire to analyse your food habits. It will help you decide if you are a healthy eater or if you need to make some changes to improve your diet. Check the results below the questionnaire.



Healthy Eating Questionnaire

Name:

Age: Gender:

Height: Waist: Hips:

1. Do you eat a proper breakfast?

<input type="checkbox"/> A Daily	<input type="checkbox"/> B Sometimes	<input type="checkbox"/> C I skip breakfast!
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2. How many meals do you eat in a day?

<input type="checkbox"/> A Five small meals	<input type="checkbox"/> B Three moderate meals	<input type="checkbox"/> C Two large meals
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3. Do you have regular meals?

<input type="checkbox"/> A Yes	<input type="checkbox"/> B Mostly	<input type="checkbox"/> C No
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4. Do you follow the concept of the 'food pyramid'?

<input type="checkbox"/> A Yes, absolutely!	<input type="checkbox"/> B As much as possible	<input type="checkbox"/> C Rarely
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5. How many servings of fresh fruits and vegetables do you eat in a day?

<input type="checkbox"/> A 5	<input type="checkbox"/> B 3	<input type="checkbox"/> C 1
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6. Do you consume dairy products regularly?

<input type="checkbox"/> A Yes	<input type="checkbox"/> B Very seldom	<input type="checkbox"/> C No
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7. Which meat do you eat more often, red or white?

<input type="checkbox"/> A White	<input type="checkbox"/> B None, I'm a vegetarian	<input type="checkbox"/> C Red
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8. Does your diet include spicy and oily food?

<input type="checkbox"/> A Not at all!	<input type="checkbox"/> B Occasionally	<input type="checkbox"/> C Most of the time
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9. Do you snack between meals?

<input type="checkbox"/> A Hardly ever	<input type="checkbox"/> B Sometimes	<input type="checkbox"/> C Always
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10. What do you snack on?

<input type="checkbox"/> A Fruits, nuts and raw vegetables	<input type="checkbox"/> B Ice cream or chocolate	<input type="checkbox"/> C Chips
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