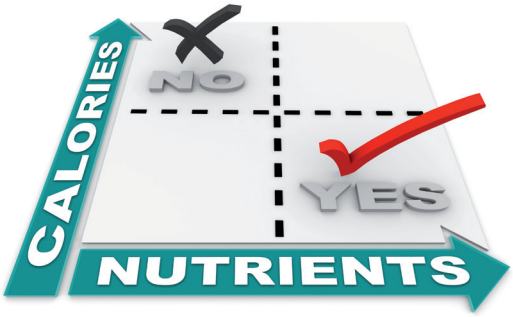
Healthy eating questionnaire



1 ***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?

A Daily B Sometimes C I skip breakfast!

2. How many meals do you eat in a day?

A Five small meals B Three moderate meals C Two large meals

3. Do you have regular meals?

A Yes B Mostly C No

4. Do you follow the concept of the 'food pyramid'?

A Yes, absolutely! B As much as possible C Rarely

5. How many servings of fresh fruits and vegetables do you eat in a day?

A 5 B 3 C 1

6. Do you consume dairy products regularly?

A Yes B Very seldom C No

7. Which meat do you eat more often, red or white?

A White B None, I'm a vegetarian C Red

8. Does your diet include spicy and oily food?

A Not at all! B Occasionally C Most of the time

9. Do you snack between meals?

A Hardly ever B Sometimes C Always

10. What do you snack on?

A Fruits, nuts and raw vegetables B Ice cream or chocolate C Chips

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