

Nutrition and Eating Habits Questionnaire

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

Why do you want nutrition counseling at this time?

Please list the foods and drinks that you have consumed in the past 24 hours.
(You do not need to list water, diet soft drinks, plain coffee, or plain tea.)

	Time & Place	What did you eat and drink? (Include amounts)
Breakfast / 1st meal		
Snack		
Lunch / 2nd meal		
Snack		
Dinner / 3rd meal		
Snack		
Other		

Who prepares meals in your home?

How many meals do you eat away from home on weekdays? _____

How many breakfasts? _____ Lunches? _____ Evening Meals? _____

How many meals do you eat away from home on weekends? _____

How many breakfasts? _____ Lunches? _____ Evening Meals? _____

List restaurants where you often eat:

Do you exercise? No _____ Yes _____

If you do exercise, what do you do? How often do you it?

Is there any reason why you cannot or should not exercise?

Has your weight changed in the last year?

No _____

Yes, I gained _____ pounds

Yes, I lost _____ pounds

What do you think is a realistic weight for you? _____ pounds

How long has it been since you were at that (realistic) weight? _____

Do you currently take any medicines?

No _____ Yes _____

If you do, list them: _____

Have you ever tried medicine to lose weight?

No _____ Yes _____

If you have, list the medicines: _____

What kind of diets have you tried to lose weight? _____

What kind of surgeries have you tried to lose weight? _____

Do you currently take vitamins or minerals?

No _____ Yes _____

If you do, list them with the amounts that you take: _____

Do you use any other dietary supplements? (Supplements include herbs, fiber tablets or powder, garlic pills, DHEA, etc.)

No _____ Yes _____

If you do, list the supplements with the amounts that you take:

Do you use any meal replacement products (drinks, bars, formulas, etc.)?

No _____ Yes _____

If you do, list the types and how often you take them:

What kind of beverages do you drink on most days? List the amounts that you typically drink in one day.

Coffee _____ Tea _____ Juice _____

Regular soda _____ Diet soda _____ Water _____

Milk: Whole _____ 2% _____

1% _____ Nonfat (skim) _____

Alcohol (list type and number of drinks) _____

Other (list type and number of drinks) _____

Circle the vegetables that you eat. Note the number of servings from each group that you eat daily, weekly, or monthly.

	Servings/ Day	Servings/ Week	Servings/ Month
Nonstarchy vegetables Asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green beans, mushrooms, okra, onions, peppers, summer squash (yellow or zucchini), tomatoes, turnips, wax beans			
Leafy vegetables Salad greens, kale, mustard greens, spinach, sprouts, turnip greens, watercress			
Starchy vegetables Corn, dried beans or peas (pinto, kidney, white, black, brown beans; lentils, split peas, black-eyed peas, etc.), green peas, lima beans, potatoes, sweet potatoes, winter squash (acorn, butternut), yams. Mixed vegetables with corn, peas, or pasta			

Circle the fruits that you eat. Note the number of servings from each group that you eat daily, weekly, or monthly.

	Servings/ Day	Servings/ Week	Servings/ Month
Fresh fruit Apple, apricot, banana, blackberries/blueberries/other berries, cantaloupe, cherries, grapefruit, grapes, honeydew, kiwi, mango, nectarine, orange, papaya, peach, pear, pineapple, plum, strawberries, tangerine, watermelon, other			
Canned fruit Applesauce, apricot, fruit cocktail, grapefruit sections, mandarin oranges, peaches, pears, pineapple, other			
Dried fruit Apple, apricot, cranberries (craisins), dates, figs, peaches, prunes, raisins, other			
Juice Apple, cranberry, grape, grapefruit, mixed fruit, orange, pineapple, prune, other			

Other Foods: Use the chart to note how often you eat each type of food.

	Servings/Month		Servings/Week			Servings/Day			
	Less than 1	1-3	1	2-4	5-6	1	2-3	4-5	6 or more
Milk (any type)									
Cottage cheese or ricotta cheese									
Cheese on burgers or other foods									
Any other cheese									
Yogurt									
Frozen yogurt									
Ice cream									
Other frozen desserts									
Soup									
Casseroles									
Salami, bologna, other lunch meat									
Deli ham, deli turkey, other deli meats									
Ground beef									
Steak									

	Servings/Month		Servings/Week			Servings/Day			
	Less than 1	1-3	1	2-4	5-6	1	2-3	4-5	6 or more
Other beef as main dish									
Ham or pork chop									
Other pork as main dish									
Sausage									
Bacon									
Chicken, not fried									
Fried chicken									
Turkey or other poultry									
Shrimp, lobster, or scallops									
Salmon, mackerel, or tuna									
Other fish, not fried									
Other fish, fried									
Cold breakfast cereal									
Cooked breakfast cereal									
Bread, regular									
Bread, whole grain									

	Servings/Month		Servings/Week			Servings/Day			
	Less than 1	1-3	1	2-4	5-6	1	2-3	4-5	6 or more
Bread, diet or low-calorie									
Bagels or english muffins									
Biscuits or muffins									
Pancakes or waffles									
Danish, doughnuts, pastry									
Flour tortillas									
Corn tortillas									
Rice									
Crackers									
Pasta (spaghetti, noodles, etc.)									
French fries									
Potatoes (other than french fries)									
Pizza									
Chips (potato, corn, etc.)									
Pretzels									

	Servings/Month		Servings/Week			Servings/Day			
	Less than 1	1-3	1	2-4	5-6	1	2-3	4-5	6 or more
Popcorn									
Peanut butter									
Peanuts									
Other nuts (any kind)									
Chocolate candy									
Other candy									
Cake									
Pie									
Cookies									
Brownies									
Sugar added to cereal, coffee, tea, etc.									
Iced tea with sugar									
Unsweetened tea									
Honey, jam, or jelly									
Pancake syrup									
Punch or lemonade									
Regular soda (12 oz/serving)									

	Servings/Month		Servings/Week			Servings/Day			
	Less than 1	1-3	1	2-4	5-6	1	2-3	4-5	6 or more
Diet soda (12 oz/ serving)									
Beer, regular (12 oz/ serving)									
Beer, light (12 oz/ serving)									
Wine (4 oz/ serving)									
Hard liquor (1 shot / serving)									
Mixed drinks/ cocktails									
Margarine									
Butter									
Salad dressing (any kind)									
Mayonnaise									
Other foods (list):									

How often do you eat food that is fried, stir-fried, or sautéed at home?

Never _____ Less than one time/week _____ Once a week _____
2–4 times/week _____ 5–6 times/week _____ Daily _____

What kinds of fat do you use for frying and sautéing at home?

Butter _____ Margarine _____ Olive oil _____
Other type of oil _____ Cooking spray (PAM) _____
Shortening or lard _____

What kind of spread do you use on bread?

Butter _____ Regular margarine _____
Lower calorie margarine _____ Other: _____

Is there anything else that you want the dietitian to know?
