

Name:

Date:

Stage:

Healthy eating questionnaire

		Yes	No
Regular Meals	1. Do you skip meals more than once a week?	<input type="radio"/>	<input type="radio"/>
	2. Do you snack instead of eating regular meals on most days?	<input type="radio"/>	<input type="radio"/>
Fruit & Veg	3. Do you eat 5 or more portions of fruit and/or vegetables everyday?	<input type="radio"/>	<input type="radio"/>
	4. Do you eat more than 4 varieties of fruit and 4 varieties of veg a week?	<input type="radio"/>	<input type="radio"/>
Fat	5. Do you avoid takeaways or only have them only occasionally?	<input type="radio"/>	<input type="radio"/>
	6. Do you avoid eating pastries and pies such as meat pies, sausage rolls, samosa & foods from the bakery?	<input type="radio"/>	<input type="radio"/>
	7. Do you opt for lean cuts of meat and/or remove visible fat such as remove rind from bacon or removing skin from the chicken?	<input type="radio"/>	<input type="radio"/>
	8. Did you eat any oily fish last week e.g. Salmon, mackerel, sardines, trout?	<input type="radio"/>	<input type="radio"/>
Sugar	9. Do you regularly eat sugar coated or chocolate breakfast cereals or add sugar to your breakfast cereals?	<input type="radio"/>	<input type="radio"/>
	10. Do you add sugar to your drinks?	<input type="radio"/>	<input type="radio"/>
	11. Do you regularly drink sugar sweetened soft drinks?	<input type="radio"/>	<input type="radio"/>
	12. Do you regularly eat, cakes, sweets, biscuits and chocolate?	<input type="radio"/>	<input type="radio"/>
Salt	13. Do you regularly add salt to food during cooking or add to meals at the table?	<input type="radio"/>	<input type="radio"/>
	14. Do you regularly eat savoury snacks such as crisps, salted nuts?	<input type="radio"/>	<input type="radio"/>
	15. Do you regularly eat pre-prepared meals such as tinned soup, ready meals or packaged sandwiches?	<input type="radio"/>	<input type="radio"/>
	16. Do you regularly eat processed meats such as ham, bacon or smoked fish?	<input type="radio"/>	<input type="radio"/>
Drinks & Alcohol	17. Do you drink plenty of fluids at regular intervals during the day including tea and coffee?	<input type="radio"/>	<input type="radio"/>
	18. Do you avoid sugar sweetened drinks? e.g. standard fizzy drinks, juice drinks such as ribena or energy drinks such as lucazade.	<input type="radio"/>	<input type="radio"/>
	19. Do you drink less than 14 units a week? 1 pint = 2.3 units, 1 glass 175ml wine = 2.3 units and 1 single spirit measure = 1 unit.	<input type="radio"/>	<input type="radio"/>

Comments

Topics that are mostly blue can be discussed further to help focus the goal setting.

Total

Total

