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| NOM DE FAMILLE : | Date de naissance : | Date de 1er cochage : |
| Prenom : | | Date de 2ème cochage : |

Pour chaque aliment / boisson, veuillez cocher la case appropriée en fonction de votre consommation sur une échelle de 0 à 4. Si vous ne le consommez jamais, cochez la première colonne (0). Si vous en consommez de grandes quantités, cochez la dernière colonne (4) **Il est essentiel que vous balancier attentivement vos réponses en utilisiez TOUTES les cinq colonnes pour refléter avec précision votre consommation.**

| ALIMENTS | 0 | 1 | 2 | 3 | 4 | ALIMENTS | 0 | 1 | 2 | 3 | 4 | ALIMENTS | 0 | 1 | 2 | 3 | 4 |
|----------------------------|---|---|---|---|---|---------------------------|---|---|---|---|---|--------------------|---|---|---|---|---|
| Laits: | | | | | | Galette de céréale | | | | | | Legumes: | | | | | |
| Lait de vache | | | | | | Galette de riz | | | | | | Tomate | | | | | |
| Lait de chèvre | | | | | | Galette de maïs | | | | | | Aubergine | | | | | |
| Lait de brebis | | | | | | Galette d'avoine | | | | | | Lentilles | | | | | |
| Lait de jument | | | | | | Galette de quinoa | | | | | | Petits pois | | | | | |
| Lait de soja | | | | | | Galette de sarsin | | | | | | Haricots blancs | | | | | |
| Lait de riz | | | | | | | | | | | | Haricots rouges | | | | | |
| Lait d'amande | | | | | | Graines: | | | | | | Haricots mouchetés | | | | | |
| Lait d'avoine | | | | | | Graines de sésame | | | | | | Haricots verts | | | | | |
| Lait de noix de coco | | | | | | Graines de lin | | | | | | Soja | | | | | |
| Lait de graines de chanvre | | | | | | Graines de chia | | | | | | Pois chiches | | | | | |
| Lait de graines de lin | | | | | | Graines de chanvre | | | | | | Carottes | | | | | |
| | | | | | | Graines de citrouille | | | | | | Citrouille | | | | | |
| Produits laitiers: | | | | | | Graines de trounesol | | | | | | Bettrave | | | | | |
| Yaourt entier | | | | | | Graines de cumin | | | | | | Céleri | | | | | |
| Yaourt aux fruits | | | | | | | | | | | | Persils | | | | | |
| Kefyr | | | | | | Noix | | | | | | Epinard | | | | | |
| Crème | | | | | | Noix | | | | | | Rhubarbe | | | | | |
| Crème glacée | | | | | | Amandes | | | | | | Lettuce | | | | | |
| Custard | | | | | | Cacahuètes | | | | | | Rockette | | | | | |
| Protéines de lactosérum | | | | | | Noisettes | | | | | | Cresson | | | | | |
| Poudre de protéine de lait | | | | | | Noix du Brésil | | | | | | Brocoli | | | | | |
| | | | | | | Pistaches | | | | | | Choux-fleur | | | | | |
| Fromages: | | | | | | Noix de cajou | | | | | | Chou | | | | | |
| Fromage à pâte dure | | | | | | Noix de pécan | | | | | | Chou de Bruxelles | | | | | |
| Cottage cheese | | | | | | Noix de macadamia | | | | | | Concombre | | | | | |
| Fromage à pâte molle | | | | | | Châtaignes | | | | | | Asperges | | | | | |
| Fromage de chèvre | | | | | | Pignons de pin | | | | | | Fenouil | | | | | |
| Fromage de brebis | | | | | | Noix de coco | | | | | | Artichaut | | | | | |
| Ricotta (petit lait) | | | | | | | | | | | | | | | | | |
| Fromage gratiné | | | | | | Fruits: | | | | | | Viandes: | | | | | |
| Beurre | | | | | | Avocat | | | | | | Boeuf | | | | | |
| Ghee | | | | | | Guacamole | | | | | | Veau | | | | | |
| Tofu | | | | | | Banane | | | | | | Porc | | | | | |
| | | | | | | Mangue | | | | | | Agneau | | | | | |
| Pains: | | | | | | Ananas | | | | | | Cheval | | | | | |
| Pain blanc | | | | | | Papaye | | | | | | Poulet | | | | | |
| Pain complet | | | | | | Fruits de la passion | | | | | | Dinde | | | | | |
| Pain de seigle | | | | | | Orange | | | | | | Lapin | | | | | |
| Pain sans gluten | | | | | | Mandarine | | | | | | Gibier | | | | | |
| | | | | | | Raisin | | | | | | Charcuteries | | | | | |
| Céréales | | | | | | Citron | | | | | | Boudin noir | | | | | |
| Muesli | | | | | | Citron vert | | | | | | Abats | | | | | |
| Corn Flakes | | | | | | Pamplemousse | | | | | | Quorn | | | | | |
| Blé pillés | | | | | | Kiwi | | | | | | | | | | | |
| Rice crispies | | | | | | Abricot | | | | | | Poissons: | | | | | |
| Bouillie d'avoine | | | | | | Pêche | | | | | | Thon | | | | | |
| Weetabix | | | | | | Pomme | | | | | | Saumon | | | | | |
| | | | | | | Poire | | | | | | Maquereau | | | | | |
| Féculents | | | | | | Prune | | | | | | Sardines | | | | | |
| Pâtes | | | | | | Cerises | | | | | | Truite | | | | | |
| Pizza | | | | | | Fraises | | | | | | Harreng | | | | | |
| Blé | | | | | | Canneberges | | | | | | Anchois | | | | | |
| Seigle | | | | | | Mûres | | | | | | Morue | | | | | |
| Orge | | | | | | Myrtilles | | | | | | Haddock | | | | | |
| Spelt | | | | | | Framboises | | | | | | Flétan | | | | | |
| Avoine | | | | | | Groseilles | | | | | | Plie | | | | | |
| Millet | | | | | | Figues | | | | | | Sole | | | | | |
| Riz | | | | | | Dates | | | | | | | | | | | |
| Patates | | | | | | Melon | | | | | | | | | | | |
| Patates douces | | | | | | Pastèque | | | | | | | | | | | |
| Maïs | | | | | | Goyave | | | | | | | | | | | |
| Quinoa | | | | | | Kaki | | | | | | | | | | | |
| Amarante | | | | | | Grenade | | | | | | | | | | | |
| Sarrasin | | | | | | Olives | | | | | | | | | | | |
| | | | | | | Tapenade | | | | | | | | | | | |
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