

FAMILY NAME:	First Name:	Date of Birth:	Date:

For every food/drink, please tick the appropriate box according to how much you consume it on a scale of 0 to 4. If you never consume it then tick the first column (0), if you consume large amounts tick the last column (4). **It is essential that you consider your answer carefully and use ALL five columns to precisely reflect you intake.**

FOODS	0	1	2	3	4	FOODS	0	1	2	3	4	FOODS	0	1	2	3	4
Milks:						Cereal cakes:						Vegetables:					
Cow's milk						Rice cakes						Tomato					
Goat's milk						Corn cakes						Aubergine					
Sheep's milk						Oat cakes						Lentils					
Mare's milk						Quinoa cakes						Green peas					
Soya milk						Buckwheat cakes						White beans					
Rice milk												Red kidney beans					
Almond milk						Seeds:						Speckled beans					
Oat milk						Sesame seeds						French beans					
Coconut milk						Flaxseeds						Soya beans					
Hemp seed milk						Chia seeds						Chickpeas					
Flax seed milk						Hemp seeds						Carrot					
						Pumpkin seeds						Pumpkin					
Dairy products:						Sunflower seeds						Beetroot					
Plain yogurt						Caraway seeds						Celery					
Fruit yogurt												Parsley					
Kefyr						Nuts:						Spinach					
Cream						Walnuts						Rhubarb					
Ice cream						Almonds						Lettuce					
Custard						Peanuts						Rocket					
Whey protein						Hazelnuts						Watercress					
Protein shakes						Brazil nuts						Broccoli					
						Pistachios						Cauliflower					
Cheeses:						Cashew nuts						Cabbage					
Hard cheese						Pecan nuts						Brussel sprouts					
Cottage cheese						Macadamia nuts						Cucumber					
Soft cheese						Chestnuts						Asparagus					
Goat's cheese						Pine nuts						Fennel					
Sheep's cheese						Coconut						Jerusalem artichoke					
Ricotta (whey)																	
Cheese-topped dishes						Fruits:						Meats:					
Butter						Avocado						Beef					
Ghee						Guacamole						Veal					
Tofu						Banana						Pork					
						Mango						Lamb					
Breads:						Pineapple						Horse					
White bread						Papaya						Chicken					
Wholemeal bread						Passion fruit						Turkey					
Rye bread						Orange						Rabbit					
Gluten-free bread						Mandarin						Game					
						Grapefruit						Cured meats					
Cereals:						Lemon						Black pudding					
Muesli						Lime						Offal					
Corn flakes						Grapes						Quorn					
Shredded wheat						Kiwi											
Rice crispies						Apricot						Fishes:					
Porridge						Peach						Tuna					
Weetabix						Apple						Salmon					
						Pear						Mackerel					
Starches:						Plum						Sardine					
Pasta						Cherries						Trout					
Pizza						Strawberries						Herring					
Wheat						Cranberries						Anchovy					
Rye						Blackberries						Cod					
Barley						Blueberries						Haddock					
Spelt						Raspberries						Halibut					
Oats						Red currants						Plaice					
Millet						Figs						Sole					
Rice						Dates											
Potatoes						Melon											
Sweet potatoes						Watermelon											
Corn						Guava											
Quinoa						Persimmon											
Amaranth						Pomegranate											
Buckwheat						Olives											
						Tapenade											

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FOODS	0	1	2	3	4	FOODS	0	1	2	3	4	FOODS	0	1	2	3	4
Seafood:						Oils:						Beverages:					
Oysters						Olive oil						Home made fruit juices					
Crab						Sunflower oil						Processed fruit juices					
Prawns						Walnut oil						Vegetable juices					
Lobster						Hazelnut oil						Squash (drink)					
Crayfish						Coconut oil						Coconut water					
Snails						Palm oil						Sodas (lemonade)					
Mussels						Rape seed oil						Sweetened drinks					
Scallops						Soya oil						Colas					
Clam						Corn oil						Still water					
Squid						Linseed oil						Sparkling water					
						Hempseed oil						Black tea					
Spices:						Margarine						Green tea					
Garlic						Crisps						Herbal tea					
Onion						French fries						Coffee					
Chillies												Decaf coffee					
Black pepper						Salt:						Chocolate					
Paprika						Sea salt											
Mustard						Table salt						Alcoholic drinks / tobacco:					
Ginger						Himalayan salt						Cider					
Curry						LoSalt						Beer					
Cardamom												Wine					
Clove						Sugar:						Aperitifs					
Coriander						Refined sugar						Spirits					
						Brown cane sugar						Tobacco					
Yeasts:						Artificial sweeteners											
Mushroom						Xylitol						MISCELLANIOUS					
Baker's yeast						Stevia						Big appetite					
Brewer's yeast												Eat quickly					
Vinegar						Sweet foods:						Need to chew more					
						Candies						Need to eat often					
Eggs:						Chocolate						Eat small amounts					
Chicken eggs						Carob						Eat not enough					
Duck eggs						Biscuits						Sugar cravings					
Goose eggs						Cakes						Evening cravings					
Quail eggs						Pastries						Salt cravings					
Egg white						Croissants						Cravings for caffeine					
Egg yolk						Jam						Excessive thirst					
Egg protein						Honey						Low blood sugar					
Mayonnaise						Maple syrup						Fried foods					
						Agave syrup						Processed foods					
						Molasses						Fast food					
						Popcorn											