FAMILY NAME:	First Name:	DoB:	Date:

For <u>every</u> 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						Seeds:						Red kidney beans					
Almond milk						Sesame seeds						Speckled beans					
Oat milk						Flaxseeds						French beans					
Coconut milk						Chia seeds						Soya beans					
Hemp seed milk						Hemp seeds						Chickpeas					
Flax seed milk						Pumpkin seeds						Carrot					
Dairy products:						Sunflower seeds						Pumpkin					
Plain yogurt						Nuts:						Beetroot					
Fruit yogurt						Walnuts						Celery					
Kefyr						Almonds						Parsley					
Cream						Peanuts						Spinach					
Ice cream						Hazelnuts						Rhubarb					
Custard						Brazil nuts						Lettuce					
Whey protein						Pistachios						Rocket					
Protein shakes						Cashew nuts						Broccoli					
Cheeses:						Pecan nuts						Cauliflower					
Hard cheese						Macadamia nuts						Cabbage					
Cottage cheese						Chestnuts						Brussel sprouts					
Soft cheese						Pine nuts						Cucumber					
Goat's cheese						Coconut						Asparagus					
Sheep's cheese						Fruits:						Fennel					
Ricotta (whey)						Avocado											
Cheese-topped dishes						Guacamole						Meats:					
Butter						Banana						Beef					
Ghee						Mango						Veal					
Tofu						Pineapple						Pork					
Breads:						Papaya						Lamb	1				
White bread						Passion fruit						Horse					
Wholemeal bread						Orange						Chicken					
Rye bread						Mandarin						Turkey	1				
Gluten-free bread						Grapefruit						Rabbit				-	
Cereals:						Lemon						Game					
Muesli						Lime						Cured meats					
Corn flakes						Grapes						Black pudding					
Shredded wheat						Kiwi						Offal Quorn	1				
Rice crispies						Apricot Peach						Fishes:					4
Porridge Weetabix				-		Apple						Tuna					
Starches:						Pear						Salmon					
Pasta						Plum						Mackerel					
Pizza						Cherries						Sardine	1				
Wheat						Strawberries						Trout					
Rye						Cranberries						Herring					
Barley						Blackberries						Anchovy					
Spelt						Blueberries						Cod					
Oats						Raspberries						Haddock	\vdash				\vdash
Millet						Red currants						Halibut					\vdash
Rice						Figs						Plaice	1				Н
Potatoes						Dates						Sole					М
Sweet potatoes						Melon						30.0					\Box
Corn						Watermelon							1				\Box
Quinoa						Guava											\Box
Amaranth						Persimmon											\vdash
Buckwheat						Olives											М
Duckwiicat	-			1									1			\vdash	Н
						Tapenade											ட

FAMILY NAME:	First Name:	DoB:	Date:

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					
Mussels						Rape seed oil						Sweetened drinks					
Scallops						Soya oil						Colas					
Clam						Corn oil						Still water					
Squid						Linseed oil						Sparkling water					
Spices:	_					Hempseed oil						Black tea					
Garlic						Margarine						Green tea					
Onion						Crisps						Herbal tea					
Chillies						French fries						Coffee					
Black pepper						Salt:						Decaf coffee					
Paprika						Sea salt						Chocolate					
Mustard						Table salt						Alcoholic drinks / to	bacc	ю:			
Ginger						Himalayan salt						Cider					
Curry						LoSalt						Beer					
Cardamom						Sugar:						Wine					
Clove						Refined sugar						Aperitifs					
Coriander						Brown cane sugar						Spirits					
Yeasts:	-					Artifical sweetener						Tobacco					
Mushroom						Xylitol						MISCELLANIOUS					
Baker's yeast						Stevia						Big appetite					
Brewer's yeast						Sweet foods:						Eat quickly					
Vinegar						Candies						Need to chew more					
Eggs:						Chocolate						Need to eat often					
Chicken eggs						Carob						Eat small amounts					
Duck eggs						Biscuits						Eat not enough					
Goose eggs						Cakes						Sugar cravings					
Quail eggs						Pastries						Evening cravings					
Egg white						Croissants						Salt cravings					
Egg yolk						Jam						Cravings for caffeine					
Egg protein						Honey						Excessive thirst					
Mayonnaise						Maple syrup						Low blood sugar					
·						Agave syrup						Fried foods					
						Molasses						Processed foods					
						Popcorn						Fast food					
						·											
			1				1						1				

Last Updated: 2018.02.25