

FAMILY NAME:	First Name:	DoB:	Date:
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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						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					
White bread						Passion fruit						Horse					
Wholemeal bread						Orange						Chicken					
Rye bread						Mandarin						Turkey					
Gluten-free bread						Grapefruit						Rabbit					
Cereals:						Lemon						Game					
Muesli						Lime						Cured meats					
Corn flakes						Grapes						Black pudding					
Shredded wheat						Kiwi						Offal					
Rice crispies						Apricot						Quorn					
Porridge						Peach						Fishes:					
Weetabix						Apple						Tuna					
Starches:						Pear						Salmon					
Pasta						Plum						Mackerel					
Pizza						Cherries						Sardine					
Wheat						Strawberries						Trout					
Rye						Cranberries						Herring					
Barley						Blackberries						Anchovy					
Spelt						Blueberries						Cod					
Oats						Raspberries						Haddock					
Millet						Red currants						Halibut					
Rice						Figs						Plaice					
Potatoes						Dates						Sole					
Sweet potatoes						Melon											
Corn						Watermelon											
Quinoa						Guava											
Amaranth						Persimmon											
Buckwheat						Olives											
						Tapenade											

