

<b>FAMILY NAME:</b>	<b>First Name:</b>	<b>DoB:</b>	<b>Date:</b>
---------------------	--------------------	-------------	--------------

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
<b>Milks:</b>						<b>Cereal cakes:</b>						<b>Vegetables:</b>					
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						<b>Seeds:</b>						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					
<b>Dairy products:</b>						Sunflower seeds						Pumpkin					
Plain yogurt						<b>Nuts:</b>						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					
<b>Cheeses:</b>						Pecan nuts						Broccoli					
Hard cheese						Macadamia nuts						Cauliflower					
Cottage cheese						Chestnuts						Cabbage					
Soft cheese						Pine nuts						Brussel sprouts					
Goat's cheese						Coconut						Cucumber					
Sheep's cheese						<b>Fruits:</b>						Asparagus					
Ricotta (whey)						Avocado						Fennel					
Cheese-topped dishes						Guacamole						<b>Meats:</b>					
Butter						Banana						Beef					
Ghee						Mango						Veal					
Tofu						Pineapple						Pork					
<b>Breads:</b>						Papaya						Lamb					
White bread						Passion fruit						Horse					
Wholemeal bread						Orange						Chicken					
Rye bread						Mandarin						Turkey					
Gluten-free bread						Grapefruit						Rabbit					
<b>Cereals:</b>						Lemon						Game					
Muesli						Lime						Cured meats					
Corn flakes						Grapes						Black pudding					
Shredded wheat						Kiwi						Offal					
Rice crispies						Apricot						Quorn					
Porridge						Peach						<b>Fishes:</b>					
Weetabix						Apple						Tuna					
<b>Starches:</b>						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											

<b>FAMILY NAME:</b>	<b>First Name:</b>	<b>DoB:</b>	<b>Date:</b>
---------------------	--------------------	-------------	--------------

<b>FOODS</b>	0	1	2	3	4	<b>FOODS</b>	0	1	2	3	4	<b>FOODS</b>	0	1	2	3	4
<b>Seafood:</b>						<b>Oils:</b>						<b>Beverages:</b>					
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					
<b>Spices:</b>						Hempseed oil						Black tea					
Garlic						Margarine						Green tea					
Onion						Crisps						Herbal tea					
Chillies						French fries						Coffee					
Black pepper						<b>Salt:</b>						Decaf coffee					
Paprika						Sea salt						Chocolate					
Mustard						Table salt						<b>Alcoholic drinks / tobacco:</b>					
Ginger						Himalayan salt						Cider					
Curry						LoSalt						Beer					
Cardamom						<b>Sugar:</b>						Wine					
Clove						Refined sugar						Aperitifs					
Coriander						Brown cane sugar						Spirits					
<b>Yeasts:</b>						Artificial sweeteners						Tobacco					
Mushroom						Xylitol						<b>MISCELLANIOUS</b>					
Baker's yeast						Stevia						Big appetite					
Brewer's yeast						<b>Sweet foods:</b>						Eat quickly					
Vinegar						Candies						Need to chew more					
<b>Eggs:</b>						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					