

FAMILY NAME:	First Name:	Date of Birth:	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						Meats:					
Cheese-topped dishes						Guacamole						Beef					
Butter						Banana						Veal					
Ghee						Mango						Pork					
Tofu						Pineapple						Lamb					
Breads:						Papaya						Horse					
White bread						Passion fruit						Chicken					
Wholemeal bread						Orange						Turkey					
Rye bread						Mandarin						Rabbit					
Gluten-free bread						Grapefruit						Game					
Cereals:						Lemon						Cured meats					
Muesli						Lime						Black pudding					
Corn flakes						Grapes						Offal					
Shredded wheat						Kiwi						Quorn					
Rice crispies						Apricot						Fishes:					
Porridge						Peach						Tuna					
Weetabix						Apple						Salmon					
Starches:						Pear						Mackerel					
Pasta						Plum						Sardine					
Pizza						Cherries						Trout					
Wheat						Strawberries						Herring					
Rye						Cranberries						Anchovy					
Barley						Blackberries						Cod					
Spelt						Blueberries						Haddock					
Oats						Raspberries						Halibut					
Millet						Red currants						Plaice					
Rice						Figs						Sole					
Potatoes						Dates											
Sweet potatoes						Melon											
Corn						Watermelon											
Quinoa						Guava											
Amaranth						Persimmon											
Buckwheat						Pomegranate											
						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					
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 / tobacco:					
Ginger						Himalayan salt						Cider					
Curry						LoSalt						Beer					
Cardamom						Sugar:						Wine					
Clove						Refined sugar						Aperitifs					
Coriander						Brown cane sugar						Spirits					
Yeasts:						Artificial sweeteners						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					